

## Western Regional Clinics

### Rustin Conference Center

2085 Rustin Ave  
Riverside, CA 92507

### "The Journey" Transitional Age Youth (TAY) Center

First Floor Entrance #3  
951-358-4100

### Wellness and Recovery Clinic for Mature Adults

First Floor Entrance #5  
951-509-2400

### Substance Abuse & Prevention Program

First Floor Entrance #3  
951-955-2105

### Western Full Service Partnership

First Floor Entrance #4  
951-955-8000

### Blaine Clinic

769 Blaine St., #B  
Riverside, CA 92507  
951-358-4705

### New Life Forensic Full Service Partnership

771 Blaine St., #C  
Riverside, CA 92507  
951-358-4120

### New Life AB109

771 Blaine St., #D  
Riverside, CA 92507  
951-955-2233

### Main Street Clinic

629 N. Main Street, #C3  
Corona, CA 92880  
951-738-2400

### The Navigation Center

9990 County Farm Rd., Ste. 5  
Riverside, CA 92503  
951-358-4834

## Desert Regional Clinics

### Indio Clinic

47-825 Oasis Street  
Indio, CA 92201  
760-863-8455

### Banning Clinic

1330 W. Ramsey St., #100  
Banning, CA 92220  
951-849-7142

### Blythe Clinic

1297 W. Hobson Way  
Blythe, CA 92225  
760-921-5000

### Desert Mature Adults

14320 Palm Drive  
Desert Hot Springs, CA 92240  
760-773-6767

### Desert Full Service Partnership

19531 McLane St., Ste. B  
North Palm Springs, CA 92262  
760-288-4579

### Recovery Learning Center

47-825 Oasis Street  
Indio, CA 92201  
760-863-8455

## Mid-County Regional Clinics

### Hemet Clinic

650 N. State Street  
Hemet, CA 92543  
951-791-3300

### Lake Elsinore Clinic

31764 Casino Drive, #100  
Lake Elsinore, CA 92530  
951-471-4645

### Lake Elsinore Mature Adults

31764 Casino Drive, #100  
Lake Elsinore, CA 92530  
951-471-4600

### Perris Clinic

1688 N. Perris Blvd., #L7-L11  
Perris, CA 92571  
951-443-2200

### Temecula Clinic

40925 County Center Dr., #200  
Temecula, CA 92591  
951-600-6300

### Temecula Mature Adults

40925 County Center Dr., #200  
Temecula, CA 92591  
951-600-6420

## HELPLine

HELPLine is a free, confidential crisis / suicide intervention service available 24 hours a day, seven days a week.

**951-686-HELP or 951-686-4357**

## Peer Navigation Line

The Peer Navigation Line provides resources, information, and connection to local services through the use of Peer Support. We offer "known" resources and help you navigate the wide array of choices that will meet your specific needs.

**888-768-4YOU or 888-768-4968**



This information is available in alternative formats upon request. If you are in need of a reasonable accommodation, please contact Consumer Affairs at 951-955-7161

2085 Rustin Ave., Riverside, CA 92507

951-955-7161 / rcdmh.org

# What is Peer Support?

"We promote an affirming environment that recognizes the gifts all people possess."

## What is Peer Support?

Peer Support is an evidenced based practice bringing people together who have similar “lived experiences” to share hope and recovery. A person embarking on a journey to wellness and recovery receives support from a person who has been through similar challenges. This person is a Peer Support Specialist.

**The Peer Support Specialist** engages with the person receiving services one-on-one or in a group setting. The person receiving services has the opportunity to experience what it’s like to walk side-by-side with a person who has “been there”, while learning new tools and practicing new skills in moving through challenges.

### Services that Peer Support Specialists Offer:

- One-on-one peer support
- Linkage to community self-help groups
- Resource assistance
- Advocacy
- Assistance in building coping skills
- Providing a positive and safe space for a person to work toward recovery
- Wellness Recovery Action Plan (WRAP<sup>®</sup>)
- Recovery Coaching
- Co-Occurring Life of Recovery (COLOR)

## What can a person expect from working with a Peer Support Specialist?

A “PSS” can assist a person working toward recovery in the following ways:

- Setting personal goals
- Practicing new skills
- Working through specific challenges
- Inspiring a person to get more involved with their community
- Being a source of empowerment and support
- Helping a person to connect to their own life in a new way
- Modeling recovery by “being the evidence”
- Providing a safe space for a person to discover meaning and purpose in their own life



## The Five Recovery Pathways

Peer Support is structured around five principles that enhance a person’s ability to move toward recovery.

### **Hope:**

There is hope for people with psychiatric symptoms and/or addiction to recover. Peer Support Specialists are the “evidence” that recovery is possible.

### **Choice:**

Each person takes responsibility for their own situation to begin to move ahead, making choices and decisions, even calculated risks, becoming self-determined in moving toward recovery.

### **Empowerment:**

It is a commitment to effecting positive change. It is a supportive venture that uses each individual’s knowledge and experience to empower the recovery process. It is giving the person the opportunity to regain their own power in their own life.

### **Environment:**

Creating a space where people are empowered to recover, to succeed in accomplishing their goals.

### **Spirituality:**

Developing personal spiritual strengths, giving the person the opportunity to explore and discover their own sense of meaning and purpose in life.