

Recovery Peer Services

Peer Support Specialists are people who have walked a similar path to yours. They can share their lived experiences and their journey to successful recovery. The basis of peer-to-peer support is a shared understanding and mutual respect, which will empower you to become and stay engaged in your recovery and reduce the risk of relapse.

A Peer Support Specialist can provide enhanced support in all settings. Their support goes well beyond what can be provided in the clinical setting. Their ability to walk with you in all aspects of your journey is the key to the success of the Peer Support model.

Who We Serve

Individuals with Behavioral Health diagnoses related to substance use:

- Supports are currently only provided by phone due to the COVID-19
- Services can be one-on-one or in a group



What We Can Do for You

Each individual is assigned a certified peer to help in a variety of situations:

- Identifying and helping to remove barriers to success
- Increasing awareness of and connection to existing social, including formal recovery support
- Learning coping skills that will help you maintain a recovery lifestyle
- Developing of a recovery plan or relapse prevention plan

What You Need to Do

Initial enrollment is easy and can be completed over the phone.

A certified Peer Specialist is available Monday-Friday, between 1:00 – 3:30 pm by calling Leah Hill at (315) 333-2428

See below for details on peer support groups. Contact Leah Hill to enroll with a peer or for access to the zoom group meetings

Tuesday Peer Support Groups – Via Zoom

Tuesday: 4/14 (2:00 -3:00 pm)

– Managing Stress & Anxiety

Tuesday: 4/21 (2:00 – 3:00 pm)

– Meditation & Discussion

Tuesday: 4/28 (2:00 – 3:00 pm)

– Self-Help (Substance Use)

Tuesday: 5/5 (2:00 – 3:00)

– Self-Help (Mental Health)

Friday Peer Support Groups – Via Zoom

Friday: 4/17 (12:00 -1:15 pm)

– Relapse Prevention

Friday: 4/24 (12:00 – 1:15 pm)

– Positivity & Gratitude

Friday: 5/1 (12:00 -1:15 pm)

– Grief & Loss

Friday: 5/8 (12:00 – 1:15)

– Personal Wellness & Self-Care