

Peer Services are the “Soup” of SHG



by Lisa Rodriguez, Peer Specialist

“Do you recall as a child, when you were playing out in the cold, you were called inside to eat lunch or dinner? Even when you had a cold or the flu. Either your Grandmother or Mother prepared a dish that just warmed your entire body and made you feel at ease? My Mom made this amazing homemade chicken soup. There is nothing in this world that can compare to it as far as



I’m concerned. We peers are that soup. One of us is the chicken, another the noodles, another the carrots, and others are the spices that complete it. We warm the people in crisis. We help aid them from out of the cold, to warm them from the inside, to make them feel comforted, ease their aches and give them the sense of belonging. We make them feel at home! Therefore, we are the soup of SHG!”

More about Peer Services:

- Peer support providers are people with a personal experience of recovery from mental health, substance use, or trauma conditions who receive specialized training and supervision to guide and support others who are experiencing similar mental health, substance use or trauma issues toward increased wellness.
- Peer Specialists’ authority is based on personal experience (our personal history) and cannot be replicated by professional training.
- Peer support can be offered before, during and after professional treatment, and complements treatment.
- Peer support increases a person’s belief they can get better.
- Peer Specialists meet people where they are at by listening, seeing how they view their world and establishing a rapport with them.
- Peer Services are open to the community; you do not need to be a client of SHG to participate.

Peer services are available at Peer 613 (613 Barnes Avenue in La Junta) and the Lamar Peer House (3500 First Street South in Lamar). Call 1-800-511-5446 for more information.