
What is Peer Support Programming?

Peer support programs provide an opportunity for consumers who have achieved significant recovery to assist others in their recovery journeys.

Peer Specialists promote recovery; enhance hope and social networking through role modeling and activation; and supplement existing treatment with education, empowerment, and aid in system navigation.

Peer support programming helps inspire hope that people can and do recover.

Peer Support programming offers education and links people to tools and resources.

Our Peer Specialists offer one on one support and/or group support that helps people identify their goals, hopes and dreams, and create a road-map for getting there.

MHA has a variety of weekly peer support groups on-line and in person !

Check our our website, call or email us for a current calendar.

Peer Specialist Services are provided for Tompkins County residents by the Mental Health Association in Tompkins County, Inc.

Business hours:
Monday - Friday, 9 AM - 3 PM

Location:
The Center Ithaca Building
171 East State Street
Suite 275
Ithaca, NY 14850

Warm-line:
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607 273-9250

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Peer Specialist Services



Mental Health Association
in Tompkins County

What is a Certified Peer Specialist ?

A Certified Peer Specialist (CPS) is an individual with lived mental health experience and who has demonstrated resiliency and perseverance in their own recovery journey.

A CPS offers a unique insight and a valuable perspective that is different from the traditional clinical approach.

Having guidance and support from someone who has “been there” is what many in recovery value the most about Peer Support Services.

Certified Peer Specialists assist people with finding and following their own recovery paths, without judgment, expectation, or requirements.

Certified Peer Specialists complement, but do not replace the roles of therapists, case managers or other members of a treatment team.

Our Peer Specialists are trained and certified through the NYS Academy of Peer Services.

The Academy of Peer Services is a training platform for individuals delivering peer support services in NYS. Trainings are free of charge to persons working in or who wish to work in the NYS Mental Health System.

Courses are designed by peer leaders in NYS and developed in partnership with our academic partner at Rutgers University School of Health Related Professions.

What Does a Peer Specialist Do ?

A Certified Peer Specialist may help a participant:

Identify their personal strengths that can help them reach and maintain their recovery goals.

Develop positive coping skills that will help people to better manage their mental illness.

Build peer relationships and create stronger natural support networks.

Enhance their social skills allowing them to live, work, and participate more fully in their communities.

Build confidence and self-advocacy skills.

Navigate community services and resources such as housing, social services, education and employment assistance, health services, etc., from a mental health client’s point of view.

Offer crisis support and emotional support .

Provide hope that recovery is possible.

Share their personal experiences to promote wellness and self-worth.

NY State Peer Specialist Training

All Certified Peer Specialists in New York State need to meet specific requirements:

- at least 18 years of age
- high school diploma (or equivalent)
- 18 on-line courses/exams
- Identify as a peer (self-determined acknowledgment that the individual has been in the past, or is now, using mental health services).
- 2,000 hours of supervised peer specialist work (for final certification).

Training to be a Peer Specialist is currently available at no cost through The Academy of Peer Services.

The certification can be accomplished on your own, however, you will need a supervisor to verify your work hours as a Peer Specialist.

If you are interested in becoming a Peer Specialist, the staff at MHA can help assist you with understanding the requirements for certification, on-line access to coursework, and we may be able to provide supervision for your peer specialist work.

Learn more at
<http://nypeerspecialist.org>

<https://www.academyofpeerservices.org>