

## The Importance of Peer Support at ValueOptions® Maryland

At ValueOptions®, we have what we believe is an advanced commitment to peer support and the use of peer specialists. Far from being a side interest or something that we're doing peripherally to enhance the recovery and wellbeing of our members, peer support is something that has become an accepted and highly valued part of our approach to care.

The role of peer support is to help patients achieve their **best** possible health. In this context, symptom remission is only the beginning.

## PEER SUPPORT AT VALUEOPTIONS®

- **Peer and Family Support**—working with doctors and clinicians to help provide a wide range of guide, advocate and connector services.
- **Peer Warm Lines**—provide direct communication link and emotional support for patients, families and make referrals to providers and community services.
- **Prevention, Education and Outreach**—community meetings, trainings, events and educational forums
- **Peer-Run Programs**—support and capacity building for other community advocacy and peer services.

## August 2015

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On August 24, 2015, hundreds marched in Washington, D.C. for dignity and change in Mental Health. Their goal is to bring people together to create energy and solidarity for a more supportive nation. Many communities, local and national organizations contributed through the Dignity Mental Health Coalition.



## Snapshot: Dee's Place

Dee's Place is a Recovery Community Center located on 1212 North Wolfe St. in Baltimore, Maryland. It is open 24 hours a day, 7 days a week, including holidays. There are at least 2 Peer Recovery Support Specialists available at all times. Program services include free acupuncture, individual and peer counseling, career services/employment readiness programs, HIV counseling and testing and referrals to other needed services such as supportive housing, food, clothing and GED classes. They provide referrals to many levels of treatment – buprenorphine (suboxone), inpatient and mental health counseling. No appointments are necessary and they accept insured and uninsured clients. They host the Vehicles for Change Program which provides access to owning your own vehicle for working individuals. Free parking is available in the rear of the building. There are continuous 12-Step meetings held in Dee's Place. It is a warm and welcoming place. Stop in!



## What is ARCO?

ARCO stands for the Association of Recovery Community Organizations. ARCO is a part of Faces & Voices of Recovery, an organization that encourages recovery communities to be organized and mobilized to address policies, practices and perceptions for people affected by alcohol and other drugs.

Faces & Voices ARCO unites and supports the growing network of local, regional and statewide recovery community organizations (RCOs). ARCO links RCOs and their leaders with local and national allies and provides training and technical assistance to groups. ARCO helps build the unified voice of the organized recovery community. Check out their website at [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org).





## America Honors Recovery

Beacon Health Options was a proud sponsor of America Honors Recovery, Faces & Voices of Recovery's annual awards gala. This was a celebration and honor of 2015's most influential recovery community leaders and organizations. The event salutes the legacies of three dynamic recovery trailblazers who dedicated their lives to removing barriers for individuals and families affected by addiction—Dr. Vernon E. Johnson and recovery advocates Joel Hernandez and Lisa Mojer-Torres. Among this year's award winners were Honesty Liller, Chief Executive Officer of the McShin Foundation in Richmond, Virginia, Greg Williams, director of the Anonymous People movie and William White, who received the Distinguished Lifetime Achievement Award. Congratulations to all and thank you for all the good you do!



**MentalHealthChannel**  
CHANGING MINDS

The Mental Health Channel is a new online network that's changing the conversation through inspiring true stories. This website provides videos free of charge that support better mental health for everyone. Their mission is to create engaging, enlightening, informative programming, commercial free, to help all viewers improve their mental health.

Here is a sample of their 12 original documentary series:

**"The Inside Story"** – amazing characters reveal their mental health diagnoses and their paths to overcome them.

**"The Journey Home"** – Veterans working together to overcome reintegration challenges

**"Critical Years"** – young adults dealing with change and overcoming mental health challenges

**"Cracking Up"** – comedians taking mental health into the spotlight

They will release 120 episodes in their first 'season' of Mental Health Channel, through the fall of 2016. Their strategy is to use the best mental health programming, offered free to anyone, anywhere, anytime they want it. You can find out more on [www.mentalhealthchannel.tv](http://www.mentalhealthchannel.tv), Vimeo and Youtube Channel. All content on the Mental Health Channel is for information purposes only. It is not and should not be considered medical advise.

