

Who can be a Peer Supporter?


Anyone who sincerely wants to share their life experience to convey hope and strength to others can become a paid and/or volunteer peer supporter.


Today, peer supporters share their life experiences in an expanding number of places: social service settings; including mental health, addiction, hospital, prison environments, schools/colleges and more.


Being a peer supporter can be a gateway to new employment opportunities. There are no academic or experience prerequisites for participating in Recovery Foundations.

Contact

Rachely Ramos

 (978) 245-8429

 rramos@nilp.org

 www.nilp.org/recovery-foundations



Recovery Foundations



An Introduction to Wellness and Peer Workforce Options



How is Recovery Foundations organized & how long does it last?

The training is a series of 8 two-hour sessions during which a team of experienced peer supporters introduce the skills and practice of Peer Support.

At the completion of the training, support is available to help individuals identify the peer role most suited to their strengths.



What is Recovery Foundations?

Recovery Foundations is a training that provides an introduction to Peer Support and Wellness. It's designed to help anyone new to peer support engage in self-exploration of what recovery and wellness mean to them, as well as learning about the many opportunities to become part of the growing peer support workforce.

Recovery Foundations is unique because...

it does not assume there is only one way for a person to become a peer supporter.

Rather, it offers the opportunity to both learn and practice basic peer support skills in a guided, comfortable environment and learn about the many ways to provide peer support to others.