

Recovery is Possible!

Find out how with your peers

PHSNC Peer Support Academy
programs serve:

Cabarrus County 704-960-4280
11 Union Street South, Concord, NC 28025
*www.phsnc.org/Cabarrus

Gaston County 704-960-4280
*www.phsnc.org/Gaston

Scotland County 910-217-1156
901 US Hwy 401 Bypass
Laurinburg, NC 28352
*www.phsnc.org/Scotland

Rockingham County 910-217-1156
*www.phsnc.org/Rockingham

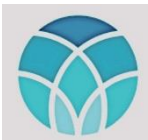
Anson County 910-217-1156
*www.phsnc.org/Anson

*Monthly calendars of activities and fliers about the program and its offerings are posted online or may be mailed upon request.

If staff are unavailable when you call, please leave a message with your name and phone number. Your call will be returned.

First-time visitors and members needing rides may ask for transport to and from the program when meeting in person; transportation may be available.

All services, including transportation when available, are provided to eligible adults at NO COST.



PHILA
Health Systems
Peer Support Academy Program
11 Union Street South
Concord, NC 28025

9901-2791

PHILA Health Systems of NC Peer Support Academy



Peer Support – Recovery, Outreach and Support

Promoting mental
and emotional
wellness and resiliency
throughout North
Carolina





What is Mental Health Recovery?

Recovery is a journey of healing and transformation for persons who have mental health conditions to live meaningful lives in a community of their choice. Part of recovery is resiliency — the ability to bounce back.

Recovery and the Peer Support Academy

The PHSNC - PSA program is designed to inspire people living with mental health conditions to take ownership of their mental health recovery journeys so that they can enjoy life as much as possible. All PSA staff are trained as Certified Peer Support Specialists, and are in the recovery process themselves. Staff understand how important it is to honor and encourage each participant's individual wellness goals.

At online, center-based and community outreach activities, PSA staff work with participants to create a safe, welcoming, and nonjudgmental environment where participants can share and practice coping skills with their peers. Member input is used to create each month's calendar.

PSAs focus on these Eight Wellness Dimensions:

Emotional, Social, Physical, Occupational, Spiritual, Intellectual, Financial, and Environmental.

About the PHSNC - Peer Support Academy Program

Who is Eligible for Peer Support Services?

Peers 18 and older who at some point as adults have experienced a mental health disorder, such as depression, anxiety, post-traumatic stress, bipolar disorder, schizophrenia, addictions or another behavioral health condition, may participate.

Three Levels of Peer Participation:

Visitor - peer interested in learning more about the program who may attend once or more.

Member - peer who has priority registration for events/programs and is offered transportation, when available, for services. Members may receive mailings, uplifting texts, and one-on-one peer support.

Outreach Participant - peer who joins one or more outreach activities in the community, online or in person.

All participation is voluntary. Personal choice is respected.

Peers who participate are expected to follow all PSA Group Guidelines.



What May Participants Enjoy with the PHSNC - PSA?

Peer Support Academy programs offer a variety of activities which may include:

- Recovery Education, such as:
 - Wellness Recovery Action Plan®
 - Boundaries
- Holistic Wellness Activities, such as:
 - Nutrition and Exercise for Wellness & Resiliency
 - Diabetes Self-Management Program
- Support Groups: Facilitated & confidential
- Speakers: on recovery and resources
- Outings*: Recreational or Educational
- Community Service Projects
- Peer support and resource information by phone
- Fun activities: parties, games, crafts, etc.
- And so much more, all designed to promote recovery and resiliency!

*When in person services are available.

PHSNC - PSA staff may be available to come to your group in person or online for an outreach activity.

Call your local Peer Support Academy or check monthly calendar of events and other fliers announcing program offerings at the webpages shown on the back.

"We more or less shared the same experience. The camaraderie is amazing, and they're so supportive of each other. They saved my life!" -a member