

## Peninsula Peer Support Academy

March 27, 2020

Dear members and families of Peninsula Peer Support programs,

Due to the recent advisories pertaining to the Covid-19 pandemic, we have decided to change the way we deliver peer support during this time to ensure the safety of all Peer Support Academy members and staff. We want you to know that you are our highest priority at this time and we have a plan to transform and continue peer support services in a safe manner.

Effective immediately, staff will not be providing transportation or holding face to face groups until further notice. Services will continue to be provided through individual and group telephone calls. **Your peer support staff person will contact you** to design a plan for your ongoing personal growth and development. Staff will put together lessons and activity packets which will be **mailed out to you**.

### Attention Blount Peer Support Academy Members:

- Blount Peer Support Academy will also be adding support groups via conference call during April: Mondays at 1 PM, Wednesdays at 10 AM, and Fridays at 3 PM.

The number to join the conference call support group is (865) 374-0301 and when prompted the ID# is 3738207.

- The BRIDGES course is cancelled and will be rescheduled at a later date.

We will notify you as soon as we are able to lift restrictions safely and return to our previous way of operating.

We encourage you to continue setting goals and working with peer support staff to maintain your overall health. This is a difficult time for all of us, but we know that each of you have training in mental health, using wellness tools and recovery information to stay well. We encourage you to use this wisdom and experience to keep yourself well, but also to share it to help your friends and family. As peers, we were already experts in recovery and crisis management before this international event. We want you to be assured that Angie, Sheryl, Velvet, and Cathy will continue to be here for you and that we believe in you. REMEMBER, This WILL pass with time. Thank you for your patience.

Keep up the good work!

Mary Nelle Osborne & Your Peer Support Staff



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