



## Welcome to Youth Peer Support Services!

We are here to help you on your recovery journey. Our Youth Peer support staff are people who have lived with mental illness and are now on their own path of recovery. They receive special training and must pass a test to become a Certified Youth Peer Support. Youth Peers want to help others succeed by offering encouragement and hope.

When you get Youth Peer Support services, you will:

- **Be heard.** A peer will listen to your concerns and hopes for the future.
- **Develop a plan.** A peer will help turn your hopes into recovery goals create a plan.
- **Be supported.** A peer will support you as you follow your recovery plan.

You can get Youth Peer services through The Right Door for Hope, Recovery, and Wellness if you are in middle school through age 26, have a mental illness, and want to improve your life. Youth Peer services staff will help you become more independent, strengthen your voice and self-advocacy skills, and improve your overall quality of life. Youth Peer support services are based on respect, shared responsibility, and mutual understanding.

Research shows that Youth Peer Support helps with recovery from mental health conditions. Benefits of Youth Peer Support include:

- Increased self-esteem and confidence.
- Feeling more in control and able to make changes.
- Increased hope and inspiration.
- Having a safe space to express yourself without judgement
- More engagement in self-care and wellness.
- More social support and better social functioning.

If you want Youth Peer Support services at The Right Door, we would love to work with you. Please let the access clinician, your primary clinician or case manager know, and they can help you get connected.

As with any journey, there are expectations. Sometimes, you will need to practice what you have learned with your Youth Peer Support specialist. If you can't make your appointment, please call and let us know ahead of time, ideally 24 hours in advance. Youth Peer services are usually provided in the community. Youth Peer staff are not friends but people with lived experience and special training to help you in meet your goals. During your Person-Centered Plan, you and your Youth Peer staff will decide how often and where you will meet.

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Signature of Person-Served/Parent/Guardian

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Date

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Printed Name signer

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Signature of Provider that reviewed