

ROCKY HILL

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Education • Advocacy • Support • Hope



Since 2018

Rocky Hill Parent & Peer Specialists have been trusted by counties to provide exemplary support and services to families and individuals through CCS and CLTS since 2018.

About Us

Rocky Hill offers support to families & individuals in recovery from mental illness and substance use disorder with education and advocacy and inspires hope through lived experience.

All Peer Specialists and Parent Peer Specialists are certified, or are currently in the process of becoming certified and have been through the training.



REFERRALS

KNOW WHEN AND HOW TO REFER

“
“EVERY ONE
NEEDS SOMEONE
LIKE YOU.”
-CCS
PARTICIPANT

WHEN THESE STATEMENTS ARE MADE

- “You don’t get it.”
- “Is there any help for parents?”
- “I feel like you’re judging me.”
- “I hate therapists.”
- “I need support, not someone telling me what to do.”
- “I feel like I have no one I can talk to.”



Profiles

PROVIDER PROFILES

Provider profiles are found on our website. They include name, home county, counties where services are provided, certificates, lived experience, availability, and service arrays.



Ways to Refer

Email:
michelleuetz@rockyhillco.com

Phone: 715-659-0950

Referral form at
<https://rockyhillco.com/services>

EXAMPLES OF WHEN TO REFER TO ROCKY HILL

- Some one who is “non-compliant”
- Any one who is hesitant to start CCS services. Peer support is often the best first service.
- A parent at risk of child welfare involvement or with involvement already.
- Your “toughest” participant
- Parents who “want their kid out!”
- Call us BEFORE the critical breaking point so it doesn’t get that far.

BENEFITS OF PEER SUPPORT



According to SAMHSA the benefits include:

- Increased sense of collaboration and self-efficacy.
- Increased empowerment to take action.
- Decreased internalized blame and family isolation.
- Recognition of the importance of self-care



Certified Parent Peer Specialist Training

52 hours of...

- Child development
- Family resilience
- Trauma-informed care
- Family-driven support
- Mental health recovery
- Substance use challenges
- Advocating alongside families
- Youth and family service system navigation
- Effective self-disclosure and communication
- And much more...



Certified Peer Specialist Training

52 hours of...

- Principles of strengths-based recovery
- Ethics and boundaries in peer support
- OARS communication framework
- Advocating alongside peers, as a professional
- Effective self-disclosure and sharing
- Culture, power, and privilege
- Trauma-informed peer support
- Person-centered approaches and supporting many pathways to recovery
- Navigating crises in the peer support relationship
- And much more...



OUR SERVICES

HOW DO WE SUPPORT FAMILIES & INDIVIDUALS?

- Collaboration
 - With, not for
 - Work with and as part of the recovery team
- Self-Efficacy
 - Follow-through
 - Confidence
- Self Care & Community Care
 - What this means for the person
 - Creating a community
- Crisis Prevention
 - Lived experience
 - Flexibility and understanding

- Connection
 - Removing stigma
 - Reframe experiences
 - Hold hope for change and growth
- Empowerment
 - Problem Solving
 - Increase knowledge & skills
 - Practice advocacy
- Systems of Support
 - Paperwork
 - Community resources
 - Natural support

CCS SERVICE ARRAYS

- Individual & Family Psychoeducation
- Individual Skill Development & Enhancement
- Peer Support

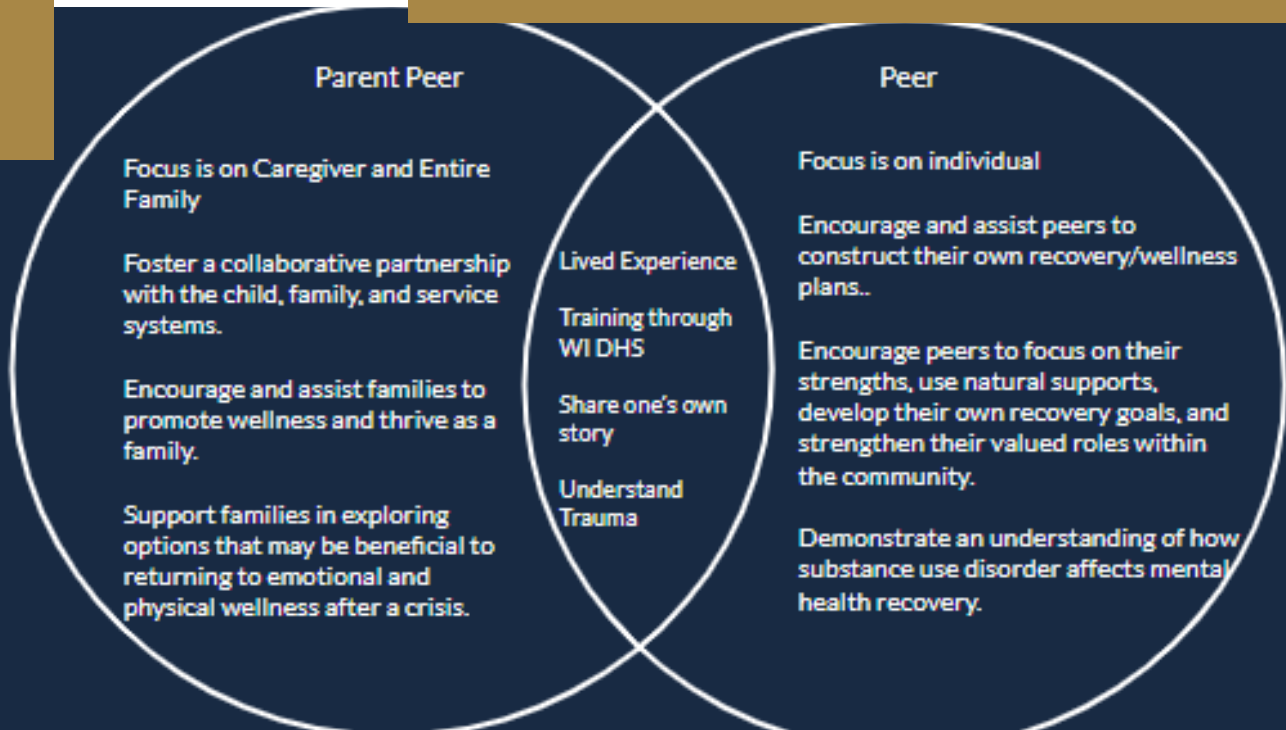
CLTS SERVICES

- Empowerment and self-determination supports
- Family/unpaid caregiver supports and services

- School
 - Support for struggles
 - IEP support
- Work challenges
 - Managing conflict
 - Support for how/when to disclose
- Managing Crisis
 - Available beyond business hours
 - In home visits offer unique insight and practice
 - Lived experience
-



ROCKY HILL PARENT & PEER SPECIALISTS



“

"WE FELT LIKE WE WERE DROWNING BEFORE WE HAD HER [CERTIFIED PARENT PEER SPECIALIST]."

-CCS PARTICIPANT



Michelle Uetz Owner/Director

PARENT PEER SPECIALIST



NOT RIGHT OR WRONG
NOT THIS OR THAT
NOT BETTER OR WORSE
JUST DIFFERENT!

PARENT COACH





Parent & Peer Specialists

Education • Advocacy • Support • Hope

Our Mission

All individuals and families have the person-centered support they want and need when navigating mental health and substance use support in their life, and in their family to reach the level of recovery that allows them to thrive.



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**Access FREE
Resources Here**

