

## WHO WE ARE

Mental Health Association in Chautauqua County has been a peer run organization for over twenty years staffed by Certified Peer Specialists. MHA staff are individuals that are recovering from mental health diagnosis or substance abuse and have been trained and certified to assist others in their recovery.

MHA believes that most people who have Depression, Anxiety, Schizophrenia, Bipolar, Substance Addiction, and all other forms of mental health diagnosis, can lead a fully productive life. With the right treatment and support systems they can continue education, raise families, and work towards their dreams and aspirations. The ultimate goal is to assist the person in discovering who they can be, above and beyond their current status. Together we will walk the road to recovery and help support their goals. MHA celebrates recovery and promotes wellness while creating an environment of acceptance.

### Peer Support Services Provided

HARP and HCBS Services - Advocacy

Certified Peer Specialists - Support Groups

Recovery Coaching - Services Navigation

### Linkages or Help Accessing Services

Mental Health 🛠 Substance Abuse Therapy

Veterans Benefits 🛠 Community Resources

Social Security 🛠 Income Establishment

Psychiatrist 🛠 Primary Care Physician

Health & Human Services 🛠 Literacy

Educational 🛠 Vocational Programs

Please call for more info:  
**716-661-9044**

***We're here because  
we've been there!***

Recovery is a journey,  
not a destination;  
let us help you enjoy the ride.

### Jamestown Recovery Center

@ Gateway Center, Door 14  
31 Water Street, Suite 7  
Jamestown, NY 14701

**Monday 9:30am to 7:00pm**

**Tuesday 9:30am to 7:00pm**

**Wednesday 9:30am to 7:00pm**

**Thursday 9:30am to 7:00pm**

**Friday 9:30am to 4:30pm**

**Saturday 8:30am to 1:30pm**

### Dunkirk Recovery Center

@ Grace Lutheran Church  
601 Eagle St, Dunkirk NY 14048

**Monday 9:30am to 4:30pm**

**Tuesday 9:30am to 4:30pm**

**Wednesday 9:30am to 6:30pm**

**Thursday 9:30am to 4:30pm**

**Friday 9:30am to 4:30pm**

Mental health diagnoses have nothing to do with one's ability or character. Mental illness is a real issue and can happen to anyone regardless of age, sex, or race.

MHA uses a strengths based approach utilizing person-centered goals to help towards self-sufficiency.

MHA tries to eliminate the stigma associated with mental illness and substance use. We educate the community on what to do or where to go for help. Contact us and we'll walk you through it.



**MHIA**

MENTAL HEALTH ASSOCIATION IN CHAUTAUQUA COUNTY

HOPE, ADVOCACY, RECOVERY

### A PEER SUPPORT CENTER

Phone: 716-661-9044

Fax: 716-661-9045

<http://mhachautauqua.org>

[info@mhachautauqua.org](mailto:info@mhachautauqua.org)

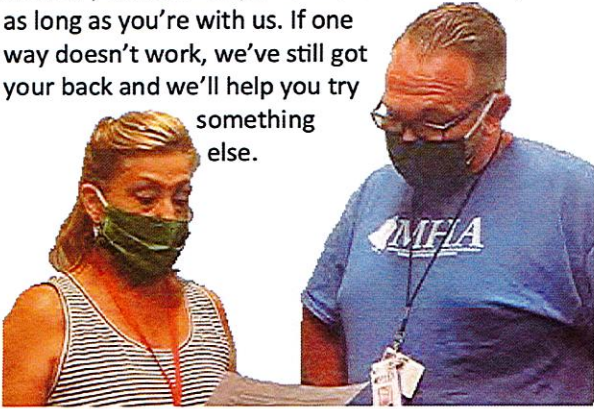


Community Partner



## Individual Peer Coaching

A personal coach to help you find your own path to recovery and self-empowerment. We're with you for as long as you're with us. If one way doesn't work, we've still got your back and we'll help you try something else.



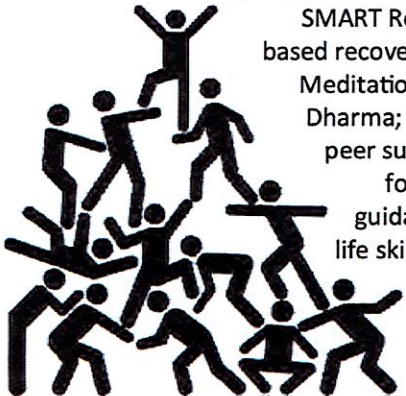
## Advocacy

We have connections with clinical providers, hospitals, pharmacies, DSS, support agencies, local courts, and more and can help you get or keep food, housing, medication, child care, transportation, education, therapy, training, to secure the things you need, so you can work on becoming who you want to be.

## Various Support Groups

A variety of groups take place at the MHA supporting multiple pathways of recovery. Including 12-step based mutual aid groups like Alcoholics Anonymous, Narcotics Anonymous, & Crystal Meth Anonymous; Faith-based recovery supports such as We Believe;

SMART Recovery, a science based recovery support group; Meditation based Recovery Dharma; and MHA created peer support groups that focus on education, guidance for recovery, life skills, mental health, health, and many more useful topics.



Be aware of...



RELAPSE DOESN'T NEED TO KEEP YOU DOWN WHEN YOU HAVE A **PEER** TO HELP YOU GET BACK UP.

## Overdose Response Team



Our coaches connect with overdose victims reported to us through the ODMAP program and local connections to offer them a chance to learn how to avoid a recurrence whether by recovery through rehab or harm reduction with testing kits and Narcan.

## Treatment Court Support

Working closely with Jamestown and Dunkirk city treatment courts, MHA provides support toward following the guidelines and completing treatment court, as well as access to video court attendance.

## UPMC Connection

In cooperation with UPMC Chautauqua, we provide a presence in the hospital Inpatient, Outpatient, and Emergency Departments to advocate for and provide guidance to individuals with mental health and chemical dependence issues in stressful situations, as well as educate staff on resources and techniques available for treatment.

## Peer Training

Training, support, resources, and connections to certification to help people use their experiences in recovery and in life to help others find their path to a healthy future.



Ask how you can join the growing professional peer community with positions for volunteers, coaches, and other support staff opening across the country.

## Strong Starts CHQ

A cooperative endeavor with a local network of organizations to provide peer support and other connections to resources for moms and moms-to-be, dedicated to building bright futures for Chautauqua County children and their families.



## Better For Families Program

In partnership with the Chautauqua County Department of Health and Human services, the BFF program offers guidance, encouragement, and resources for individuals engaging with the family court system in Chautauqua County.



OCCUPATIONAL PEER EMPOWERMENT NETWORK

Assistance overcoming the barriers to obtaining and retaining employment

Getting back to work can be both very rewarding and very challenging. Let our coaches help you present your best self and conquer the hurdles keeping you unemployed.

Training, transportation, clothes, childcare, medication, anxiety, and more can get in the way of finding and keeping employment that can give you the financial freedom to support yourself, but we can help you with each of those and more, getting you back to making money.



We have formed a Social Enterprise in partnership with St. Luke's Episcopal Church, to help people in recovery develop the skills required to join the workforce and become self-supporting.