



How To Obtain Peer Support Services at Our Space

If you do not have a case manager and are over 18, call the Milwaukee County Behavioral Health Division's Community Access to Recovery Program (CARS) at 414-257-8085, or download and complete a referral form (located on the Milwaukee County Behavioral Health Division website) and FAX to 414-454-4242. Once accepted into the Comprehensive Community Services Program (CCS), request Our Space, Inc. as a service Provider.

If you have a Case Manager (CM) or Care Coordinator (CC), ask about changing your programming through the Milwaukee County Behavioral Health Division to Comprehensive Community Services. Your CM or CC will need to complete the necessary paperwork to receive CCS programming.

If you have additional questions, contact Melissa at Our Space, Inc. (414-383-8921 Ext. 2).



Peer Support

Our Space, Inc.
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Milwaukee, WI 53204
414-383-8921
ourspaceinc.org





What Is Peer Support?

Peer Support is an emerging behavioral health best practice, utilizing trained individuals with lived experience to help others cope with mental illness and/or substance abuse challenges. It offers a level of acceptance and understanding often not available in other professional relationships. Using a non-clinical approach, Peer Support Specialists share their experiences, and provide clients practical guidance to create goals and strategies towards a more fulfilling life.

The Role of a Peer Support Specialist

- ▶ Supports recovery journey
- ▶ Provides hope and overall well-being
- ▶ Helps reduce mental health/substance abuse stigmas
- ▶ Provides holistic recovery tools
- ▶ Assists in wellness planning and goal development
- ▶ Reduces recovery barriers
- ▶ Advocates for clients with other care providers
- ▶ Educates about community resources
- ▶ Provides community linkage
- ▶ Meets client where they are on their journey

What a Peer Support Specialist Is Not

- ▶ Paid friend
- ▶ Personal Care Worker (PCW)
- ▶ Transportation/Taxi Service
- ▶ Housing Specialist
- ▶ Case Manager
- ▶ Crisis Intervention/Crisis Assessment Response Team
- ▶ Psychologist, Social Worker, Psychiatrist, Therapist
- ▶ Big Brother/Sister
- ▶ Personal Assistant (errands, groceries, pay bills, etc.)

Our Space Programs Providing Peer Support

Our Space Drop-in Center

- ▶ Comprehensive Community Services (CCS)
- ▶ Family Dependency Treatment Court
- ▶ Wiser Choice
- ▶ WCS-Forensics Services: Conditional Release (CR) and Opening Avenues to Re-entry Success (OARS) programs
- ▶ Cenpatco/MHS Health Wisconsin
- ▶ Supportive Housing: Highland Commons, Empowerment Villages, and Farwell Studio Apartments

Desired Client Outcomes

- ▶ Decreased hospitalization
- ▶ Decreased alcohol/substance use
- ▶ Decreased incidences of mental health emergencies
- ▶ Reduction in depressive or psychotic episodes
- ▶ Increased confidence and self-esteem
- ▶ Developing appropriate decision-making skills
- ▶ Identification of personal recovery goals
- ▶ Increased self-care and wellness engagement
- ▶ Symptom and/or trigger management
- ▶ Learning coping skills
- ▶ Increased self-reliance and functional independence
- ▶ Development of healthy relationships including community connections and natural support
- ▶ Personal safety, stability, and accountability
- ▶ Ability to advocate for personal needs
- ▶ Navigating complex systems successfully
- ▶ A feeling of hope and overall wellness

