



Peer Support Opportunities

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 Ingra Building: 907.562.7900

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Monday	Tuesday	Wednesday	Thursday	Friday
2 No PSS Onsite	3 811 Orientation Ingra 9:30-11:30 Drop-In Support Grp Ingra 11:30-1pm Path to Wellness Folker 3-4:30 Family Peer Support Parkway 4:30 – 6:30pm	4 Path to Wellness Ingra 2:30-4:00pm Family Peer Support Parkway 4:30 – 6:30pm	5 Offsite Group 11:30am Your Recovery Plan Ingra 1-2:30 Path to Wellness Folker 3-4:30 Family Peer Support Parkway 4:30 – 6:30pm	6 PSS Drop In/Outreach Ingra 9-10:30am Drop In Support Grp Ingra 10:30-12
9 PSS Drop In/Outreach Ingra 9-10:30am Offsite Group 1:00pm Path to Wellness Ingra 2:30-4:00 Family Peer Support Parkway 4:30 – 6:30pm	10 811 Orientation Ingra 9:30-11:30 Drop-In Support Grp Ingra 11:30-1pm Path to Wellness Folker 3-4:30 Family Peer Support Parkway 4:30 – 6:30pm	11 Path to Wellness Ingra 2:30-4:00pm Family Peer Support Parkway 4:30 – 6:30pm	12 Offsite Group 11:30am Your Recovery Plan Ingra 1-2:30 Path to Wellness Folker 3-4:30 Family Peer Support Parkway 4:30 – 6:30pm	13 PSS Drop In/Outreach Ingra 9-10:30am Drop In Support Grp Ingra 10:30-12
16 PSS Drop In/Outreach Ingra 9-10:30am Offsite Group 1:00pm Path to Wellness Ingra 2:30-4:00 Family Peer Support Parkway 4:30 – 6:30pm	17 811 Orientation Ingra 9:30-11:30 Drop-In Support Grp Ingra 11:30-1pm Path to Wellness Folker 3-4:30 Family Peer Support Parkway 4:30 – 6:30pm	18 Path to Wellness Ingra 2:30-4:00pm Family Peer Support Parkway 4:30 – 6:30pm	19 Offsite Group 11:30am Your Recovery Plan Ingra 1-2:30 Path to Wellness Folker 3-4:30 Family Peer Support Parkway 4:30 – 6:30pm	20 PSS Drop In/Outreach Ingra 9-10:30am Drop In Support Grp Ingra 10:30-12
23 PSS Drop In/Outreach Ingra 9-10:30am Offsite Group 1:00pm Path to Wellness Ingra 2:30-4:00 Family Peer Support Parkway 4:30 – 6:30pm	24 811 Orientation Ingra 9:30-11:30 Drop-In Support Grp Ingra 11:30-1pm Path to Wellness Folker 3-4:30 Family Peer Support Parkway 4:30 – 6:30pm	25 Path to Wellness Ingra 2:30-4:00pm Family Peer Support Parkway 4:30 – 6:30pm	26 Offsite Group 11:30am Your Recovery Plan Ingra 1-2:30 Path to Wellness Folker 3-4:30 Family Peer Support Parkway 4:30 – 6:30pm	27 PSS Drop In/Outreach Ingra 9-10:30am Drop In Support Grp Ingra 10:30-12
30 PSS Drop In/Outreach Ingra 9-10:30am Offsite Group 1:00pm Path to Wellness Ingra 2:30-4:00 Family Peer Support Parkway 4:30 – 6:30pm	31 811 Orientation Ingra 9:30-11:30 Drop-In Support Grp Ingra 11:30-1pm Path to Wellness Folker 3-4:30 Family Peer Support Parkway 4:30 – 6:30pm			

PSS Drop In/Outreach, Monday & Friday from 9am to 10:30am.

Unless an outreach has been scheduled, these groups will take place at Ingra. The Drop-In Service is an opportunity to assist in connecting with resources, problem solving, and emergent 1:1 support including de-escalating, engaging and empowering in the moment, peeling back what is affecting them and what they can do then – service linkage, etc.

Drop-In Support Group, Tuesday 11:30am-1pm & Friday from 10:30am to 12pm.

Peer support is built around modeling recovery and supporting consumers in their recovery. This support group is being implemented to encourage consumers to forge natural supports in their fellow consumers with like experiences. While the CBT/DBT concepts will be offered in a soft, even subtle context when processing the contents of each participant, support and empathy, problem solving, and empowerment are the key focus of this group.

Your Recovery Plan, Thursday 1pm-2:30pm. **Skill Building Group & Recovery Plans**

Peer support is built around modeling recovery and assisting consumers in planning their life amidst recovery. That requires tools and documents to expand their current position and empower them to move forward. Participants will work as a community to develop independent recovery tools, gain support, and complete their own Recovery Plan document to assist in building a more complete understanding of cause and effect when they become triggered, how to self-soothe when responding, and when to reach out for additional support.

Path to Wellness Group at Folker Building, Tuesday & Thursday from 3pm to 4:30pm.

Because it is more likely than not that Peer Support will extract emotional reactions from the consumers, these groups will be structured to develop recovery skills as a lesson-based group, then move that lesson into recovery planning and specific support needs that surface. Content will change weekly.

Path to Wellness Group at Ingra Building, Monday & Wednesday from 2:30pm to 4:00pm.

Because it is more likely than not that Peer Support will extract emotional reactions from the consumers, these groups will be structured to develop recovery skills as a lesson-based group, then move that lesson into recovery planning and specific support needs that surface. Content will change weekly.

Closed Peer Support at Parkview Building, Monday thru Thursday from 4:30 – 6:30pm, Closed Group.

This service is specific to parents and families experiencing difficulty, needing resource linkage, problem solving, and additional supports temporarily amidst their services.

Scheduling Availability, See Below:

Monday	Tuesday	Wednesday	Thursday	Friday
11:00am – 1:00pm	Emergencies Only	9:00am – 2:00pm	8:30 – 11:00am	12:00pm – 6:00pm

These timeslots will be opened for 1:1 peer support appointments. Appointments are 30 minutes due to the content. I will only be able to commit to three 1:1 appointments per week outside of 811-Residential to maintain program expectations. Additionally, I will not be able to transport at this time in the implementation process. Please keep this in mind when requesting 1:1 support.

****Transportation will not be provided. Consumers are responsible for arranging their own transportation to and from groups when electing to attend. Peer Support is a tool geared toward building independence and support.****

HOW IS YOUR

WELLNESS JOURNEY GOING????

Are you ready for some new strategies?

How about some support in making changes?

What are your goals in life? Let's work towards achieving them.

Who supports you in your journey? Let's build a community

JOIN US

PEER SUPPORT SERVICES HELP YOU
WORK TOWARD YOUR BEST SELF