



## **Peer Mentor Program**

Peer Specialists are a vital part of MHA's Strong Families Healthy Homes Program (SFHH). The role of a Peer Specialist is to act as a mentor, advocate, educator, facilitator and support person for parents living with co-occurring disorders. MHA's Peer Specialists are people in mental health or substance abuse recovery and they also utilize their own recovery and wellness plans to prevent future crises.

### **ACTIVITIES. A Peer Mentor can...**

- Provide resources related to basic needs, mental health, substance use, etc
- Focus on modeling / teaching positive coping and problem solving skills
- Assist the parent in being connected to Wiser Choice for an alcohol and drug screening if needed

### **GOALS. Parents will...**

- Obtain educational information and meaningful resources
- Learn about and utilize coping strategies
- Form positive social connections and informal supports for their family

Please contact Karissa Vogel for more information on how to be connected to a Peer: [karissa@mhawisconsin.org](mailto:karissa@mhawisconsin.org) or 414.336.7964