



Hope Recovery Network: Peer Recovery Support

PEER PARTICIPANT MANUAL



***OUR MISSION**—To support those striving to overcome mental health and/or substance use disorders using strength-based goal setting while sharing our own lived experience overcoming similar challenges. Through this mutual partnership we work to help individuals attain a better life and to thrive in the face of difficulty.*

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2. PRIVACY, SAFETY & RULES FOR HRN PEER SUPPORT

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3. WELLNESS, GOALS & ON-BOARD PARTICIPATION IN TEAM-PLANNING

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4. PEER SUPPORT RESOURCE LISTS & RESOLUTION FOR PARTICIPANTS

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1.1 **So, You're Ready to Start Peer Recovery Support: But What Is It Exactly?**

Peer Recovery Support is a mutual aid process where individuals with shared experiences provide emotional, social, and practical help to each other while promoting recovery, reliance, and empowerment. You were referred here because another provider thought Peer Recovery Support would be a good idea, or perhaps you heard about it and walked in to see for yourself if it was something for you.

Peer Recovery Supporters are certified by the Ohio Department and Mental Health and Addiction Services Board (OhioMAS) to give 'Recovery Support' after completing online courses and in-person training. Peer Supporters are different than other roles, in large part because of the experience not gained from a classroom or test, but from first-hand recovery experiences of their own.

Peer Recovery Support has many different service possibilities, starting first and foremost with a strong social connection with another person in recovery—this adds an authentic and experienced fighter in your corner. HRN support also includes education and practice on healthy habits, care coordination with your other support persons, and being your advocate for additional services and rights. You and your supporter can work on building life skills including: communication skills, practice coping with anxiety, problem solving skills, and guidance on how to set goals and planning to achieve them. Finally, HRN peer support will help build your confidence and provide the universal medicine of 'hope' for your recovery.

Together with your Peer Recovery Supporter, you are now a team. You will work together to foster a healthy balanced life. Your stable, best possible independence is the goal and what will end the Hope Recovery Network part of your journey toward a thriving recovery. **HRN Recovery Support is 'Person-Centered'** meaning **it starts and ends with you and your recovery wellness goals.** Who knows, perhaps you can get your own certification and join us to help others with your lived recovery experience?

What Is Hope Recovery Network? (Contact: <http://www.hoperecoverynetwork.org> or 419-706-3001)

Hope Recovery Network (HRN) is just that—a network of Peer Supporters that provide assistance for the ongoing recovery process for 'Participants'—that's you! HRN has an office located at Oak House (See *Section 4.2 for details*) in Ottawa County, but most work is done outside of any office by Peer Supporters serving participants in person for Ottawa, Sandusky, Seneca and Wyandot counties. HRN is funded by Ottawa, Sandusky Seneca and Wyandot County Mental Health Recovery Services Board.