



*This document was presented at the 2018 California State PTA Convention.*  
[info@capta.org](mailto:info@capta.org)

[www.capta.org](http://www.capta.org)

*B08\_peer\_connector\_program\_overview*  
*Reference Material*

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*California State PTA, 2327 L Street Sacramento, CA 95816-5014*

Family Support Services

## **Peer Connector Program**

*Compassionate, Effective Support for Families*

Everyone is busy. Even when we are struggling with behavioral or mental health issues, daily life goes on.

Peer Connectors from NAMI Orange County is a consumer-friendly intervention that connects trained Peer Mentors to families with members and individuals who have developed or are at risk of developing a behavioral or **mental health problem**.

Through weekly contact, Peer Connectors provide information and individualized instructional and emotional support to families and individuals in need throughout Orange County.

Our Peer Connectors are adults (Peers Mentors) who have successfully navigated both the public and private mental health and social services systems. Their real-life experiences and the training we provide enable them to guide family members and individuals through the often-confusing maze of services available and to become active participants in the treatment options they choose for their loved ones or themselves.

Other program features:

- Peer Connectors interventions last approximately three months, depending on family and individual needs.
- Peer Connectors reflect the diverse population of Orange County, both Culturally and in language (services are currently offered in English & Spanish)
- Families and Individuals are assessed at the beginning of services to identify their strengths and challenges.
- Peer Connectors often can be matched with families and individuals according to their common experiences or challenges, and their cultural background.

This innovative approach can help families and individuals find the right kind of help easier and faster. They can learn how to connect with community resources that can help them find the best care options and solve problems on their own.

Peer Connectors are available at no cost to any family or person who resides in Orange County and is experiencing a mental or behavioral health issue.

For more information about NAMI-OC Peer Mentors,

email us at [mflores@namioc.org](mailto:mflores@namioc.org) or call 714.544.8488

### About NAMI Orange County

NAMI-OC has been dedicated to continually building our programs, outreach and advocacy efforts and working to discover innovative new ways to serve all persons affected by mental illness. NAMI-OC is YOU ... our members, who are truly responsible for making our growth possible.

1810 East 17<sup>th</sup> St., Santa Ana, CA 92705