



What Parents Say...



"We felt like we were drowning before we had her [Certified Parent Peer Specialist]."

-CCS Participant

## About Rocky Hill



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

### Let's Connect

**Phone**

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The Difference Is

# Lived Experience

Education \* Advocacy \* Support \* Hope

[www.rockyhillco.com](http://www.rockyhillco.com)

# What We Do

Empower those who are parenting by:

- Increasing their knowledge and skills
- Modeling behavior for others
- Holding hope for change and growth
- Assisting in advocacy and teamwork
- Navigating service and support systems
- Encouraging and understanding the youth's voice
- Assisting in identifying and supporting families navigating times of crisis.
- Facilitating family-directed services, goal-setting, and communicating effectively with providers



■ ■ "Every parent needs someone like you [to Certified Parent Peer Specialist]."  
-CCS Participant

## CCS SERVICE ARRAYS

1. Individual and Family Psychoeducation
2. Individual Skill Development and Enhancement (ISDE)
3. Peer Support (We have a Certified Peer Specialist too)

## BENEFITS FOR Parents

According to SAMHSA the benefits of having parent peer support 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

