

**Peer-Run  
and Peer-Staffed  
Organizations  
in New York  
State**  
ADULT SERVICES



Last Updated August 22, 2023

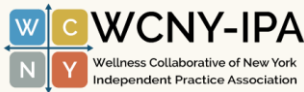


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## Defining Peer-Run and Peer-Staffed

This Directory lists adult-serving mental health organizations that are **peer-run** (a majority 51% or more of the Board of Directors disclose a mental health condition) or **peer-staffed** (at least one program within the organization is operated by and for people with mental health conditions). Organizations in this Directory have expertise in providing **peer support services** in their local communities while maintaining fidelity to genuine peer support practices. Mental health agencies that are starting up or growing peer support services can connect with the organizations in this Directory for guidance and assistance.



The **Wellness Collaborative of New York, Independent Practice Association (WCNY-IPA)** is a network of ten peer-run member organizations and two affiliate organizations. The WCNY-IPA logo in this Directory identifies an organization in this network with substantial experience in providing peer support programming.

**Disclaimer:** *This Directory is provided for information purposes only. Aside from indicating the member organizations in the WCNY-IPA, PeerTAC does not endorse any specific organization nor does it attest to the fidelity to peer support practices or the quality of peer support services offered by any organization contained within the Directory.*



## Central New York

County:	Organization	Population Served
Broome	<b>Catholic Charities – Stepping Stones Drop In Center</b> 277 Front Street Binghamton, NY 13905 (607) 723-1804 x207 <a href="https://www.catholiccharitiesbc.org/">https://www.catholiccharitiesbc.org/</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>
Broome	<b>Mental Health Association of the Southern Tier</b> 47 Broad Avenue Binghamton, NY 13904 (607) 771-8888 <a href="https://mhast.org/">https://mhast.org/</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>
Cayuga	<b>Cayuga Counseling Services, Inc.</b> 17 E. Genesee Street, Auburn, NY 13021-4045 (315) 253-9795 <a href="https://cayugacounseling.org/">https://cayugacounseling.org/</a>	<ul style="list-style-type: none"><li>• Adults</li><li>• Children, Adolescents</li><li>• Families</li></ul>
Clinton	<b>National Alliance for the Mentally Ill of Cha</b> 304 Ny Road Plattsburgh, NY 12903 (518) 561-2685 <a href="http://nami-cv.org/">http://nami-cv.org/</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>



County:	Organization	Population Served
<b>Cortland</b>	<b>Wishing Well Recovery Center (Catholic Charities of Cortland County)</b> 24 Church Street C/O 33-35 Central Avenue Cortland, NY 13045 (607) 756-5992 <a href="https://www.nyconnects.ny.gov/services/peer-recovery-wishing-wellness-center-5156">https://www.nyconnects.ny.gov/services/peer-recovery-wishing-wellness-center-5156</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>
<b>Essex</b>	<b>Mental Health Association in Essex County</b> 6096 NYS Route 9n County Wide Westport, NY 12993 (518) 962-2077 <a href="http://www.mhainessex.com/">http://www.mhainessex.com/</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>
<b>Franklin</b>	<b>Mental Health Association of Franklin County</b> 209 West Main Street Malone, NY 12953 (518) 521-3507	<ul style="list-style-type: none"><li>• Adults</li></ul>
<b>Fulton</b>	<b>The Family Counseling Center of Fulton County</b> 11-21 Broadway Gloversville, NY 12078 (518) 725-4310 <a href="https://www.thefamilycounselingcenter.org/">https://www.thefamilycounselingcenter.org/</a>	<ul style="list-style-type: none"><li>• Adults</li><li>• Children, Adolescents</li><li>• Families</li></ul>



