

U and Universal



Universal offers Peer Support services through the Asheville office.

Peer Support services are structured and scheduled activities for adults age 18 and older with Mental Health/Substance abuse disabilities.

- Services are individualized
- Services are recovery focused
- Promotes the development of wellness, self-management, personal recovery, natural supports, coping skills, and self-advocacy skills
- Develops independent living skills for housing, employment, and full community inclusion

Interventions for Peer Support Services are evidence-based and are guided by a variety of research publications and principles. A fundamental feature of Peer Supports is that the services are provided in the natural environment as much as possible.

The Program Manager for Peer Support Services in Asheville is **Charlyne Boyette**.

Did You Know?

“Operation Fan Relief” is underway

People over 60 years of age and adults with disabilities are eligible to sign up for “Operation Fan Relief” through Oct. 31. This relief program purchases fans to provide a more comfortable living environment and to reduce heat-related illnesses. Last year over 5000 fans were distributed in N.C. between May and Oct. The program is made possible by donations from Duke Energy and the Valassis Giving Committee.

To apply; contact your local “Area Agency on Aging”