

*Beacon Light Behavioral Health Systems* was founded in the early 1900's to provide services to children abandoned or orphaned by the early oil and lumber industries. Throughout its history, the agency has provided quality care to young people. As the needs of our society changed, Beacon Light Behavioral Health Systems has evolved into a private, not-for-profit social service agency providing quality, professional behavioral health and educational services to young people.

Our continuum of care includes shelter care, RTF, foster care, outpatient, community based and school based programs in addition to a full line of services for those with mental retardation and/or developmental disabilities.

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*Dickinson Mental Health Center* opened its doors in 1958 as the Ridgway Area Psychiatric Center becoming the first rural outpatient psychiatric facility in Pennsylvania. Originally, the "Center" had a single purpose of outpatient clinical assessment and treatment of psychiatric disorders, but over the past 50 years has greatly expanded the number of programs and services it offers covering the areas of Elk, Cameron, Potter and McKean counties. Today, the Center is a complex organization of more than two dozen units and licensed programs, focusing on children's prevention and services to individuals with mental health, as well as mental retardation related needs.

The original Ridgway Area Psychiatric Center was renamed Dickinson Mental Health Center in 1982, by the Board of Governors, in honor and memory of its late founder, Dr. Robert J. Dickinson.

# Peer Support Services

*Provided as a coordinated effort between*



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*An individualized,  
recovery-focused service...*

## Peer Support Services

### What is Peer Support?

Peer support is a program designed to help people with mental illness become more independent. The service is provided by others with mental illness that have demonstrated ongoing success in their recovery.

### What's involved?

People receiving peer support meet with their Peer Support Specialist a few hours each week to discuss what their short and long term recovery goals are and how they can work to achieve them. Peer Specialists can provide help in a variety of areas, including:

- Coping Skills
- Accessing Natural Supports
- Re-entry into the community following hospitalization.
- Personal Safety
- Confidence Building
- Goal Identification and Achievement
- Communication Skills
- Boundary Setting
- Planning

### Who is it for?

Peer Support may be appropriate if any of the following apply:

- Receiving or has recently received crisis intervention services
- Experiencing functional problems in the home, community, church, school, job or volunteer activity.
- Recovering from mental illness or co-occurring disorders (mental illness and substance abuse) and is in need of mutual support from a peer in order to maintain recovery.
- Experiencing money management problems as a result of their ongoing mental illness.
- Would benefit from self advocacy skills.
- Needs peer supports in order to maintain a routine of daily living skills.

## How do I make a referral???

To make a referral to the Peer Support Program, or for additional prescribing information please contact:

### In McKean County:

800 East Main Street  
Bradford, PA 16701  
814-362-5250

### In Warren/Forest Counties:

121 Central Ave.  
Warren, PA 16365  
814-723-8874

### In Elk/Cameron Counties:

111 West Main Street  
Ridgway, PA 15853  
814-772-2005 xt 422

### In Potter County:

1 North Main St.  
Gunzberger Annex  
Coudersport, PA 16915  
814-274-8651