County:	Organization	Population Served
Jefferson	<p><b>Mental Health Association in Jefferson County</b></p> <p>425 Washington Street Watertown, NY 13601-2861 (315) 788-0970 <a href="https://mentalhealthjc.org/">https://mentalhealthjc.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Jefferson	<p><b>Northern Regional Center for Independent Living</b></p> <p>210 Court Street, Suite 107 Watertown, NY 13601 (315) 785-8703 <a href="https://nrcil.net/">https://nrcil.net/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> <li>• Children, Adolescents</li> <li>• Families</li> </ul>
Madison	<p><b>Pathways Wellness Recovery Center</b></p> <p>148 Main St. Oneida, NY 13421 (315) 366-2327</p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Montgomery	<p><b>MHA of Fulton and Montgomery Counties</b></p> <p>101 Guy Park Avenue Amsterdam, NY 12010 (518) 762-5332 <a href="https://www.mentalhealthassociation.org/">https://www.mentalhealthassociation.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Onondaga	<p><b>AccessCNY – Unique Peerspectives Drop In Center and Berkana House Respite</b></p> <p>572 South Salina St Syracuse, NY 13202 (315) 437-3301 <a href="https://www.accesscny.org">https://www.accesscny.org</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>



County:	Organization	Population Served
Onondaga	<b>Catholic Charities of Onondaga County</b> 1654 West Onondaga Street Syracuse, NY 13204 (315) 424-1800 <a href="https://www.ccoc.us/">https://www.ccoc.us/</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>
Onondaga	<b>Helio Recovery Center</b> 714 Hickory St Syracuse, NY 13203 (315) 437-3301 <a href="https://www.helio.health">https://www.helio.health</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>
St. Lawrence	<b>Step-by-Step, Inc.</b> 1515 Knox Street Ogdensburg, NY 13669 (315) 394-0597 <a href="https://www.stepbystepinc.org/">https://www.stepbystepinc.org/</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>





**Learn more about services available in your area:**

**Office of Mental Health, Office of  
Advocacy and Peer Support Contact**  
(Central Region)

**Jason Erwin**

Advocacy Specialist for CNY

Office of Advocacy and Peer  
Support Services

Central New York Field Office-

Office of Mental Health

545 Cedar St, Syracuse, New York 13210

**T:** (315) 426-3992 **F:** (315) 426-3950

[Jason.Erwin@omh.ny.gov](mailto:Jason.Erwin@omh.ny.gov)

**WCNY-IPA Peer Networking Contact**  
(Central Region)

**Tammy Bush**

Deputy Director

S.T.E.P. by S.T.E.P., Inc.

1515 Knox Street



Ogdensburg, NY 13669

(315)394-0597

[tbush@stepbystepinc.org](mailto:tbush@stepbystepinc.org)



## Hudson River

County:	Organization	Population Served
<b>Multiple Counties</b>	<b>Mental Health Empowerment Project, Inc.</b>	<ul style="list-style-type: none"><li>• Adults</li></ul>
 Albany, Hudson Rensselaer, Westchester	Main Office: 3 Atrium Dr. Suite 205 Albany, NY 12205 (518) 434-1393 <a href="https://mhepinc.org/">https://mhepinc.org/</a>	
<b>Multiple Counties</b>	<b>People USA</b>	<ul style="list-style-type: none"><li>• Adults</li></ul>
 Dutchess, Orange, Putnam, Ulster, Warren	Main Office: 102 Fulton Avenue, Suite A Poughkeepsie, NY 12603 (845) 452-2728 <a href="https://people-usa.org/">https://people-usa.org/</a>	
<b>Albany</b>	<b>Capital Area Peer Services</b>	<ul style="list-style-type: none"><li>• Adults</li></ul>
	354 Central Avenue Albany, NY 12208-2311 (518) 427-5056 <a href="https://nycaps.org/">https://nycaps.org/</a>	
<b>Albany</b>	<b>Capital District Center for Independence, Inc.</b>	<ul style="list-style-type: none"><li>• Adults</li></ul>
	1716 Central Avenue Albany, NY 12205 (518) 459-6422 <a href="https://cdciweb.com">https://cdciweb.com</a>	





