

It is important to help peers find available resources in the community.

Session 7

Building Resources

Looks at the different types of resources available to individuals and how to create a resource manual.

Types of Resources

Resources are organizations, individuals, programs, and supports that can help an individual on their recovery journey. Resources come in many different types and from many different areas in the community. It is important as a Peer Specialist to be aware of the different types of resources available. Some resources might be within the mental health or substance abuse community, but many resources can be found in other parts of the community. For example, the “Access Office” at the local college could be a good resource for a peer who wants to attend college.

In the space below, name three resources that have helped you on your Recovery journey and tell how they helped you. Think about organizations, individuals, programs, or supports that helped you.

1.

2.

3.

Resource Manuals

It is important for every Peer Specialist to create their own Resource Manual for quick reference when a peer needs a specific resource. You can create your resource manual any way you want. The following is one of the easiest ways to start your Resource Manual.

1. Find a large three ring binder.
2. Place at least 10 dividers in the binder.
3. Label the dividers with some of the common types of Resource that individuals will need.
 - a. Housing Resources
 - i. Shelters
 - ii. Rent Assistance
 - iii. Utility Assistance
 - iv. Shelter Care Plus
 - b. Clothing Resources
 - c. Food Resources
 - d. Mental Health Resources
 - e. Substance Use Treatment Resources
 - f. Resources for Veterans
 - g. Criminal Justice Resources
 - h. Employment/Training Resources
 - i. Social Security Disability Resources
 - j. Education Resources
4. It is important that every time you receive a card, brochure, or flyer about services that could assist your peers, you make a copy of the resource and place it in your manual.

Scenario 1

Susan is a peer who has been attending her local Community Mental Health Center for two years. She recently received a reduction in the amount of social security she is receiving each month. She does not know why the amount of her check was reduced. Since she is receiving less money she has fallen one month behind in her rent and has very little food in her house to eat. She has two children in school and she has trouble sending lunch with them every day. She has not received a child support payment from the father of her children in three months.

Scenario 2

Steve is a peer who has recently started attending a Drop-In Center. He is homeless and currently sleeping on the streets. He does not have social security. He would like to see a doctor for his mental health, but he does not have any medical insurance. He came to you and stated that he needs a job and a place to live. He has completed his GED, but he has not worked in two years because he was in prison.

Scenario 3

Beth is a peer who has recently returned from inpatient Substance Treatment. She is proud of completing treatment, but she is fearful of relapsing. She has three children and she is concerned that they may be taken away from her. She is currently staying with a friend of the family, but she would like to have a place for both her and her children. She has a lot of outstanding debt that has ruined her credit score. She would also like to find a job, but she had not completed her GED.

Session 7 – Review Question – Building Resources

1. List 5 different types of resources that could be found in a Resource Manual?