



Doors to Wellbeing Quarterly

Newsletter

GLOBAL PEER SUPPORT CELEBRATION DAY!

Global Peer Support Celebration Day is an annual celebration of peer supporters, peer support services, and recognizing their work in helping their peers.

So many people ask us what we can do for others when they are struggling and many of us have experienced unsupportive relationships at our worst times. This year, for Global Peer Support Celebration Day and Recovery Month, we decided to ask, **"What were the things that supporters did that helped you most in your recovery?"**

In recovery, many of us have learned self-advocacy for what is helpful. Our hope is that this catalog of short answers can be used as a tool, by-us, for-us to use to self-advocate and communicate to those that want to help us what the types of support we actually find helpful.

Here are some common themes!

HAVING CHOICES AND OPTIONS

Did not judge me or tell me what was best for me while I walked through self discovery. I liked options, not being told only one option works. Compassion for mental health and substance use. Helped with transportation while in transitional housing. **Submitted by Mandy Schuman, Abilene, Tx**

Provide variety of resources and hands on support to help me overcome hardships. **Submitted by Jasmine Robinson**

GIVEN OUR OWN DECISION MAKING

Supporting me as the authority to make the final decisions about my "treatment"/services.

Anonymous

Person Centered Services-Developed a relationship with me independently and not labeled/stigmatized me. Nothing about me without me- Included me in the decision making about my healing process. **Submitted by Eunid M.**

- Went for a walk with me
- Just listened without advice giving
- Told me they are there for me through whatever choices I make for my life, acknowledging that I am the expert and director of my own life. **Submitted by Amey Dettmer from Doors to Wellbeing**



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ACCOUNTABILITY AND HONESTY

My supporters kept me accountable!

Submitted by Kristen Mc

Never gave up on the possibility that I could be a better version of myself, and always support but never enabled my behaviors.

Submitted by Tara

The best thing for my recovery was brutal honesty. My support system consisted of family, friends, treatment providers, and new a found fellowship. I was told from the beginning that my recovery was my responsibility, and that if I didn't want the life I had, then it was my responsibility to change it and make different choices. The people in my life were supportive to me while I was learning this new way of life, but they always made me accountable for my actions. It was hard. it was uncomfortable. I had to ask for help a lot. **Submitted by Juli**

Telling the truth about my behavior even when it made me angry and loving me when I couldn't love myself. **Submitted by Ashley Selfe from VA.**

CONNECTION

I belong to a listserv for women who've been diagnosed since the 1990s. We have grown old together, shared heartaches and frustrations. We've grieved together has some of our list members left us way too early. We also celebrated weddings and babies being born. It's a place to have multiple listening ears. **Submitted by Beckie**

I just needed someone to listen. I needed to understand myself, and finding a spiritual leader to provide hard truths helped. But it couldn't be in a direct or offensive way. i had to be taught. i had to learn. It had to be a deep conversation, not a lecture, or preachy lesson. I needed true connection. **Submitted by Aly Cumpiano**

Supporters took me to meetings. Showed me what it meant to be of service, we went to help others move took others out for coffee, went with me to court, Dr. visits bought me food ,but most of all showed me how to live with out alcohol & drugs.

Submitted by Mindy, Rainbow resource

PROVIDED A SENSE OF HOPE

Treated me as a human and not a label (addict, mentally ill, drop-out, felon, homeless, etc.). Reduced feelings of guilt and shame by helping me identify and debunk the thoughts that were based on societal stigma. **Submitted by Matt R. from OR**

Sat with me in hard times, believed in me when I couldn't believe in myself, remind me how awesome I am and how much I help people. **Submitted by Kristine Graves**

They listened and believed in me and told me I had potential. **Submitted by Cathy**

Instead of tough love, my family loved tough & never never never never never never gave up on me. **Submitted by Sam Bradley from Sunrise**

My cats entertained me and allowed me to laugh when I didn't feel I had a lot to laugh about. **Submitted by Beckie**

In my continued recovery my supporters remind me to give myself grace and respect the process it didn't take me a day to need recovery it will not take me a day to recover. Also positive self talk and dream for the future I am currently in the process of creating a vision board which is something that I wouldn't have been able to complete if my supporters didn't encourage me to get out of survival mode. You want to go from surviving to thriving. **Submitted by Takiyah Chairs**