County	Organization	Population Served
Albany	<p><b>Parsons Child and Family Center</b> 60 Academy Road Albany, NY 12208 (518) 426-2600 <a href="https://www.northernrivers.org/">https://www.northernrivers.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> <li>• Children, Adolescents</li> <li>• Families</li> </ul>
Albany	<p><b>Second Chance Opportunities</b> 55 Colvin Avenue Albany, NY 12206 (518) 489-1929 <a href="https://scoalbany.com">https://scoalbany.com</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Dutchess	<p><b>Taconic Resources for Independence, Inc.</b> 82 Washington Street, Ste 214, Poughkeepsie, NY 12601 (845) 452-3913 <a href="https://www.mhacg.org/">https://www.mhacg.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Greene	<p><b>Mental Health Assoc/Columbia-Greene Cos., Inc</b> 713 Union Street Hudson, NY 12534 (518) 828-4619 <a href="https://www.mhacg.org/">https://www.mhacg.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Orange	<p><b>Independent Living, Inc.</b> 441 East Main Street Middletown, NY 10940 (845) 565-1162 <a href="https://myindependentliving.org/">https://myindependentliving.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>





County	Organization	Population Served
Orange	<p><b>Mental Health Assoc/Orange County</b> 73 James P Kelly Way Middletown, NY 10940 (845) 342-2400 <a href="https://mhaorangeny.com/">https://mhaorangeny.com/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Putnam	<p><b>Mental Health Association in Putnam County</b> 1822 Route Six Carmel, NY 10512 (845) 278-7600x201 <a href="https://mhaputnam.org/">https://mhaputnam.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Rensselaer	<p><b>Independent Living Center of the Hudson Valley</b> 15-17 Third Street, Troy, NY 12180 (518) 274-0701 <a href="http://ilchv.org">http://ilchv.org</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Rockland	<p><b>BRIDGES</b> 2290 Palisades Center Dr, 2<sup>nd</sup> Fl West Nyack, NY 10994 (845) 624-1366 <a href="http://bridgesrc.org">http://bridgesrc.org</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Rockland	<p><b>Foundations Recovery Community Center</b> 25 Smith St, Ste 108 Nanuet, NY 10954 (845) 215-9788 <a href="http://rcadd.org/foundations">http://rcadd.org/foundations</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>



County	Organization	Population Served
Rockland	<p><b>NAMI Rockland</b>            140 Old Orangeburg Road            RPC, Bldg 57, 1st Fl, Rm C102            Orangeburg, NY 10962-0635            (845) 359-8787  <a href="http://www.namirockland.org/index.html">http://www.namirockland.org/index.html</a></p>	<ul style="list-style-type: none"> <li>• Adolescents</li> <li>• Adults</li> </ul>
Saratoga	<p><b>Healing Springs Recovery Community and Outreach Center</b>            1215 High Rock Ave 105A            Saratoga Springs, NY 12866            (518) 306-3048  <a href="https://SARArecovery.org/healing-springs">https://SARArecovery.org/healing-springs</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Ulster	<p><b>SAMADHI Recovery Community and Outreach Center</b>            150 Sawkill Rd            Kingston, NY 12401            (845) 853-8148  <a href="https://samadhiny.org">https://samadhiny.org</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Warren & Washington	<p><b>Hope and Healing Recovery Community and Outreach Center</b>            2 Maple Street            Hudson Falls, NY 12839            (518) 683-0968  <a href="https://SARArecovery.org/Hudson-falls">https://SARArecovery.org/Hudson-falls</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Westchester	<p><b>CHOICE of New Rochelle, Inc.</b>            71 North Avenue            New Rochelle, NY 10805            (914) 576-0173  <a href="https://choiceofny.org/">https://choiceofny.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>





County	Organization	Population Served
Westchester	<p><b>Mental Health Association of Westchester County</b>            580 White Plains Road, Suite 510            Tarrytown, NY 10591-5198            (914) 345-5900  <a href="https://www.mhawestchester.org/">https://www.mhawestchester.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Westchester	<p><b>NAMI of Westchester, Inc</b>            100 Clearbrook Road            Elmsford, NY 10523            (914) 592-5458  <a href="https://namiwestchester.org/">https://namiwestchester.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Westchester	<p><b>The Center for Career Freedom, Inc.</b>            185 Maple Ave Ste #124            White Plains, NY 10601            (914) 288-9763  <a href="https://freecenter.org/">https://freecenter.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Westchester	<p><b>Westchester Independent Living Center</b>            10 County Center Road, 2<sup>nd</sup> Floor            White Plains, NY 10607            (914) 682-3926  <a href="https://freecenter.org/">https://freecenter.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>



