



North Sound Peer Bridger

Peer Support Services

At Telecare’s North Sound Peer Bridger program, we are here to help you get connected with the services needed to continue your recovery journey.

We believe that recovery is possible, and we will do whatever it takes to support you in reaching your hopes and dreams. Our services begin while you are still at Western State Hospital and will follow you in the community for up to 120 days. Our team consists of three peer bridger staff members who are here to be your supports, advocates, and allies.

Our services emphasize choice-making skills and harm-reduction techniques. We provide a safe, respectful environment where you can receive immediate assistance and a compassionate presence to stabilize symptoms, avoid the need for higher levels of care, and connect you to community-based resources.

What to Expect

The Peer Bridger team will connect with you while still residing at Western State Hospital to help in planning your return to your community. Upon discharge, your Peer Bridger team will provide case management services and advocacy to ensure that you meet your unique mental health needs and recovery goals.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive program setting.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery.

Our goal is to be a place that helps you thrive, despite any challenges you might face along the way. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

“The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human.”

— PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND

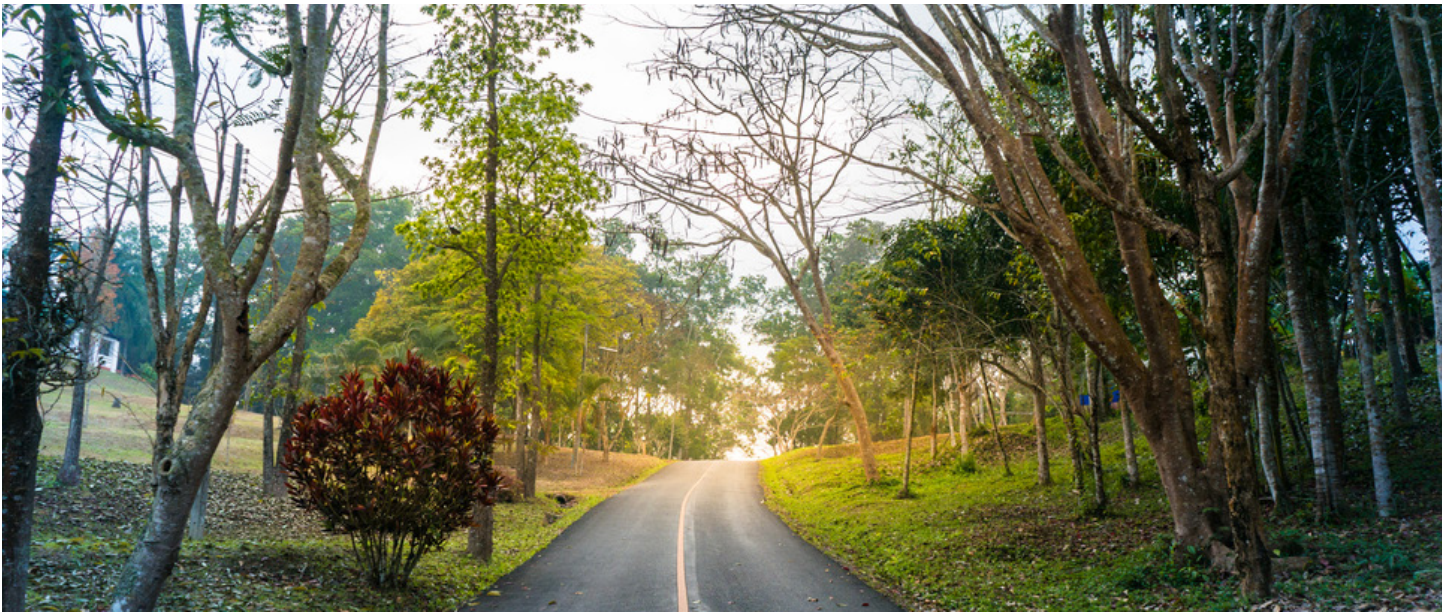


CONTACT

1803 North Sound Drive
Sedro-Woolley, WA
360-318-5760 Main

OFFICE HOURS

Monday-Friday: 8:00 a.m. to 5:00 p.m.



Services Provided through the Peer Bridger Program

Services include but are not limited to:

- Discharge planning
- Community-based activity planning
- Advocacy with community-based and outpatient services
- Support maintaining housing and support in daily living

Becoming a Member

Members are referred by their support team while still residing at Western State Hospital.

Admission Criteria

Adults aged 18 and older who are diagnosed with a serious mental illness and are transitioning out of Western State Hospital.

Peer-Based Services

Telecare firmly believes that people who have lived experience with serious mental illness can serve as a powerful resource for modeling and facilitating recovery.

Peer support staff can share insights into the experience of stigma, are living examples of consumer empowerment, and have a unique ability to support residents to feel less alone.