

Intentional Peer Support *An Alternative Approach*

IPS is the model we use to operate the Warmline. Using the 4 tasks in this model we are able to:

- 1) Connection— Creating a connection in peer support isn't always easy but is possible.
- 2) World View— Identifying and validating everyone for having their own World Views and stories.
- 3) Mutuality— Remaining mutual in our support to one another helps build trust in the relationship and allows the help to go both ways.
- 4) Moving Towards— A new story or something we want instead of moving away from what “we don't want”.

We all have our own world views and we thrive when they have been validated. We all have our own stories and some of us want to change what we know. Creating a new story so we no longer have to drag around the old baggage. Creating new and wonderful and exciting stories. We do this with seeing the world in a whole new way. You can too.

For more information about
IPS contact:

Shery Mead MSW
302 Bean Road
Plainfield, NH 03781
Shery@intentionalpeersupport.org

Staffed by people with various life experiences and challenges including (but not limited to):

- Mental Health
- Addictions
- Hospitalizations
- Feelings of Suicide
- Learning Differences
- Homelessness
- Loneliness
- Challenges of Having Low Income
- And Much More

Monday: 9:00 am - 11:00 pm
Tuesday 9:00 am - 11:00 pm
Wednesday 9:00 am - 11:00 pm
Thursday 9:00 am - 11:00 pm
Friday 9:00 am - 11:00 pm
Saturday 9:00 am - 11:00 pm
Sunday 9:00 am - 11:00 pm

Hours are increasing rapidly. Feel free to call anytime just in case this information is outdated.

1-800-698-2392

Community Counseling Solutions
Angel Prater
Warmline Manager

PO Box 469
Heppner, Oregon
97836

Phone: 541-969-0534
Fax: 541-676-5662
E-mail: aprater@gobhi.net

David Romprey Oregon Warmline

People Just Want To Be Heard.



Call to have a **confidential** conversation with someone who will listen without judgement or criticism.

Together we can learn and grow.

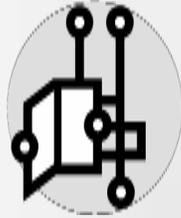
1-800-698-2392

Free Call to **ALL** Oregonians

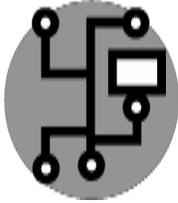
www.communitycounselingsolutions.org

Why Warmline?

*Connection
Worldview
Mutuality
Moving towards*



*Crisis = Opportunity moving
towards something better and
creating a new story for myself
takes action and applying new
ways of being in a relationship with
myself.*



Without understanding how we, as individuals, have come to know what we know about being in relationship with ourselves and the world around us, we are likely to have trouble, not only with emotional distress, but also with continuous struggle when there is tension in relationship or in one's community. We believe that crisis is an opportunity to learn. In a mutual and respectful conversation, peers discover together how they have developed their beliefs about themselves and the world in which they live. Together, help and crisis are redefined and have new meaning. Each person has the opportunity to challenge themselves to learn how they might change their mental health story and crisis story to one of mental wellness and an avoidance of crisis altogether. We believe that by developing better relationships people feel valued, become empowered, and move toward a better quality of life and recover from mental health challenges.

Warmline Overview

The Warmline is designed and provided by persons who have or had challenges in mental health and are able to support their peers who are struggling with a variety of mental health areas, who are experiencing huge and painful feelings. The David Komprey Oregon Warmline is grounded in the principles of personal responsibility, mutuality, reciprocity, respecting others thoughts and beliefs as valid and important, growth beyond stigma, shame, and limits placed upon those living with mental health barriers. Our confidential and non-judgemental peer support starts with the premise that people have learned to make meaning of their experiences and relationships out of everything they have learned in their lives. We know that this has lead many people to feel undeserving, distrustful, and inherently flawed.

Who Should Call the Warmline?

Anyone needing support may call our Warmline to speak to a trained peer. We do not give advice or attempt to 'get' anyone to do anything. We are there to listen and validate the caller's feelings and experiences. Together we have a conversation in which we both become more self aware while learning and growing together. We share an experience and knowledge in order to discover ways in which we both learn new ways of managing our feelings and discover healthier ways of being in a relationship with others. Once where an individual had to 'cope' with an issue, they may learn to challenge their beliefs regarding that issue, have a different experience of the situation and no longer have to 'cope' because the issue no longer exists. The use of this Warmline may help people decrease the need for frequent doctors visits, emergency room treatment, involvement with law enforcement, and the need for more intensive care such as psychiatric hospitalization.