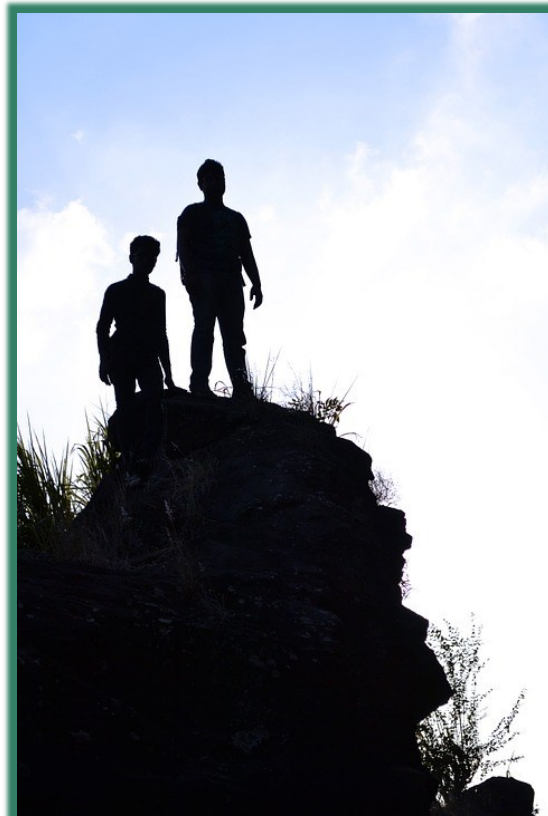


Recovery is Possible

The Mental Health Services Act (MHSA) Self Empowerment Team (SET) serves clients referred from multiple adult teams throughout Kern Behavioral Health & Recovery Services.

Peers are paraprofessional staff with lived experienced in recovery from mental health challenges and/or substance use, who are also trained in peer support.



What is Peer Support?

- One person with lived experience from recovery talking to another about recovery.
- Someone that can help you learn and practice new recovery skills utilizing their own experiences from recovery.
- A person who believes that you can do better.

Peers are here to:

- Help you learn how to advocate for yourself.
- Support the goals and changes you want for your life.
- Link you to skill building opportunities.

What are you looking for?

- Do you want to ride the bus, but experience paranoia or anxiety that makes it hard?
- Are you interested in going back to school or working again?
- Do you want to find more things to do with your time?

If you answered yes to any of these questions, then the Self Empowerment Team peers are here to help!

S_{elf}
E_{mpowerment}
T_{eam}



MISSION STATEMENT

Working together to achieve hope, healing, and a meaningful life in the community.

VISION STATEMENT

People with mental illness and addictions recover to achieve their hopes and dreams, enjoy opportunities to learn, work, and contribute to their community.

VALUES STATEMENTS

Hope, Healing, Community, Authority
We honor the potential in everyone
We value the whole person—mind, body and spirit
We focus on the person, not the illness
We embrace diversity and cultural competence
We acknowledge that relapse is not a personal failure
We recognize authority over our lives empowers us to make choices, solve problems, and plan for the future

SELF EMPOWERMENT TEAM

Administration Building, South Tower, 2nd Floor
2001 28th Street
Bakersfield, CA 93301

P.O. Box 1000
Bakersfield, CA 93302

MAIN 661-868-7579
FAX 661-861-1033

www.kernBHRS.org
CRISIS HOTLINE 1-800-991-5272

Hours of Operation
Monday through Friday, 8:00 AM to 5:00 PM

Commission on Accreditation of Rehabilitation Facilities



Kern Behavioral Health & Recovery Services has been accredited by CARF for the following programs: Mental Health Programs-Case Management; Children and Adolescents-Case Management & Crisis Stabilization; Integrated Alcohol & Other Drug-Case Management & Children &

Adolescents-Case Management; Employment Services-Community Employment Services

About the Self Empowerment Team

The Self Empowerment Team (SET) utilizes Dialectical Behavioral Therapy (DBT) skills as well as Solution-Focused Therapy techniques to help develop a set of personal goals for those SET peer staff work with.

SET peer staff assist any adult 18 years and older with transitioning to outpatient mental health care, with developing coping skills, and more. The peers spend the majority of the time out in the field, visiting and transporting those persons they are working with.

In addition to helping persons out in the field, SET staff also work as Peer Navigators. The Peer Navigators engage with persons in the time between assessment and initiation of services with a mental health care team. The Peer Navigators can engage with persons prior to services beginning, helping those who may be apprehensive or anxious about initiating treatment.

SET peer staff can help you with...

- Learning how to ride the bus.
- Planning and maintaining a budget.
- Learning about the Consumer Family Learning Center (CFLC).
- Developing and using coping skills.
- Engaging in vocational services.
- Go grocery shopping and running other errands.
- Attending doctor's appointments.
- Gaining independence.

SET peer staff will always be...

- Supportive
- Encouraging
- Compassionate
- Understanding
- Dependable
- Kind
- Honest

SET's Philosophy

"The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them."

-Ralph G. Nichols