**Learn more about adult services available in your area:**

**Office of Mental Health, Office of  
Advocacy and Peer Support Contact**

(Hudson River Region)

**Danielle Lopez, MS**

Regional Advocacy Specialist –  
Hudson River Region

Office of Advocacy and Peer  
Support Services

Hudson River Field Office –  
Office of Mental Health

10 Ross Circle, Suite 5N  
Poughkeepsie, NY 12601

(845) 483-3573

[Danielle.Lopez@omh.ny.gov](mailto:Danielle.Lopez@omh.ny.gov)

**WCNY-IPA Peer Networking Contact**

(Hudson River Region)

**Janine Lewis, NYCPS-338, CRPA-P-338**

*Bridger/Diversion Team Leader*



Independent Living, Inc.  
14 Pelton Street, East Wing.  
Monticello NY 12701

(845) 794-3322 ext. 405

[JLewis@myindependentliving.org](mailto:JLewis@myindependentliving.org)



## Long Island

County:	Organization	Population Served
<p><b>Multiple Counties</b></p>  <p>Nassau, Suffolk</p>	<p><b>Hands Across Long Island (HALI)</b>            159 Brightside Avenue            Central Islip            NY 11722-2710            (631) 234-1925  <a href="https://hali88.org/">https://hali88.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
<p><b>Nassau</b></p>	<p><b>Mental Health Association of Nassau County</b>            16 Main Street            Hempstead, NY 11550            (516) 489-2322  <a href="https://www.mhanc.org/">https://www.mhanc.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
<p><b>Nassau</b></p>	<p><b>NAMI Queens-Nassau</b>            3310 Bayfield Blvd            Oceanside, NY 11572            (516) 489-2322  <a href="https://namiqn.org/">https://namiqn.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> <li>• Children, Adolescents</li> <li>• Families</li> </ul>
<p><b>Suffolk</b></p> 	<p><b>Association for Mental Health and Wellness (AMHW)</b>            939 Johnson Avenue            Ronkonkoma, NY 11779            (631) 471-7242  <a href="http://mhaw.org/">http://mhaw.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>



**Learn more about adult services available in your area:**

**Office of Mental Health, Office of  
Advocacy and Peer Support Contact**  
(Long Island Region)

**Cory Muraglio**

Regional Advocacy Specialist –  
Long Island Region

Office of Advocacy and Peer  
Support Services

Long Island Field Office –

Office of Mental Health  
Pilgrim PC, Building 45-3

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West Brentwood, NY 11717-1087

(631) 761-3766

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**WCNY-IPA Peer Networking Contact**  
(Long Island Region)

**Aviva Cohen**

Chief Strategy Officer

Hands Across Long Island, Inc. (HALI)


159 Brightside Ave, Central Islip, NY 11722

(631) 433-3202

[acohen@hali88.org](mailto:acohen@hali88.org)



## New York City

County:	Organization	Population Served
<p><b>Multiple Counties</b></p>  <p>Bronx, Kings, New York, Richmond</p>	<p><b>Baltic Street AEH, Inc.</b> 9 Bond Street, 3<sup>rd</sup> Floor Brooklyn, NY 11201 (718) 833-5929 <a href="https://balticstreet.org/">https://balticstreet.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults, Older Adults</li> </ul>
<p><b>Bronx</b></p>	<p><b>Community Access, Inc.</b> 64 Beaver Street, #109 New York, NY 10004 (212) 780-1400 <a href="https://www.communityaccess.org/">https://www.communityaccess.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
<p><b>Kings</b></p>	<p><b>WellLife Network Inc.</b> 681 Clarkson Avenue C/O Kpc, Bldg 9, 1st Floor Brooklyn, NY 11203 (718) 559-0516 <a href="https://www.welllifenetwerk.org/">https://www.welllifenetwerk.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
<p><b>Queens</b></p>	<p><b>Goodwill Industries of NY and NJ, Inc.</b> 33-24 Northern Boulevard, 2F Long Island City, NY 11101 (718) 728-5400 <a href="https://goodwillnynj.org/">https://goodwillnynj.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>





