

## Contact Us

The St. Lawrence Health Peer Support Services are available in the following Outpatient Substance Use Disorder Services locations:

### **Potsdam**

12 Elm Street (front entrance)  
Potsdam, NY 13676  
315-353-2572

### **Gouverneur**

Gouverneur Hospital  
77 West Barney Street  
Gouverneur, NY 13642  
315-261-6333

[StLawrenceHealthSystem.org](http://StLawrenceHealthSystem.org)



## Peer Support Services

**ST LAWRENCE**  
**HEALTH**

An Affiliate of  
Rochester Regional Health

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## Peer Support

Certified Peer Recovery Advocates (CPRA) are individuals who have personal experience with substance use and/or behavioral health disorders. Peer's have been successful in the recovery process and work with individuals experiencing similar situations to their own who are in or are seeking recovery. Through shared understanding, respect, and mutual empowerment, peer support workers help individuals become and stay engaged in the recovery process.

Peer support offers a level of acceptance, understanding, and validation not found in many other professional relationships (Mead & McNeil, 2006). By sharing their own lived experience and practical guidance, peer support workers help people to develop their own goals, create strategies for self-empowerment, and take concrete steps towards building and fulfilling, self-determined lives for themselves.

Peer Recovery Advocates bring their own personal knowledge of what it is like to live and thrive with behavioral health and/or substance use disorders. CPRAs can help break down barriers of experience and understanding, as well as power dynamics that may get in the way of working with other members of the treatment team.

## Services

Peer Recovery Advocates walk side by side with individuals seeking recovery from substance use disorders. They help individuals to create their own recovery plans, and develop their own recovery pathways.

### **CPRAs provide many different types of support:**

- Emotional (empathy and concern)
- Informational (connections to information and referrals to community resources that support health and wellness)
- Instrumental (concrete supports such as housing or employment)
- Affiliation (connections to recovery community supports, activities, and events)

### **Peer Support Services are:**

- Person-centered and strength-based
- Relationship orientated, garnering a sense of trust, confidence, authenticity and efficacy, based on shared experience
- Supporting an individual in defining his/her own recovery plan, backed with guidance, structure, support, and navigation.

## Activities

Peer Support services target recovery outcomes such as improved health and wellness; an increased sense of self-efficacy and empowerment; increased success and satisfaction in a range of community settings such as work, home, and school.

### **Peer Support services may include:**

- Engaging an individual to consider treatment, other healthcare services, or continuing care services post-discharge
- Developing recovery plans
- Resource capital development
- Raising awareness of existing social and other support services
- Modeling coping skills
- Assisting with applying for benefits
- Accompanying an individual to court appearances, medical, or other appointments
- Providing non-clinical crisis support, especially after periods of hospitalization or incarceration
- Working with individuals to identify strengths
- Assistance with housing, transportation, employment, and continuing education