

## PEER SUPPORT SERVICES

Aurora offers Peer Support Services to individuals experiencing mental health difficulties. Peer Support Services are specialized therapeutic interactions conducted by trained professionals, with oversight by a Mental Health Professional. Peer Support Specialists are self-identified as current or former participants of behavioral health services, and have obtained Peer Support Specialist Certification.

The Peer Support Specialists at Aurora are especially resourceful because of their unique ability to draw upon similar life experiences to best promote an individual's recovery. A Peer Specialist offers hope while encouraging personal responsibility. They remain true to the belief that with the appropriate support and guidance, people can grow and achieve their dreams.



**Peer Support Services are self-directed and person-centered.** They facilitate the development of skills and natural supports. Goals can be multi-faceted and include role development, individual advocacy, crisis management support, skills training, vocational exploration, and healthy socialization.

Peer Support is designed on the principles of participant choice and the active involvement of individuals in their recovery process. It is guided by the belief that **ALL** individuals need opportunities to identify and choose for themselves their desired roles in the community with regard to living, learning, working and/or social environments.

Meetings with a Peer Specialist can take place in the setting that is most conducive to working on one's goals. Referral to this program requires a recommendation from a Licensed Practitioner of the Healing Arts.

## WRAP PLANNING

The **Wellness Recovery Action Plan (WRAP®)** was developed in 1997 by a group of people looking for innovative ways to be successful within their recovery. It is an extensive, self-designed tool that can help one get well, stay well, and thrive. It has been recognized as an evidenced-based practice in the recovery field.

For those who choose to create a Wellness Recovery Action Plan, Aurora's Peer Specialists are certified WRAP® facilitators. They can assist people individually or in group settings to identify the things that keep them well. These plans can also be tailored to specific situations or circumstances.

*"Who then can so softly bind up the wound of another as he who has felt the same wound himself?"*

*Thomas Jefferson*

*BCRC is an equal opportunity provider and employer. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (PDF), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).*



## ON THE ROAD TO RECOVERY?

Call **724-775-2298** and schedule an intake to review and choose your pathway to Recovery.

In order to participate in Peer Support Services, an individual must:

- Be at least 18 years old
- Have a qualifying diagnosis of a serious mental illness
- Have a functional impairment that interferes with role performance in the living, working, education, and/or social domains
- Choose to attend

**Aurora Psychiatric Rehabilitation Services**  
**363 Third Street**  
**Beaver, PA 15009**  
**Phone: 724 -775- 2298**  
**Fax: 724-774-7603**

# AURORA SERVICES

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