**Learn more about adult services available in your area:**

**Office of Mental Health, Office of  
Advocacy and Peer Support Contact**  
(New York City Region)

**Digna Quinones**

Regional Advocacy Specialist

Office of Advocacy and Peer  
Support Services  
Office of Mental Health  
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**M:** (917) 992-1209

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**WCNY-IPA Peer  
Networking Contact**  
(New York City Region)

Nicholas Lamboy  
Program Manager

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Brooklyn, NY 11203

**M:** (347) 631-4391

[nlamboy@balticstreet.org](mailto:nlamboy@balticstreet.org)

**Ronda "Ro" Speight, NYSCPS**

Regional Advocacy Specialist

Office of Advocacy and Peer Support  
Services

Office of Mental Health  
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New York, New York 10001-3101




(212) 330-1650

**M:** 934-233-7539

[ronda.speight@omh.ny.gov](mailto:ronda.speight@omh.ny.gov)



## Western New York

County:	Organization	Population Served
<b>Multiple Counties</b>  Allegheeny, Cattaraugus, Erie, Monroe	<b>Housing Options Made Easy, Inc. dba ROME</b> 75 Jamestown Street Gowanda, NY 14070 (716) 532-5508 <a href="https://recoveryoptionsny.org/">https://recoveryoptionsny.org/</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>
<b>Chautauqua</b> 	<b>Mental Health Association in Chautauqua County</b> 31 Water Street, Suite 7, Door 14 Jamestown, NY 14701 (716) 661-9044 <a href="https://www.mhachautauqua.org/">https://www.mhachautauqua.org/</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>
<b>Erie</b>	<b>Compeer West</b> 24 Ludingston Street Buffalo, NY 14206 (716) 883-3331 <a href="https://compeerbuffalo.org/">https://compeerbuffalo.org/</a>	<ul style="list-style-type: none"><li>• Adults</li><li>• Children</li></ul>
<b>Erie</b> 	<b>Mental Health PEER Connection</b> 3108 Main Street, Buffalo, NY 14214 (716) 836-0822 <a href="https://wnyil.org/Mental-Health-PEER-Connection">https://wnyil.org/Mental-Health-PEER-Connection</a>	<ul style="list-style-type: none"><li>• Adults</li></ul>



County:	Organization	Population Served
Erie	<p><b>MHA Erie County dba MH Advocates WNY</b></p> <p>1021 Broadway St., 5th Floor Buffalo, NY 14212 (716) 886-1242 <a href="https://mhawny.org/">https://mhawny.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Erie	<p><b>Restoration Society Inc.</b></p> <p>327 Elm Street Buffalo, NY 14203 (716) 832-2141 <a href="https://rsiwny.org/">https://rsiwny.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Genesee	<p><b>Genesee Co MHA dba MHA of Genesee/Orleans Co</b></p> <p>25 Liberty Street Batavia, NY 14020 (585) 344-2611 <a href="https://mhago.org/">https://mhago.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>
Livingston	<p><b>Hillside Children's Center</b></p> <p>96 W. Buffalo Street Warsaw, NY 14569 (585) 256-7585 <a href="https://hillside.com/">https://hillside.com/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> <li>• Children, Adolescents</li> <li>• Families</li> </ul>
Monroe	<p><b>Mental Health Association of Monroe County</b></p> <p>320 North Goodman Street Rochester, NY 14607 (585) 325-3145 <a href="https://www.mha-monroe.com/">https://www.mha-monroe.com/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> </ul>



