



PEER SUPPORT 101



Over the last 35 years peer support in mental health has evolved out of a human rights perspective. Even in the late 1970's, when most of the mental health community was talking about life long illness and containment in the community, people working in peer support were talking about rights, consciousness raising, alternatives, and choice. People like Sally Zinman and Howie the Harp were helping people come together to support one another in becoming well and building a life in community. While all this was developing, so were the ideas about what makes peer support different than other kinds of help. Not better or worse, but a whole different way of thinking about life and supportive relationships. (Shery Mead, 2006)

Peer Support 101 is an opportunity to take a peek at Intentional Peer Support, learn about the tasks of peer support and hear about peer support in Maine. Peer Support 101 is a 3-hour class offered to anyone interested in learning more about peer support. It is also a requirement for participation in the Peer Support Specialists Certification.



Who *should* take Peer Support 101?

Consumers – Provides an opportunity to discover the broad range of peer support. As well as qualify for participation in the Peer Support Specialists Certification.

Providers - Peer Support may be something offered in your agency, or your community, do you know what its all about? Would you like to know the possibilities?

Community and Family Members - Find out about options for people you care about.

If you are interested in attending a Peer Support 101 class, or in hosting one at your program, please contact Kelly Staples, Office of Consumer Affairs, Department of Health and Human Services, 287-5805 or Kelly.staples@maine.gov

Currently Scheduled Peer Support 101 includes:

July 14th , 12 noon – 3:00pm, Tri-County Mental Health, Rumford

July 20th, 12noon – 3:00pm, Blossom Lane, Room 1A, Marquardt Building, Augusta

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, age, or national origin, in admission to, access to or operations of its programs, services, or activities or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Acts of 1964 as amended, Section 504 of the Rehabilitation Act of 1973 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act. Questions, concerns, complaints, or requests for additional information regarding the ADA may be forwarded to the DHHS' ADA Compliance/EEO Coordinator, State House Station #11, Augusta, Maine 04333, 207-287-4289 (V) or 207-287 3488 (V), TTY: 800-606-0215. Individuals who need auxiliary aids for effective communication in programs and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This notice is available in alternate formats, upon request.

