

## **Peer Support and Case Management**

**Purpose**: Individuals in recovery and/or transition need continuous support to encourage personal growth and development. Our agency provides a safe environment for individuals to speak with a peer support worker regarding obstacles, emotional struggles, and life challenges. This free program gives participants an opportunity for support between scheduled appointments at their other community resources (CMHA, St. Leonard's, NOVA Vita, etc.). With the participants consent and a completed Release of Information form, RPLACES can forward progress notes to the participant's referral source or respective agency. With the growing need of the community, professionals at neighboring agencies can be overwhelmed with client case loads; personalized attention and accessibility for clientele become stretched thin. By building this network of support, case workers can stay current with participant's weekly progress and participants have another avenue to seek support.

**Duration:** The participants schedule their frequency and duration. RPLACES encourages participants to attend a minimum weekly support. If a participant faces challenges in consistency or cannot make a weekly support session, our agency will attempt contact the participant for a wellness check via phone. In addition, RPLACES will conduct follow up wellness checks monthly for prior participants to track progress and success.

**Significance**: Many individuals find that there are few places, resources, support options, etc. as they try to reach their goals. Rplaces helps a person transition through the many obstacles they face in recovery/transition. We fill a service gap that exists in our circle of care.

Cost: Free

Fax: 519-304-8180

**Application for Participation**: Individuals interested in the program should contact RPLACES Transition Centre directly or register through our website:

www.rplacestransitioncentre.com

Email: rplaces.58@gmail.com

Fax: 519-304-8180

Office: 519-304-8080 Email: rplaces.58@gmail.com