County:	Organization	Population Served
Niagara	<p><b>New Directions Youth and Family Services, Inc.</b> 6395 Old Niagara Road Lockport, NY 14094-1499 (716) 358-3636 <a href="https://fosteringgood.org/">https://fosteringgood.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults</li> <li>• Children, Adolescents</li> <li>• Families</li> </ul>
Tompkins	<p><b>Mental Health Association in Tompkins County</b> 171 East State Street, Suite 275 Ithaca, NY 14850-3305 (607) 273-9250 <a href="https://www.mhaedu.org/">https://www.mhaedu.org/</a></p>	<ul style="list-style-type: none"> <li>• Adults, Older Adults</li> <li>• Children, Adolescents</li> <li>• Families</li> </ul>

**Learn more about adult services available in your area:**

**WCNY-IPA Peer Networking Contact**

(Western Region)

**Maura Kelley, CPRP**

Behavioral Health Peer Liaison

Western New York Independent Living

Mental Health Peer Connections

3080 Main Street

Buffalo, NY 14214

(716) 836-0822 ext. 162

[mkelley@wnyil.org](mailto:mkelley@wnyil.org)

**Office of Mental Health, Office of Advocacy and Peer Support Contact**

(Western Region)

**Matthew Petite**

Regional Advocacy Specialist

Western New York Office of Advocacy

and Peer Support Services

Western New York Field Office

of Mental Health

(716) 533-4075

[matthew.petitte@omh.ny.gov](mailto:matthew.petitte@omh.ny.gov)



**For more on what is available across the state contact:**

**Office of Mental Health**

(Central Office)

Office of Advocacy and  
Peer Support Services

44 Holland Avenue  
Albany, New York 12229

T (518) 473-6579

F (518) 486-9687

<https://omh.ny.gov/>

- **Amanda Saake**  
Chief Advocacy Officer overseeing the  
Office of Advocacy and Peer Support  
Services
- **Linda Riley**  
Assistant to Amanda Saake
- **Elizabeth Breier**  
Deputy Director, Office  
of Consumer Affairs
- **Regina Shoen**  
Advocacy Specialist II
- **John Stenson**  
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## Appendix A: Adult Peer Support Services

# About Peer Support Services for Adults in MHOTRS Programs<sup>1</sup>

Peer Support Services are an array of formal and informal activities and supports provided to individuals who are experiencing social, emotional, medical, developmental, substance use, and/or behavioral challenges in their home, and/or community. Services are delivered in a trauma informed, culturally and linguistically competent manner that recognizes diversity, equity, and inclusion. Certified Peer Specialists model recovery and may share their own recovery experience to support clients in the client's own recovery.

Peer Support Services for adults should help foster self-determination, self-advocacy if necessary, and informed decision making. Services support the individual in their desire or lack of desire to participate in treatment, using motivational interventions, ultimately with the aim to help the individual decide for themselves if and how to participate in treatment.

Peer Support Services create connections with individuals and provide one on one support while also helping individuals connect to community resources and natural supports. Peer Support is best utilized at the beginning of someone's treatment whenever possible, to provide that ongoing support throughout.

This Directory provides contact information for each region and county on Peer-Run organizations that serve adult populations. A separate Directory is available through Families Together in NYS with contact information for organizations that primarily offer services to families and youth.

<https://www.ftnys.org/>



<sup>1</sup> NYS OMH Mental Health Outpatient Treatment and Rehabilitative Services Guidance on Youth, Family, Adult, and Older Adult Peer Support Services Effective 11/23/2022 [https://omh.ny.gov/omhweb/clinic\\_restructuring/part599/](https://omh.ny.gov/omhweb/clinic_restructuring/part599/)



