



## Long Island Peer Services Support Resources

### General Resources:

- **Professional Quality of Life Scale (PROQOL)** – Compassion satisfaction and fatigue survey - can be used with staff as a supervision tool. [https://ctacny.org/sites/default/files/ProQOL\\_5\\_English\\_Self-Score.pdf](https://ctacny.org/sites/default/files/ProQOL_5_English_Self-Score.pdf)
- **OMH COVID-19 Emotional Support Line** - The state operated support line, directly created in response to the COVID-19 pandemic. 1-844-863-9314
- **NAMI NYS** – Journaling Block, Monday and Wednesdays 12-1 pm Register: <http://events.r20.constantcontact.com/register/event?oeidk=a07eh0nyws329b14d01&llr=zga6rzjab>; Virtual Yoga, Tuesdays and Thursdays at 12:15. Register: <http://events.r20.constantcontact.com/register/event?oeidk=a07eh03phmi93cecfea&llr=zga6rzjab> Fitness Boot Camp, Wednesdays at 7 am, Saturdays at 11 am. Register: <http://events.r20.constantcontact.com/register/event?oeidk=a07eh1vw2qk2f100956&llr=zga6rzjab> Movie Night In, Thursdays at 8 PM, movie announced Thursday mornings, register through ink in NAMI Newsletter
- Reflective Questions for Mindfulness throughout the day: <https://ctacny.org/sites/default/files/Reflective%20Questions%20for%20Mindfulness%20Throughout%20the%20Day.pdf>

### Youth Peer Advocates:

- **Youth Power Statewide Peer Leadership Support and Development (PLSD)** - video calls – contact Alex Frisina – LI Region - [afrisina@ftnys.org](mailto:afrisina@ftnys.org)
- **Stay Home for MY LIFE Fest** - Monthly meeting for peers and peer support workers to encourage self-care. [https://magellanhealth.zoom.us/webinar/register/WN\\_QmmIAsdkQ72X5ud1v11mqw?fbclid=IwAR1jv9qxisP3b7cW1EltPRpC6SZmVNf6QX650oOWmHPK9tpOhwxTTZvn6M](https://magellanhealth.zoom.us/webinar/register/WN_QmmIAsdkQ72X5ud1v11mqw?fbclid=IwAR1jv9qxisP3b7cW1EltPRpC6SZmVNf6QX650oOWmHPK9tpOhwxTTZvn6M)
- Youth Power can help support staff, supervisors and agencies with technical assistance - [afrisina@ftnys.org](mailto:afrisina@ftnys.org)

### Family Peer Advocates:

- **Families Together New York State** – webinars for FPA's and families <https://www.ftnys.org/family-wellness/>

- **Family Support Coalition** – weekly calls for Family Peer Advocates – contact Cheryl Williams for call-in information @ [cwilliams@ftnys.org](mailto:cwilliams@ftnys.org)

#### Peer Specialists:

- **Academy for Peer Services** – Peer Support Worker and Supervisor Support Groups.  
<https://aps-community.org/online-support-for-peer-support-providers/>
- **Suffolk MHAW Peer Support Line** - Call for one-to-one mutual telephone support (please leave a message if you reach our voicemail we are on the other line and will call back ASAP)  
631-471-7242 ext. 1217  
Monday – Friday 9 am – 5 pm (interim expansion in response to Public Health Emergency)  
Saturday 5 pm – 10 pm  
Sunday 2 pm – 7 pm  
<http://mhaw.org/programs/peer-support-line/>
- **Nassau County MHA Phone Link** - Call (516) 489-0100 ext. 1
- **NYAPRS** - Offering 15-minute retreats every weekday morning at 8AM. Most recent meditation recording can be found on their homepage at <https://www.nyaprs.org/>.
- **MHEP-RISE Center Virtual Peer Support Groups** - Online Peer Support Group via Zoom; 7 days a week at the following times: 8a-9a, 11a-12p, 3p-4p, 4p-5p, 6p-7p, 8p-9p, 9p-10p  
For Zoom link and password, please call the office at 518-235-2173 or our Rise Center office at 914-664-3444 or email one of the facilitators, Meagon [mnolasco@mhepinc.org](mailto:mnolasco@mhepinc.org), Rob [rrodger@mhepinc.org](mailto:rrodger@mhepinc.org), John Lyn [jllyn@mhepinc.org](mailto:jllyn@mhepinc.org), or Hussein Razi-Bey [hrazi-bey@mhepinc.org](mailto:hrazi-bey@mhepinc.org)

#### Certified Recovery Peer Advocates:

- **OASAS & Institute on Trauma & Trauma Informed Care** –  
Office Hours for Peers on Grief, Loss, and Meaning-Making:  
4/30/20 @ 12:30 PM: <https://bit.ly/GLMM-Peer1>  
5/6/20 @ 6:00 PM: <https://bit.ly/GLMM-Peer2>  
  
Office Hours for Peers on Vicarious Trauma and Resilience:  
5/12/20 @ 9:30 AM: <https://bit.ly/Resilient-Peer1>  
5/20/20 @ 6:00PM: <https://bit.ly/Resilient-Peer2>

