

## Opportunities to Begin Again

Mental Health Kokua is committed to helping people with the opportunity to begin again. Through specially designed, highly professional and culturally sensitive services and settings, we assist people with mental illness to achieve optimum recovery and functioning in the community, and to live independently. Also, we strive to eliminate the stigma attached to those living with mental health challenges.

Our services include housing, case management, psychosocial rehabilitation, psychiatry, Peer, IOP, outreach and counseling. Through timely, cost effective, and focused care, we enable people with mental illness/dual diagnosis to recover and move toward more independent ways of living in their community.

Founded in 1973 as a non-profit, Hawaii corporation, specifically to assist persons recovering from serious mental illness, MHK has grown from just one house on Sierra Drive in Honolulu, to over forty locations throughout Hawaii, including Oahu, Maui, Kauai, and Hawaii Island. Today, we are one of the most respected and trusted mental health organizations in the state of Hawaii.

## A Leader in Health Care Services

Mental Health Kokua assists people with mental health and related challenges, to achieve optimum recovery and functioning in the community. We know how important it is for people to have confidence in their health care provider. The people we serve can trust that we not only provide excellent care, we also are leaders in administering health care services.

Since 1997, our programs and services have been accredited by CARF, an independent, nonprofit organization whose mission is to ensure that services meet consumer expectations of quality and outcomes. CARF accreditation is a national standard of quality.

Mental Health Kokua is an equal opportunity employer and service provider.

**If you wish to become a PEER Coach please  
Contact us (808) 387-0951**



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# PEER COACH

**Mental  
Health  
Kokua**  
Opportunities to Begin Again

## Mission of Peer Coaching

The mission of Mental Health Kokua's Peer Coach program is to provide adults with mental illness the opportunities to empower themselves by teaching and learning skills necessary for daily living. MHK's Peer Coaching focuses on responsibility, and self-belief. The guiding values include:

- Member empowerment and participation
- A sense of community
- Peer support and mutual learning

Peer coaching includes a wide range of planned activities to assist adults with mental illness to take control over their own lives and their recovery.

Mental Health Kokua Peer Coaching program hires adults with mental illness who are in recovery to helping participants early in recovery to connect with resources and build community supports.

Because peer supports are guided by a foundation of "lived experience", Peer Coaches are persons who share with others based on that experience to encourage, motivate and support others and/or their families.



## The Power of Peers

Professionals recognize that support outside the mental health system is essential to the recovery process for adults with mental illness.

Because clients of mental health services can serve as effective role models for other clients, Mental Health Kokua's Peer Coaches can lend their life experiences within the mental health system to the participant as a way to build trust, hope, inspiration, and begin to dream of possibilities once again.

Peer Coaches use the "recovery model". That means Peer Coaching focuses on what contributions can be made by the participant.

Peer coaching does not take the place of professional services. Peer coaching offers:

- Solution-focused, results-oriented support.
- Reduces the likelihood of a problem becoming a crisis.
- Peer coaches help the participant to develop skills important for successful daily living.

## Peer Services

**Jobs.** Mental Health Kokua employs the Peer Coach as a regular, part time employee of the organization. Peer Coaches can work a few hours per week, up to full time with benefits. Many Peer Coaches move on to the job of their dreams, once they gain experience and confidence working again.

**Role Model.** Peer Coaches serve as role models for participants in early recovery. Peer Coaches have credibility, because they have "been there, done that" as clients of mental health services. The message is, "I did this, and you can, too!"

**Recovery and Skill-Building.** Peer Coaching services help participants to develop skills that stabilize and attain/succeed in permanent living situations.

**Wellness Program.** Peer Coaches and participants discuss and develop a wellness plan; e.g., goal setting, strategies for success, and moderate physical activity along with nutrition education.

**Community Integration.** Peer Coaches provide opportunities for community integration and involvement:

- Social and leisure activities
- Volunteer opportunities
- Attendance at community events
- Integrate you into the community

Most of all, Peer Coaching offers both Peer Coaches and participants in recovery the "opportunity to begin again..."