

Intentional Peer Support

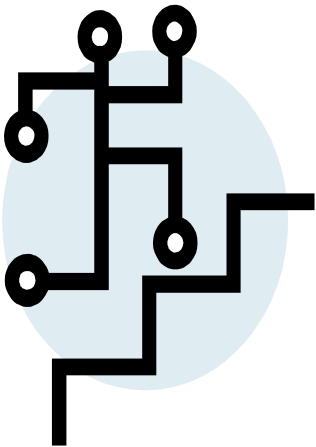
An Alternative Approach

Intentional Peer Support (IPS) is the model used in Warmline Operation Using the 4 tasks in this model we address:

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 “worldviews” 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 and exciting story is wonderful! This allows us to stop dragging around the old baggage. We do this with seeing the world in a whole new way. You can too!



For more information about IPS contact:

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Staffed by people with various life experiences, challenges and big feelings (including but not limited to) mental health, addictions, hospitalizations, feelings of suicide, learning differences, homelessness, loneliness, challenges of having low income and more

Monday 10am-8pm
Tuesday Noon-10pm
Wednesday 9am-2pm
****Thursday 8am-6pm**
Friday Noon-5pm
Saturday 5pm-10pm
Sunday 5pm-10pm
**** Increased hours indicated**

HOURS INCREASING RAPIDLY.
FEEL FREE TO CALL ANYTIME JUST IN-
CASE THIS INFORMATION IS OUTDATED

1-800-698-2392

FOR MORE INFORMATION ABOUT
SPONSORING WARMLINE OR HAVE PEERS
TRAINED IN YOUR AREA PLEASE CONTACT:

COMMUNITY COUNSELING SOLUTIONS

**ANGEL MOORE
WARMLINE COORDINATOR**

PO BOX 469
Heppner Or
97836

Phone: 503-319-6671
Fax: 541-676-5662
E-mail: chooserecovery@yahoo.com

David Romprey Oregon Warmline

People just want to be heard!!



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

Together we can learn and grow.

1-800-698-2392

Free Call to ALL

Oregonians

Why Warmline?

Warmline Overview

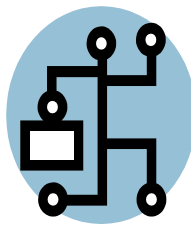
The Warmline is designed and provided by persons who have or had challenges in mental health and/or addictions who are able to support their peers who are struggling with a variety of mental health differences, and who are experiencing huge and painful feelings.

*Connection
Worldview
Mutuality
Moving towards*

The David Romprey 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-judgmental 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, distrusting, and inherently

flawed. 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 struggle. These can include emotional distress, struggles with our personal and community life.



*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.*

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 recovery from mental health challenges.

Who should Call the Warmline?

Any one needing support may call the Warmline to speak to a trained peer. We do not give advice or attempt to 'get' any one to do anything. We are there to listen and validated 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 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 relationship with others. In the past we had to cope with issues. Using the IPS model, we can learn how to challenge our beliefs regarding the issue and therefore have a different experience as a result. We no longer have to "cope" with an issue because the issue no longer exists.

The use of this Warmline may help people decrease the need for frequent doctor's visits, emergency room treatment, involvement with law enforcement, and the need for more intensive care such a psychi-