

# NYAPRS 2015

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# What is Self-Directed Peer Support?

Focus goal planning on  
hopes and dreams

Develop skills and tools  
in all life domains

Expand natural and  
community supports

Supports people to move  
forward in their lives

# SDC in Pennsylvania

- Pennsylvania examples
  - Use of freedom funds
  - Accessing community and natural supports
- Demonstrations
  - Delaware County (Magellan Behavioral Health)
  - Allegheny County (Community Care Behavioral Health)
  - North Central Counties and Other Counties

- Projects
  - Do a holistic review of all life-wellness domains and strengths with person
  - Have individual choose direction and goal
  - Use recovery tools across situations
  - Review services accessed and examine how services support (or not) the recovery plan
  - Evaluate how you train and supervise staff
  
- What we learned
- Challenges
- Hopes moving forward

# Contact Information



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