

FLACRA

Mini Focus

Recognizing Our Peer Support Specialists

Peer Recovery Support Specialists are individuals who are in recovery from substance use or co-occurring mental health disorders. Their life experiences and recovery allow them to provide recovery support in such a way that others can benefit from their experiences. Our peer specialists either have a Peer Recovery Support Specialist Credential or are working toward it. Many agencies are just recognizing the value of utilizing peers in recovery. Once again, FLACRA is on the forefront of a new movement...

Sarah Manchester:



I am happy to say that I absolutely love my job here at the Penn Yan clinic and FLACRA. As of right now I am doing Engagement to

Care with every client that comes through the door. I also co-facilitate a jail group at Yates County Jail on Tuesday mornings. I am grateful to have this position and work with the team I do here in Penn Yan. I am doing some outreach as well; a local counselor in Hall, NY has referred 2 clients to me to get them engaged in FLACRA. And I am also trying to do some work with the schools to get in and talk to middle and high school age children about substance abuse and signs. I've got lots of ideas!

Jose Delfi:



I became a peer at FLACRA because I want to help others get to the place where they can let their guard down and allow people to help them. I want to be there for people, like FLACRA was there for me. I meet people half way, and walk with them to help them meet their goals so they don't have to do it alone. My favorite thing about FLACRA is that they are willing to listen, and willing to help people find open doors to keep people moving forward in their recovery.

We would like to take a moment to recognize our hard-working Peer Support Specialists!

Thank you for all that you do!

Ashley Yuhasz:



My experiences have led me to be able to share knowledge of supports available in Schuyler County. As a group we are all driven, lively, empathetic and caring. Every one of our growing group of peers brings some-thing different to the table and I take a new understanding home with me from every interaction.

Jessica Allen:



"I want to give back to an agency who had done so much for me, and to help those people who are in a situation that I used to be in. I want to help people who are struggling through this disease of addiction that I am so familiar with and without the help of FLACRA, I don't know where I would be. I am now in the position in my life where I can take what I've learned and give to others what has been given to me."

Linda Mead:



"I am simply doing what others have done for me... extending a hand back to those in need. I will walk **with** them so they know they are not alone." Linda is also on the Board of Directors for the Coffee Connections, and is on the Advisory Board for the YWCA of Great Rochester. She also received the Judy Weis Memorial Civic Achievement Award (STJFC).