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"POWER OF PEERS"

Youth Peer Advocate

A Youth Peer Advocate is someone 18-30 years old who self-identifies as a person who has first-hand experience with social, emotional, medical, developmental, substance use, and/or behavioral challenges.

Youth Peer Advocates must be able to use their lived experience with a disability, mental health challenge, substance use disorder, and experience in New York State systems such as juvenile justice, special education, and/or foster care to assist in supporting young people in their resiliency/recovery and wellness.

YPA Service Components Include:

- Activities to help the youth to achieve functional improvement
- Skill Building
- Coaching
- Engagement
- Bridging and Transition Support
- Self-advocacy
- self-efficacy & Empowerment
- Community connections and natural support



Find a YPA:



Phone: 518-873-9544
familiesfirstessex.org

Family Peer Advocate

Family Peer Advocates (FPA) are valuable professionals within the child serving system. They are uniquely qualified to work with families based on their first-hand experience as the parent/caregiver of a young person with a social, emotional, behavioral, health, or developmental disability.

FPA Service Components Include:

- Engagement, Bridging and Transition Support
- Self-Advocacy, Self-Efficacy, and Empowerment
- Parent Skill Development
- Community Connections and Natural Supports
- Supporting the parent/caregiver in their role as their child's educational advocate by providing: information, modeling, coaching in how to build effective partnerships, and exploring educational options with families and school staff.



Find a FPA:



Phone: 518-873-9544
familiesfirstessex.org

(See back for more Peer Specialist/Advocates)



Building Resilience In Essex Families



Certified Recovery Peer Advocate

Peer support services are an important part of the treatment and recovery process. Certified Recovery Peer Advocates (CRPAs) draw from personal experience with substance use, and professional training to provide non-clinical support services as identified in the patient's treatment or recovery plan. CRPAs may also help those in treatment/recovery in the development of recovery plans, effective coping habits, and life skills for navigating recovery.

CRPA Service Components Include:

- Non-clinical crisis support, especially after periods of hospitalization or incarceration
- Educating program participants about various modes of recovery
- Assisting with applying for benefits
- Accompanying clients to medical appointments
- Raising awareness of existing social and other support services
- Linking participants to formal recovery supports



Find a CRPA:

The Prevention Team
preventionteam.org
traci@preventionteam.org
(518) 585-7424

St. Joseph's Treatment
stjoestreatment.org
(518) 891-3950

Mental Health Association
mhainessex.com
For information on Programs and Services:
contact Kathy Thompson (800)440-8074 x 217

New York Certified Peer Specialists



nypscb.org



New York Certified Peer Specialist (NYCPS) are adults or older adults with lived expertise with mental health issues and is personally familiar with the associated challenges.

New York Certified Peer Specialists identify as being actively in recovery from a mental health condition, diagnosis, or a major life disruption. Peer Specialists intentionally self-disclose their mental health recovery journey publicly to peers and others.

Find a OMH Peer Specialist:

Mental Health Association
mhainessex.com
For information on Programs and Services:
contact Kathy Thompson (800)440-8074 x 217

Veteran Peer Specialist

A Peer Specialist is a veteran with lived experience that helps other veterans with transitioning back to civilian life after service, homelessness assistance, navigating through the VA system, or providing understanding and compassion while just having someone to talk to. We are here to be a battle buddy!

Empowering Veterans in Northern New York to reclaim their lives and find hope beyond trauma.



- Team Building
- Nature Retreats
- Case Management
- Crisis Outreach
- Benefit Advisement
- Homelessness Assistance
- Suicide Prevention Services



Homeward Bound Adirondacks
www.homewardboundadironacks.org
518-586-2978
Vets-Helping-Vets



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