

# PEER WELLNESS AND COUNSELING SERVICES

## Who Can Participate:

This program is designed to support professionals who work for DMHAS funded providers, providing Substance Use Treatment, Opioid Use Treatment, Mental Health Services, Medication to Support Recovery, as well as for those professionals who are in recovery themselves.

## What We Offer:

- All services are provided in-person and virtually (telehealth)
- Individual Therapy in a supportive, one-on-one environment
- Wellness Activities, such as yoga and cooking classes, to promote self-care and healthy fellowship
- Our research and curriculum-based Support Groups include:
  - A *Compassion Fatigue Group* to better understand this condition, as well as identify strategies and a plan to prevent it
  - A *Motivational Interviewing Therapy Group*, using this evidence-based approach to support the change one strives for and setting of goals, within an environment of acceptance and compassion
  - A *Stress Circle Support Group* offers open dialogue about and strategies for, managing stress, increasing coping mechanisms, and relaxation techniques

## What You Could Gain:

- Increased self-care and self-compassion
- Strategies for self-empowerment
- Increased social connectedness and support systems
- Improved self-esteem
- Increased compassion resiliency
- Increased job satisfaction
- Improved coping skills



## Why Choose Family Connections?

- Knowledge of the Peer Specialist role
- Understanding of addiction, OUD, and Recovery Pathways
- Knowledge of SUD/OUD treatment modalities
- Commitment to Cultural Competency, Inclusivity, and Diversity
- Success with engaging individuals in wellness, self-care, and reducing compassion fatigue
- Knowledge of emotional and behavioral triggers that impact recovery

Please contact our Program Coordinator, Jodie Reid, at [jreid@familyconnectionsny.org](mailto:jreid@familyconnectionsny.org) for more information.

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Participants are encouraged to attend Peer Wellness programming at their county's designated agency.

