

Outpatient



**PHILA Health
Systems of NC**

**A Program For
H.E.R.**

11 Union St South
Suite 208
Concord, NC. 28025

Phone: 704.960.4280
Email: 4her@phsnc.org

**A Place of Purpose Where Hope
Is Restored**

We Have Been There:

- Abusive Partner
- Stress of Single Parenting
- Mental Illness Diagnosis
- Addiction and Recovery
- Sexually Victimized
- Poor Self-Esteem
- Post Traumatic Stress Disorder

We survived. Let us share with you how. Let us support you on your journey, so you may too one day, say to another woman, I have been there, I no longer am, let me help you.



PHILA Health Systems of NC

Introduces.....

A Program For H.E.R.

Hope ∞ Education ∞ Recovery



**Peer Support Services
for
Women By Women
Who Have Gone From
Victim
to
Victorious**

Program Goals & Objectives:

- Development of a healthy living environment that supports recovery.
- Primary health care as appropriate to medications and age.
- Daily structure of paid or volunteer work or further education.
- Personal satisfaction in environment of choice.
- Less ongoing professional assistance. Reduced hospitalization rates compared to past year.
- Reduction in relapse compared to past year.
- Increased housing stability and independence.
- Increased self-esteem and satisfaction with life.
- More motivation, purpose and pleasure in daily activities.
- Improved ability to interact with others in the community.
- Development of independence and greater integration into the community.

Admission Criteria:

- Recipient is age eighteen (18) or older.
- has a diagnosis of mental illness and/or substance use disorder.
- Receive Medicaid

Peer Support Program

Features:

- Coaching related to life skills, including stress management, personal development and focus on strategies for achievement of long-term goals.
- Training and education related to impact of Diagnosis, Trauma, Experiences, Addiction and Recovery.
- Recovery education and implementation of recovery skills.
- Enhancing skill development-related to communication, community living skills, interpersonal skills & pre-employment readiness.
- Service Coordination.
- Assistance in development of a healthy living environment, that supports recovery.
- Development of Parenting Skills impacted by Substance Abuse Diagnosis and other Co-Occurring diagnosis.



Our Mission

We believe that every person, regardless of race or religion, has the right to live a full, independent, dignified life. Further, we believe that peer support specialist, being of similar age and experience, can act as the vehicle for participants to help them regain or maintain their independence allowing them to live with dignity.



Hope

Education

Recovery