



Community Care Network

Rutland Mental Health Services | Rutland Community Programs

Peer Support Services

Empowering Recovery Through Shared Experience

At Community Care Network, we believe recovery is strongest when it's built on connection, mutual understanding and hope. Through empathy, advocacy and empowerment, our peer support team combines their personal experiences with professional training to support individuals in their own recovery journey.



rmhscn.org

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Where Peer Support Is Offered

Our certified Peer Support Specialists are available across multiple programs, ensuring individuals and families receive compassionate, recovery-oriented support wherever they are in their journey:

- **Adult Mental Health Services** – Peer support is available in all adult service programs inclusive of those receiving care management, therapy, attending groups, utilizing transitional housing, or to those only seeking Peer Support Services. Peer specialists facilitate groups and provide individual support focused on connection, recovery, and community integration.
- **Substance Use Recovery** – Our Peer Support Specialists collaborate with our substance use team and other partnering agencies to provide non-judgmental guidance through early recovery, transitions and relapse prevention.
- **Criminal Justice System** – Peer Support Specialists work within judicial settings, helping justice-involved individuals navigate legal systems, build wellness plans, and advocate for themselves. This role emphasizes dignity, trauma-informed care, and re-entry support in collaboration with courts, probation officers, and defense counsel.
- **Crisis Response & Mobile Crisis Services** – As part of the Mobile Crisis Initiative, Peer Support Specialists respond alongside clinicians to provide emotional grounding, de-escalation, and recovery-based support during crisis situations, meeting individuals where they are, in the community or at home.
- **Crisis Stabilization & Inpatient Diversion (CSID)** – Peers offer one-on-one and group support in short-term residential settings, helping individuals stabilize, develop coping strategies, and transition successfully back into the community.
- **Family & Early Childhood Support** – Peer specialists offer one-on-one support to families and individuals experiencing challenges with mood, adjustment and stress in the perinatal period and beyond. Peer specialists offer groups and postpartum mood and anxiety advocacy initiatives, promoting healthy parent-child relationships and reducing stigma through mutual support. Peer specialists can also assist with navigating family legal systems and provide emotional support and advocacy in such settings.

**To access support or learn more about
Community Care Network's Peer Support Services,
call 802-775-2381 or email contact@rmhscn.org.**