



Unity

Family Services

Raising the bar in mental health services

Real Recovery Peer Support Program



Organized on recovery principles;
sharing, caring, and giving back to
the community.

1-866-771-4488


The Unity Opportunity Center offers support, friendship, compassion, and opportunities to explore your dreams, achieve your goals, and most importantly, reach real recovery.

Our Mission

Our goal in peer support is to inspire the hope of recovery and wellness in spite of the standard negative stigma towards mental illness. We hope to promote empowerment and self-determination through positive attitudes towards recovery. A main component of peer support is to help consumers reduce anxiety about integrating into their community. We understand that integration with one's community is important to a person's self-discovery.

Our program partner's with community resources to help with this process. We also provide a supportive employment program to help increase employment opportunities for participants. For many of us, work is a part of our identity. When we feel good about having a job, we view ourselves in a more positive way.

Recovery can mean many things, to us one thing that recovery is, is the aspiration to live, work, and love in a community in which one makes a significant contribution. Our mission is to walk with you as you take your steps in your recovery process.



The Unity Opportunity Center has been developed and designed to raise the bar of community-based mental health services. We can do more than just give input. Our Peer Support Program is based on the fundamental principles of recovery. The program services are specialized therapeutic interactions conducted by self-identified current or former consumers of behavioral health services. These individuals are trained and certified to offer support and assistance in helping others in their recovery and community-integration process.

Our program is intended to inspire hope in individuals... that recovery is not only possible, but probable.

The Unity Opportunity Center is a 100% voluntary program.

Anyone who receives or has received behavioral healthcare and/or drug & alcohol services, and is 18 years of age or older may be eligible to receive services.

There is no cost to consumers.

For more information

724-845-2978 option 2

Or call toll-free

1-866-771-4488 option 2

The Certified Peer Specialist assigned will take an active role in providing assistance and guidance to you in the following areas and ways:

- Outreach and engagement
- Individual and system advocacy
- Self-help, self-improvement, and community integration
- Housing, money management, and life skills
- Social skills and social networking
- Communication skills
- Crisis support / relapse prevention
- Assist in linking you with other available resources, services, and treatment.



- Support of meaningful activities including supportive employment.
- Connection with drug and alcohol services
- Skills teaching in using public transportation
- Emotional support by sharing stories of recovery
- Development of rehabilitation and recovery goals
- Peer assistance with development of problem solving skills.



"Although the world is full of suffering, it is also full of overcoming"

- Helen Keller

"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them."

- Denis Wartley

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

- Carl Band

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome."

- Booker T Washington



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Peer Support Program

Toll Free: 1-866-771-4488

ufsmmentalhealth.com

Kittanning

118 Market St
Kittanning, PA 16201

Phone: 724 - 845 - 2978 option 2

Fax: 724 - 919 - 8412

Indiana

480 North 4th Street
Indiana, PA 15701

Phone: 724 - 845 - 2978 option 2

Fax: 724 - 465 - 2088

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