PEER SUPPORT

When they had lived experience and listened to me! They didn't tell me what to do, they did tell me what would happen if I did them without thinking/knowing. **Submitted by Ralph Martha from TPCP/CSH**

As a caregiver, being connected to a Family Peer Support Specialist and a support group with parents going through similar circumstances helped me immensely. It also gave me an opportunity to make a difference and help those in the group as well. All of this helped me to gain strength to continue to navigate the struggle of caring for an adolescent with SUD and MH challenges. **Submitted by Rebekah Davidson**

Most importantly, somebody told me of their similar struggles and that they recovered, and that I could recover too. And I did! Therapy, doctors, etc. were helpful, but I truly found hope when I learned that recovery was not only possible, but it's the respected result. Until then, I didn't expect to recover; I just thought that, if I were lucky, I might feel a little bit better. Sharing from heart-to-heart by someone who profoundly understood made the difference. **Submitted by Anita from Texas**

Showed me through actions in the recovery process what I was interested in and what I wasn't. **Submitted by Aaron**

Weekly peer meeting and topics. Getting a personal call and email to ask about my well being. **Anonymous**

Reminded me that there is hope for tomorrow and that being of service to others is rewarding! Find a Peer Support group on Face Book/social media. **Submitted by Tammy**

JUST LISTENED

Just being present with me. No judgment, just presence. Most meaningful reminder that I am not alone. **Submitted by Kari from UT**

The things that my most effective supporters did that helped me most in my recovery was just to be there for me in a safe, non-judgmental space and allowed me to use MY voice in my recovery. Never putting their own views and wants on me. Just allowing me to recover in my way, but remaining supportive. **Submitted by Julia**

Showing non-verbal compassion; being available to actually listen (without commentary, suggestions or personal stories); checking in regularly, but not intrusively; showing up. **Submitted by Vickie V.**

Even when they did not fully understand what I was going through or why it was happening, they listened, showed compassion, and did not make me feel like I was a broken object that needed fixing. **Submitted by Barbara**

Listening. It is one of the most important supports for someone in recovery. "Our secrets keep us sick." **Submitted by Shelley Bastos, CPS & Recovery Advocate**

Listened to me, they were non-judgmental, and supported my ideas and efforts. **Anonymous**

They didn't use my diagnosis to "help me", not give me unsolicited advice or quiz & constantly ask questions. I was treated like a regular person and felt heard **Anonymous!**

Listen. **Submitted by Terry**

This Global Peer Support Celebration Day, reflect on how mutual support shows up in your life and how self-advocacy plays a role in the support we need from others.

Youth Peer Support Action Summit

Presented by
Mental Health America
Doors to Wellbeing

As a youth attendee, take part in:

- Networking opportunities
- Peer-to-peer guidance
- Various prizes and swag
- Lasting insights on wellness

...and more!

Submit your workshop proposals for the Youth Peer Support Action Summit and be part of a global movement to empower, inspire, and uplift the next generation.

Youth are encouraged to apply!

Some ideas:

- Interactive Workshops
- Youth-led Initiatives
- Mental Health & Wellness Sessions
- Creative Arts & Expression
- Social Justice & Advocacy

Click here to submit your proposal by October 6th!

Join Doors to Wellbeing and Mental Health America for a **youth-led, youth-developed, free virtual event!**

This summit will address innovative approaches to youth peer support and possibilities for youth involvement within the peer support movement.

This will be a chance for youth to identify common interests and priorities for increasing access to peer support for young people nationwide; calling to action the continuation of moving away from mental health stigma and discrimination to acceptance and inclusion.

Together we can continue the peer support movement's legacy of creating healing and empowering spaces, services and resources that meet the needs of diverse populations throughout the United States - making sure that youth voice is at the table for creating these spaces!

Click Here to Register

**Or access registration
through our QR code!**



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webinars - last Tuesday of each
month!**

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**LOOK FORWARD
TO OUR NEXT
NEWSLETTER!
...JANUARY 2024**



*Doors to To Wellbeing is a Program of
the Copeland Center*

Copeland Center
FOR WELLNESS AND RECOVERY

This newsletter was developed under grant number 1H79SM082653-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.