



Pierce County Peer Bridger Program

Peer Support Services

At Telecare's Pierce County Peer Bridger Program, we assist you in planning your next steps in wellness and help you connect with resources as you continue your recovery journey. We believe transformative recovery is possible and encourage our participants to pursue their hopes and dreams.

Peer Bridgers have lived experience with mental illness and serve as a powerful resource for modeling and facilitating recovery. The Peer Bridger provides practical support and coaching while modeling recovery and resiliency. Our services start at Western State Hospital, long-term community hospital settings, or evaluation and treatment centers (E&Ts) and continue as you return to the community. Telecare Peer Bridgers emphasize choice-making skills, harm-reduction techniques, open communication, and mutual trust. We provide a safe, respectful environment that allows you the freedom to explore your unique strengths, plan your future, and foster traits which allow you to thrive at a lower level of care.

What to Expect

A Peer Bridger will initially connect with you in person while you reside in an inpatient setting and facilitate meaningful conversations exploring individual recovery goals. During this time, they will also help you prepare for returning to the community. Upon discharge, your Peer Bridger will continue to encourage progress toward goals, provide social support, discuss community adjustment, suggest resources, or arrange other activities that help you continue in wellness. Participants may continue involvement in the program for up to four months after their return to community living.

When you work with us, you can expect the following:

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

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

Our goal is to provide an interactive environment where recovery can thrive, and you feel empowered to create the life you want for yourself.

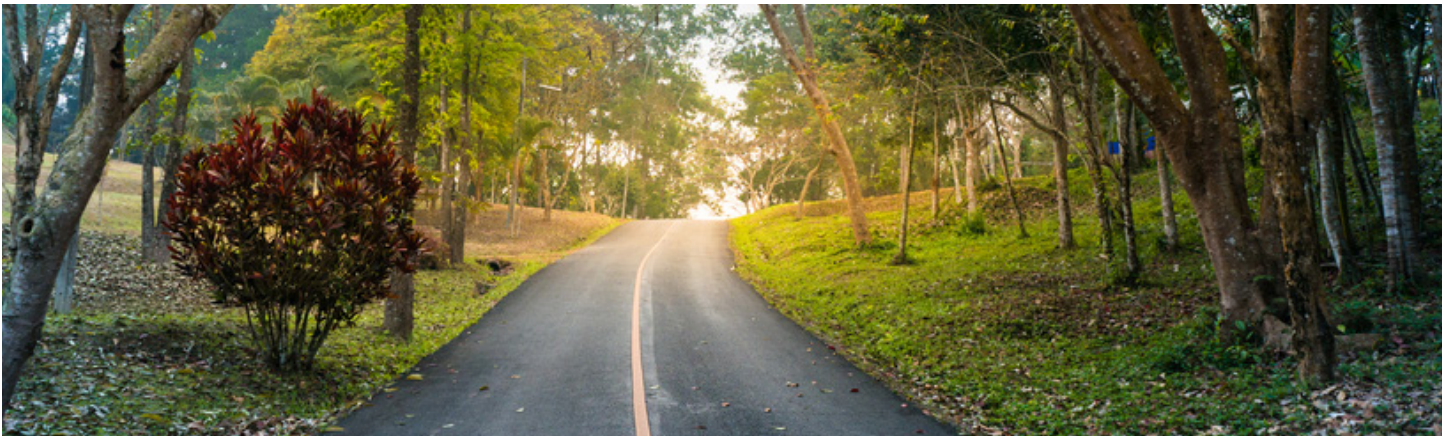


CONTACT

3901 S. Fife Street, Suite 301
Tacoma, WA 98409
253-589-5334 Main
253-584-0770 Fax

OFFICE HOURS

Monday–Friday: 8:00 am–4:30 pm



Services Provided

- Identifying and working toward recovery goals
- Fostering wellness and self-care strategies
- Creating a safety plan
- Practicing self-direction and self-advocacy
- Strengthening social skills
- Establishing life structure
- Developing natural supports
- Discussing harm reduction
- Expanding community living skills
- Exploring employment

Admission Criteria

- Adults, 18 and older, who are diagnosed with a serious mental illness and are:
 - Transitioning from Western State Hospital to community living, or
 - Transitioning from 90/180-day civil commitment beds at community hospitals or E&T's to community living
- Participation in the Peer Bridger Program is voluntary

Referral Process

- Those at Western State Hospital will have the option to enroll in the Peer Bridger Program and will be contacted by our team if your planned discharge is to Pierce County. You may also contact us by phone at our Telecare office, (253) 589-5334, or seek a referral by speaking with your treatment team. (If you are NOT planning to discharge to Pierce County and have not heard from a Peer Bridger, please contact your treatment team for more information.)
- Referral procedures may vary at each community hospital or E&T. If you are interested in the Peer Bridger Program, please speak with facility staff.

Peer-Based Services

Consistent with best practices and our extensive experience, Telecare strongly supports the involvement of peers in the delivery of mental health services.

Peer Bridgers have lived experience with mental illness and serve as a powerful resource for modeling and facilitating recovery. They bring a unique depth and level of compassion to their work because they do not have to work through the power differentials that occasionally characterize relationships between clinical staff and users of services.



*THIS PROGRAM IS FUNDED BY
THE TACOMA-PIERCE COUNTY
HEALTH DEPARTMENT.*