

## Improving lives through supports and services that foster self-determination.

#### MO DDD & You: The Benefits of Peer Support & Making Connections

Information for Individuals & Families

Presented by:

Lisa Nothaus, Supporting Families Lead, Division of DD Mary Turner, Director, Missouri Family-to-Family Stacey Gilkey, Program Coordinator, ReDiscover Behavioral Health

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#### Agenda



 Meet panel participants and hear their peer support stories

Learn where peer supports can be found

 Learn how/ where families/individuals can connect to peer supports

#### My Peer Story





Lisa Nothaus

Supporting Families Lead - MO Division of DD

#### My Peer Story





Mary Turner Missouri Family-to-Family Resource Center

#### My Peer Story





Stacey Gilkey

Family Support Provider Program Coordinator – ReDiscover Mental Health

#### Missouri Family-to-Family





https://mofamilytofamily.org/

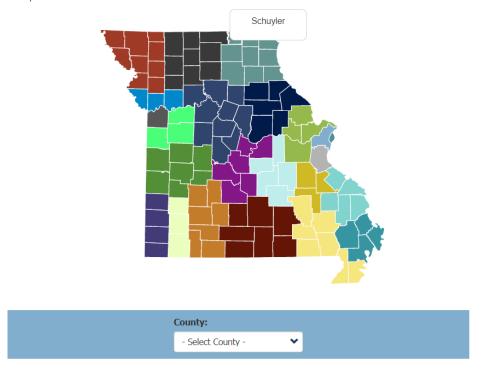
1-800-444-0821

#### Community Mental Health Center



#### **Community Mental Health Centers**

Mental Health services for the Division of Behavioral Health (DBH) are accessed through 25 service areas, with each service area serving particular counties of the state. Community Mental Health Centers and/or Affiliates are responsible for providing these services. These agencies determine a person's eligibility for services and provide those services. A listing of the Community Mental Health Centers is given below. To locate the region your county is in, click on your county from the list below.



Find your Community Mental Health Center <u>here</u>.

#### MO Division of Developmental Disabilities





Division of DD – Family Peer Support through Partnership for Hope Waiver

DD Waiver <u>fact sheet</u>, Family Peer Support <u>presentation</u>, & Peer Support <u>Q&A</u>.

#### Additional Peer Support



- Support Coordinator
- Provider organizations
- Medical/Physicians
- School systems
- Social Media



# Improving lives THROUGH supports and services THAT FOSTER Self-determination.

### Thank You