

## What supports would you like to receive?

Our mission is to educate members of our communities, health care professionals, families and other service providers about mental health and substance use disorders.

- Teaching individuals recovery and recovery management skills.
- Advocate with you, for you.
- Provide support to destigmatize and break down barriers you may encounter living with a mental health or substance use disorder.

Through our own lived experience, we model skills for you to learn and manage your own recovery and advocacy plan. We offer hope and recovery.

### Clara Martin Center

11 N. Main Street  
Randolph, VT 05060

### Peer Support Program

802-728-4466

[www.claramartin.org](http://www.claramartin.org)

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Clara Martin Center is a community based, non-profit organization providing acute and long-term behavioral health care services to Orange County and the greater Upper Valley area.

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## Peer Support Program

*Providing a unique level of support through our own lived experiences*

**Dignity, Recognition,  
Responsibility, Integrity,  
and Self-Determination for  
Everyone**



## Support Assistants

Support Assistants understand the struggles that living with a mental health or a substance use disorder can cause. Since we also live with mental health or substance use disorders we are able to offer a unique level of support and assistance.

Support Assistants have developed skills, found hope and recovery. We provide individualized, respectful and confidential support services. Our services are optional.

We are here to support you when you want support.

## What We Do

- Emotional support and mentoring through symptoms you may be experiencing.
- Help with steps to set and achieve your goals.
- Advocacy and motivation to help prevent relapse.
- Support access and use of community resources.
- Assistance finding service options within Clara Martin Center and outside agencies.
- Respond in crisis situations, providing safety, comfort and confidentiality.
- Attend individual and team meetings for support and empowerment.



## A unique level of support

The program is designed to complement the services throughout Clara Martin Center by adding a unique level of support directed by you the client.

We Do Not provide.....

- Case Management
- Therapy
- Decision on client's behalf
- Medication advice
- Medication Administration
- Home Care