# Adult Peer Support Service Components:

## Self-Advocacy, Self-Efficacy, and Empowerment

- Coaching and modeling shared decision-making and skills that support collaboration, in addition to providing opportunities to self-advocate.
- Supporting individuals to advocate on behalf of themselves to promote shared decision-making.  
Ensuring that individuals inform all planning and decision-making.
- Modeling strengths-based interactions by accentuating the positive.
- Modeling strengths-based interventions that highlight individual strengths that can be utilized to address barriers to recovery.
- Supporting the individuals in discovering their strengths and concerns. Assist individuals to identify and set goals and short-term objectives that reflect individual preferences and encourage active participation in life.
- Supporting individuals to be empowered to express their fears, expectations, and anxieties to promote positive effective communication.
- Assisting individuals to frame questions to ask providers.
- Assisting with development of psychiatric advance directives (PAD).
- Supporting individuals to express their dreams, strengths, and assets that encourage self-direction and choice.
- Supporting individuals to be empowered to make informed decisions regarding the nature of supports for themselves through:
  - Sharing information about resources, services, and supports and exploring what might be useful for them;
  - Exploring the needs and preferences of the individual and locating relevant resources;
  - Sharing information about benefits and helping the individual access benefits, food, shelter, permanent housing, etc.;
  - Helping individuals understand eligibility rules; and
  - Assisting individuals in exploring community inclusion that encourages usage of community resources and supports.
- Supporting individuals to be empowered to utilize self-directed recovery tools (e.g., MyCHOIS, Wellness Recovery Action Planning (WRAP), etc.).
- Working collaboratively with individuals to identify things that bring passion, purpose and meaning to their life and helping the person incorporate them into their life.



- Supporting an individual to develop a social network and build relationships with others and their respective communities.
- Assisting in navigating the service system including assisting with engagement and bridging during transitions in care, connecting to “warm lines” and community self-help groups.
- Facilitating groups teaching coping skills, life skills, and health/wellness skills.

### **Engagement, Bridging, and Transition Support:**

- Validating the individual's experiences and feelings.
- Relating to their own recovery stories, sharing personal recovery practices, and helping the individual to discover recovery practices that will work for them.
- Providing whole health wellness coaching, including sharing personal efforts to enhance health, wellness, and recovery.
- Modeling of recovery lifestyle, including participation in recovery activities (e.g., coffee/tea at a coffee shop, attending a recovery celebration, participating in a wellness activity, etc.).
- Supporting individuals with aftercare providers upon discharge from ERs, Detox Units, Inpatient Psychiatric Units, etc.
- Serving as a bridge between Individuals and service providers, supporting a productive and respectful partnership by assisting the individuals to express their strengths, needs and goals.
- Based on the strengths and needs of the individual, connecting them with appropriate services and supports. Accompanying the individual when visiting programs if requested by the individual.
- Facilitating meetings between individuals and service providers.
- Assisting the individual to gather, organize and prepare documents needed for specific services.
- Addressing any concrete or subjective barriers that may prevent individual participation in the community of their choice.
- Promoting continuity of engagement and supports as individuals' needs and services change.





### Peer Recovery Supports and Peer Counseling:

- Providing recovery education and self-help linkage for individuals and their family members.
- Providing non-clinical treatment planning support that incorporates life areas (e.g., community connectedness, physical wellness, spirituality, employment, self-help, etc.).
- Assisting with learning and practicing independent living skills.
- Helping individuals and families self-monitor their progress.
- Modeling effective coping skills.
- Provide hope and encouragement around community inclusion.

### Community Connections, Natural Supports, and Transitional Supports:

- Supporting the individuals' adjustment to home after an incarceration or institutional stay (e.g., psychiatric hospital, medical hospital, residential facility, detox, etc.).
- Assisting an individual in community living in various life roles.
- Arranging for aftercare services (appointment dates, contact information, etc.) with the individual and their significant others prior to discharge.
- Assisting individuals with inclusion and support in their own communities.
- Helping the individuals to rediscover and reconnect to natural supports already present in their lives.
- Utilizing the individuals' knowledge of their community in developing new supportive relationships.
- Helping the individuals identify and become involved in leisure and recreational activities in their community.
- Arranging support and training as needed to facilitate participation in community activities.
- Conducting groups with individuals to strengthen social skills, increase sense of social connection, provide emotional support, and create opportunities for ongoing natural support.

### Pre-crisis and Crisis Support Services:

- Providing advocacy and support when an individual is in an ED or crisis unit or prior to incarceration or admission to an institutional stay (e.g., detox, residential, hospitalization, etc.).
- Providing support before or during a crisis or a relapse.
- Developing wellness, crisis diversion plans, or wellness promotion plans and helping the individual implement them.