



milkweed connections

PSP PROGRAM

WHAT IS RECOVERY COACHING?

Recovery coaching is an ongoing intentional relationship focused on removing personal and environmental obstacles to recovery. A recovery coach is a person who has completed formal training in the recovery coach approach. They promote substance use recovery and help remove barriers and obstacles to recovery for the people they support. They provide linkages to the recovery community and serve as a guide and mentor for newly recovering people.



WHAT IS PEER SUPPORT?

In its broadest definition peer support occurs when two or more individuals with similar lived experiences share those experiences with each other in an effort to learn strategies and receive support on how to move past challenges towards wholeness and recovery. A peer specialist is a person who uses their unique set of lived experiences and recovery in combination with comprehensive skills-training, including continuing education, to support people living with mental health, substance use, and/or other challenges. Peer specialists actively center peer support and associated principles in their work, while operating under a clearly defined role and collaborate in a complementary fashion with other formal and informal supports.

PEOPLE SUPPORTING PEOPLE (PSP)

In People Supporting People we identify as peers because we have a common history of life challenges which may include substance use, mental health, family disruption, and/or trauma concerns. As peers we can share our own recovery stories, successes, and challenges, in a way that honors our mutuality and provides a safe outlet to others seeking support.

Our supporters are chosen based upon their interpersonal skills, successes, and proven abilities to overcome obstacles. Our

supporters have lived experience and have been involved with or directly affected by the Department of Human Services (DHS) due to child protection issues, the juvenile justice system, or adult criminal and alternative courts.

It is these experiences that make our supporters so beneficial to families who are currently receiving services through the court system. We are able to offer hope, realistic advice, and advocacy for individuals and families. In addition, we form a critical link between the DHS worker, other professionals, and the individual or family.

Our supporters have received formal training in peer support and recovery coaching.

WHAT DOES A PEER SUPPORTER DO?

Our peer supporters provide side-by-side support and coaching to participants while they navigate the complex DHS, Child Welfare, Treatment Court, and Juvenile Justice Systems. We provide education and clarity about what is required of participants, support people on their recovery journeys, and assist people to build skills, wellness, and resiliency.

This could include attending various activities alongside people, such as:

- Court and related activities
- Any stipulated or court-ordered parenting class
- 12-step or other self-help groups
- Appointments

This could include working side-by-side with people on personal and court-ordered areas of growth, such as:

- Obtaining safe and adequate housing, employment, driver's license and transportation
- Community involvement/engagement/participation
- Life skill building and decision making such as organizing, budgeting, cooking, etc.
- Exploring healthy outlets and hobbies such as art, connection with nature, exercise and sports, holistic health practices, etc.
- Skill building to control and appropriately express emotions

HOW TO CONNECT WITH A PEER SUPPORTER:

Milkweed Connections contracts with Dunn County Department of Human Services to bring these services to people participating in the Dunn County Family Treatment Court, who have CHIPS cases, or are part of the juvenile justice system. Your social worker will need to make a referral to receive these services. We also contract to provide services through the Comprehensive Community Services (CCS) program throughout Western Wisconsin. Ask your CCS Service Facilitator to make a referral.

For more information about Milkweed Connections and team member bios, visit: www.milkweedconnections.com

