



Recovery  
Options  
Made Easy



## What is a Peer?

Someone with lived experience in recovery from a mental health condition, substance use disorder, or both. They provide support to others by using nonclinical, evidence based practices.

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# Why Peers Share Stories?

Peers share stories to give hope, connection, and support to those who are in recovery. These three components help empower, identify, and improve communication with others; as well as identifying their own triggers and coping skill methods.

## Peer Certifications

**Certified  
Peer  
Recovery  
Advocate  
(CRPA)**

- Individuals with lived experience who have been certified to provide coaching, support, information, guidance and motivation to those seeking or sustaining recovery from a substance use diagnosis.

**Certified  
Recovery  
Peer  
Advocate -  
Family  
(CRPA-F)**

- Individuals with lived experiences who have been certified to provide coaching, support, information, guidance and motivation to family members of individuals going through recovery from substance usage

**Certified  
Peer  
Specialist  
(CPS)**

- An individual who has lived experiences that shares guidance and support for individuals who are suffering from mental health disorders, illness, addiction, trauma, or abuse throughout their recovery.

**Youth  
Peer  
Advocate**

- A young adult between the ages of 18 – 30 who uses their personal experiences to help guide, support, and empower other youth.

**Family  
Peer  
Advocate  
(FPA)**

- Peer who have lived-experience as the parent (biological, foster, adoptive) or primary caregiver of a child/youth with a social, emotional, behavioral, mental health, or developmental disability)

**HIV/AIDS**

- Peers with lived experiences with HIV/AIDS to support, empower, and guide individuals through their recovery.



# Community Reintegration Team

The Community Reintegration Team is a multidisciplinary team of peers who assist those coming out of long-term psychiatric care and assist them as they transition to the community.

As peers they are people who's lives have been directly or closely effected by mental health. You can typically find CRT Peers at the Buffalo Psychiatric Center where they facilitate multiple groups for the patients, or within the community they serve. They assist participants set self-made recovery goals over a range of topics from housing, to medical, to things as simple as socialization.



People are experts in their own recovery, and CRT helps them realize this and gives them choice in their recovery. Their individual service plans are made by them, for them. They can be reviewed and re-evaluated at any time.

CRT's strength comes from the different kind of peers we have on the team; we have the Peer Bridgers, a Nurse Educator, and an Occupational Therapist. Each bring a different discipline to the table that helps to assist those who choose to work with CRT.

# Peer Bridger Program

Peer Bridgers are certified peers that help guide individuals throughout their recovery. Peers understand about the barriers and concerns mental health can create. Peer Bridgers also helps integrate participants back into the community. Our team networks with supportive housing, focus on skill development, and become a part of the participant's support system. We provide opportunities that are goal oriented, and person-centered to support mental health recovery, community reintegration, and sustained independent living.

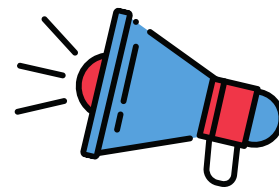


Peer Bridger program serves individuals in Erie and Monroe Counties.





# Agency Updates



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## FOR IMMEDIATE RELEASE

July 12, 2022

**Buffalo, NY**...Recovery Options Made Easy (Recovery Options) is pleased to announce The John R. Oishei Foundation grant award of \$200,000 towards the development of the Kirsten A. Vincent Respite & Recovery Center (Respite & Recovery Center) at 111 Maple St., Buffalo, NY slated to open in the Fall of 2022. The John R. Oishei Foundation grant will compliment funding from Erie County Department of Mental Health and Erie County Legislature.

The Respite & Recovery Center is the first-of-its-kind intensive respite and comprehensive recovery model in New York State designed to support crisis stabilization and continued recovery. The Respite & Recovery Center will divert those with mental illness away from hospitals or the street and to a safe, supported environment.

Shannon Higbee, CEO of Recovery Options comments, "We are grateful for this significant contribution from The John R. Oishei Foundation. Their support of this project is indicative of the desperate need for these services".

Located in the Fruit Belt, the Recovery Options' Respite & Recovery Center will provide community access to much needed intensive respite and immediate care services, as well as job opportunities.

The Center will include a Short-Term Crisis Respite (Refreshing Waters), an Intensive Crisis Respite (Restful Rivers), a Renewal Center in collaboration with Western New York Independent Living (WNYIL) and a Mental Health Urgent Care, a Spectrum Health & Human Services satellite. This innovative model of recovery allows individuals a safe space of calm to regroup and recover.

"We so appreciate the sensitive approach that Recovery Options and its partners have taken to ensure residents with mental health needs are cared for and supported in their recovery right in their own community," commented Esther Annan, Program Officer with The John R. Oishei Foundation. "The development of the Respite and Recovery Center will offer a much more suitable facility for those suffering from a mental health crisis while diverting patients from emergency rooms. "

The John R. Oishei Foundation enhances the economic vitality and quality of life for the Buffalo Niagara region through grantmaking, leadership and network building. For more information about The John R. Oishei Foundation, visit [www.oishei.org](http://www.oishei.org).

Recovery Options is a nonprofit peer run organization. Recovery Options was developed and is operated by those who have lived experience through the recovery process. Programs and services benefit participants in mental health services in 20 counties in Western New York and Finger Lake regions. The organization is committed to decreasing stigma by increasing awareness of mental health and substance use through information, education, and advocacy.





# EVENTS!



**Flash Mob  
Buffalo, NY**



**Healthy Kids Day  
Olean, NY**



**Pride Festival  
Jamestown, NY**



**STRAWW Event  
Olean, NY**



**Career Fair  
Jamestown, NY**



**Together for  
Mental Health  
Wellsville, NY**



# Get involved

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ROME is Hiring!

Please scan for our openings

Donate

Today!



For more information about Recovery Options programs and services, please visit <https://recoveryoptionsny.org/> or call 716.532.5508.

