

Peer supports are important because nobody wants to go through it alone.

Robin Reaves

LPCC-S, Deputy Director Mental Health and Recovery Services Board of Seneca, Ottawa, Sandusky and Wyandot Counties

Oak House can be used as a place of social support for all peers

Oak House is a 501C3 nonprofit peer run organization that serves individuals in Ottawa, Seneca, Sandusky, and Wyandot Counties who are living with and recovering from mental health issues, persistent mental illness and/or substance use disorders. Oak House helps build a support network that allows members to self-advocate, learn new skills, socialize with friends, have fun, and feel community oriented.

“Oak House’s partnership with Hope Recovery Network amplifies the impact of our programs, with the infusion of a highly regarded peer support system where individuals are paired with supporters who have successfully navigated similar challenges.”

*Kristen Gerwin, Executive Director,
director@oakhouse-pc.org*

To donate, text Oak to 26989 or to volunteer your time call the Oak House at (419) 734-4417



CONTACT US

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HOPE RECOVERY NETWORK
62 Grande Lake Drive
Port Clinton, Ohio 43452

Office: 419-734-4417
Cell: 419-706-3001

HopeRecoveryNetwork.org

SOCIAL MEDIA

Instagram.com/hoperecoverynetwork
Facebook.com/HopeRecoveryNetwork
Twitter.com/HopeRecoveryNet

EMERGENCY CONTACT INFO
Crisis Hotline: 800-826-1306
988 Suicide and Crisis Lifeline
Crisis Text Line: 741741



Providing assistance and support for individuals with mental health and substance use challenges in Seneca, Ottawa, Sandusky and Wyandot Counties

HOPE RECOVERY NETWORK

Peer Support Service

62 Grande Lake Drive
Port Clinton, Ohio 43452

419-734-4417

HopeRecoveryNetwork.org

“As a behavioral health provider, we love having peers for our clients. I have seen clients improve social skills and overall wellbeing because they were linked with a peer support. Sometimes we are the only people the client has but are not available at all times. We utilize peers to help monitor symptoms and become part of the treatment team for our clients.”

Andrea Acierto

Firelands Counseling, QMHS, CDCA

“I have seen peer support benefit many of my clients by giving them a safe place to go, socialization, validation, shared experience, and confidence in their ability to achieve maintained recovery.”

Destinee Mulcahy

CDCA, MSCJ
Alcohol/Drug Therapist

“Peer support person is important because our wards need someone in their lives that will bless them with understanding and patience and to get them away from their situation to do something fun and creative.”

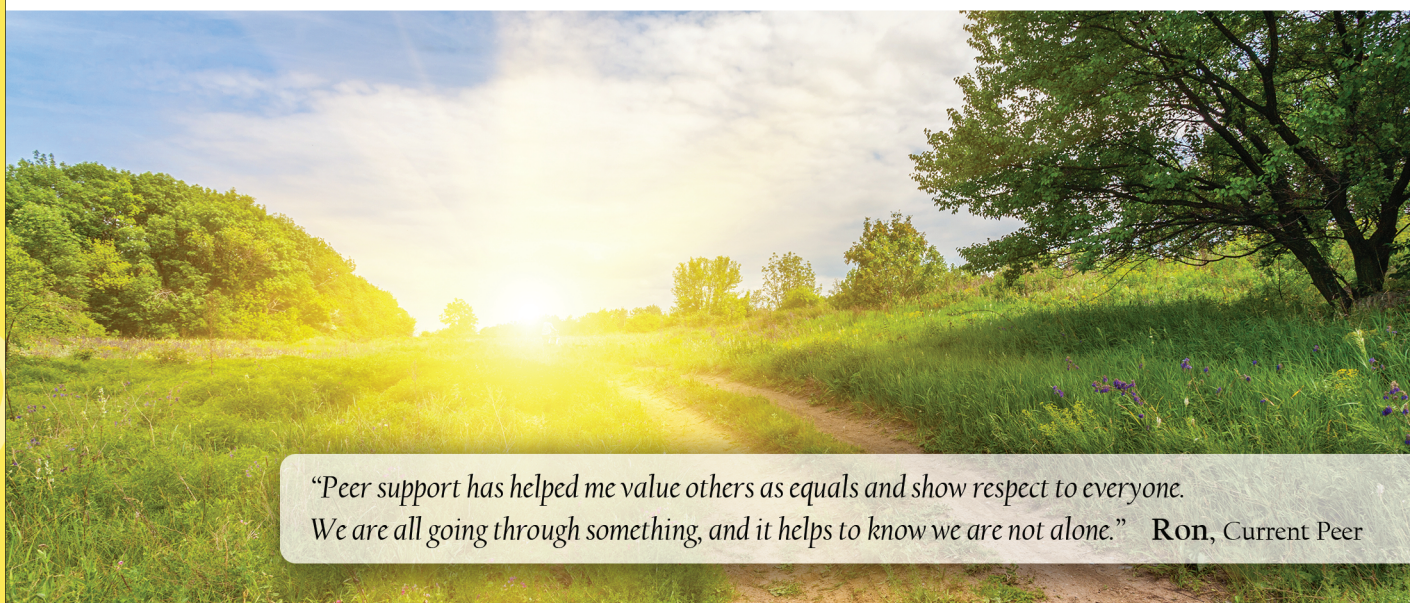
Mary Estep

Guardian, Catholic Charities

**ASK FOR INFORMATION ABOUT GETTING
PEER RECOVERY SUPPORT FOR YOURSELF
OR JOINING OUR CERTIFIED TEAM!**

Funding Provided By Seneca, Ottawa, Sandusky
and Wyandot Counties Mental Health and
Recovery Services Board.

MISSION STATEMENT 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.



“Peer support has helped me value others as equals and show respect to everyone. We are all going through something, and it helps to know we are not alone.” **Ron**, Current Peer

Peer support is a mutual aid process where individuals with shared experiences provide emotional, social, and practical help to each other while promoting recovery, resilience, and empowerment.

PEER RECOVERY SUPPORT INCLUDES:

- Social connection and support
- Wellness education and guided practice on living it
- Help navigating system resources including transportation
- Encourage personal growth and confidence
- Advocacy for rights
- Help building life skills
 - Communication skills
 - Coping strategies
 - Assist with goal setting
 - Problem solving tips

PEER RECOVERY SPECIALISTS ARE:

- Certified by the Ohio Department of Mental Health and Addiction Services
- Individuals who have achieved recovery wellness from their own lived experiences of mental health and/or substance abuse disorder
- Trained in relevant areas such as Trauma Informed Care and care coordination to assist in recovery management
- Practice wellness strategies that incorporate various aspects of overall healthy lifestyles