

PEER SUPPORT NEWSLETTER

AOP Mental Health Center, 200 McGee Road, Anderson, SC 29625

What is a Peer Support Specialist?

A Peer Support Specialist is: A person who is in recovery from mental illness and helps others in their recovery.

A Peer Support Specialist can help you:

- Find hope and become empowered
- Set and reach wellness and recovery goals
- Learn new skills, self-help strategies and coping techniques
- Use the inner strength and unique abilities you possess to guide you through the recovery process
- Vocalize your concerns and needs so that staff may help you to attain goals
- Help to resolve general concerns that you have about your Mental Health treatment
- Access the various resources that our community has to offer



Advisory Committee:
Monty M.
(864) 965-9260
Shirley J.
(864) 965-9241
Ronald C.B.
Woody N.
Dawn N.

***A gem cannot be polished without friction,
nor man perfected without trails.***

Chinese Proverb

**Peer Support Meetings:
Mondays @ 3:00 pm, except holidays
Anderson Mental Health Center
Led by
Shirley Jones & Monty Murphy
Refreshments Served**



One man with courage makes a majority.

Andrew Jackson

***Great Character is the cumulative result
when great pain and great disappointment
intersect in a man with teachable spirit.***

Recovery Concepts

Recovery Definition

“Recovery is a process by which a person overcomes the challenges presented by a mental illness to live a life of meaning and purpose.”

Peer Support Services Address

- The impact a mental illness has on one’s life
- The ability to verbalize struggles one may be experiencing
- Emerging beliefs and values that support and strengthen recovery
- How individuals face fears
- Creating the life one wants

Emphasis on:

- Personal safety
- Self-worth
- Introspection
- Choice
- Confidence
- Growth
- Connections
- Boundary settings
- Planning
- Self-advocacy
- Personal fulfillment
- Effective communication skills
- Crisis management
- Education
- Meaningful activity and work



5 Stages in Recovery

1. Impact of illness...The person is overwhelmed by the disabling power of the illness.
2. Life is limited...The person has given in to the disabling power of the illness.
3. Change is possible...The person is questioning the disabling power of the illness.
4. Commitment to change...The person is challenging the disabling power of the illness.
5. Actions for change...The person is moving beyond the disabling power of the illness.

“A diagnosis is burden enough without being burdened by secrecy and shame.” - Jane Pauley

“You have good days and bad days, and depression’s something that, you know, is always with you.” - Winona Ryder

“I always had a dissociative disorder. But I healed from it over the course of 14 years of big-time therapy. But you know, I mean, everybody’s kind of loony now. So I was kind of a pioneer in the mental illness thing, too.” - Roseanne Barr

“I think our family is like a lot of families. We had no vocabulary for mental illness.” - Glenn Close

What Peer Support Can Do for You

“Peer Support to me is when my husband Thomas holds my hand and tells me he loves me and accepts me as I am.” - Mary

“Having peer support is important because one get to meet people who are similar to you. They can relate to your illness.” -Antwan

“Peer Support can help you to recover because it can help you to make your recovery easier by helping you to make it day by day.” -Teddy

“I try to make it to church to get a since of spirituality. Meeting people who can relate to my problems or have a total different relationship but have to look at it as mine.”-Thomas

“Peer support as done a lot for me. It’s a group where myself as well, as well as others in the group can talk about what is bothering them and going on in their life. They group helps me with my quietness and helps me open up and my depression. The group could be very helpful for a lot of other people.” -Dawn

“Peer support is good for all of us with mental health issues. The group has helped me with my anger and depression. It is a place that we can talk about our problems and seek help from the group. We really need this group.”- Woody

*If there's one person
Who really understands me,
Would be my peer support
person*

*Monty Murphy!
About my depression
He knows a lot,
Cause wasn't long ago
He was in the same spot!
With the right medication
And therapy too,
He got better
And so can you!
So if there's one thing
I would recommend
Would be a peer support person,
Someone like him!
By Scotty H.*





The Guy in the Glass

*When you get what you want in your struggle for self,
And the world makes you King for a day,
Then go to the mirror and look at yourself,
And see what that guy has to say.*

*For it isn't your Father, or Mother, or Wife,
Who judgment upon you must pass,
The feller whose verdict counts most in your life,
Is the guy staring back from the glass.*

*He's the feller to please, never mind all the rest,
For he's with you clear up to the end,
And you've passed your most dangerous, difficult test,
If the guy in the glass is your friend.*

*You may be like Jack Horner and "chisel" a plum,
And think you're a wonderful guy,
But the man in the glass says you're only a bum
If you can't look him straight in the eye.*

*You can fool the whole world
Down the pathway of year,
And get pats on the back as you pass,
But your final reward will be heartaches and tears,
If you've cheated the guy in the glass.*

DALE WIMBROW



The Man Who Thinks He Can

If you think you're beaten, you are;
If you think you dare not, you don't.
If you'd like to win but think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost,
For out in the world we find
Success begins with a fellow's will,
It's all in the state of mind.

Full many a race is lost
Ere ever a step is run,
And many a coward fails
Ere ever his work begun.
Think big, and your deeds will grow,
Think small and you'll fall behind,
Think that you can, and you will,
It's all in the state of mind.

If you think you're outclassed, you are,
You've got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go,
To the stronger or faster man,
But soon or late the man who wins,
Is the fellow who thinks he can.
It's all in the state of mind!

WALTER D. WINTLE

