

Peer Advocates

Available to assist individuals with mental illness or co-occurring mental health and substance use issues, peer specialists provide supportive counseling, information and referral, service coordination and assistance with applying for benefits.

This proactive approach, that focuses on developing a system of supports for each individual, concurrently addresses the issues of confusion, isolation and loneliness, and is firmly rooted in the belief that the individual being served by a process should be the primary shareholder in that process.

Our goals are to promote and foster independence and encourage participants to embrace wellness and recovery.



Our Mission

A consumer-directed, cross-disability advocacy and service organization, dedicated to enhancing the quality of life for individuals with disabilities.

Our Vision

A barrier-free society with opportunities for all people to achieve their maximum potential.

Office hours are

Monday-Friday 9am-5pm

INDEPENDENT LIVING INC

YOUR LIFE • YOUR CHOICE

3 LOCATIONS

Newburgh
5 Washington Terrace, Newburgh, NY 12550
Phone: 845-565-1162 Fax: 845-565-0567
Videophone: 845-764-8384

Monticello
14 Pelton Street, Monticello, NY 12701
Phone: 845-794-3322 Fax: 845-794-3323

Middletown
30 Industrial Drive, Middletown, NY 10940
Phone: 845-342-1162 Fax: 845-342-1192

myindependentliving.org

Mental Health Bridger, Hospital Diversion & Peer Advocacy Programs



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Transition & Diversion Specialists

Serving persons with psychiatric and co-occurring addictive disabilities with the goal of aiding in the prevention of hospitalization and homelessness, the hospital transition and diversion program provides wrap-around support, including core independent living services.

Peer Transition and Diversion Specialists provide a continuum of care for individuals with mental health and/or substance use diagnoses.



Transition ("Bridger") Services

Our Bridgers are on-site and on-call at local hospitals to assist individuals being discharged from the mental health or substance use rehabilitation units to connect with necessary supports for their continuing journey of recovery. Engagement with a Bridger (transition specialist) can begin upon admission, so that the Bridger may assist with development and implementation of the discharge plan. Services may include but are not limited to:

- Transportation home from the hospital/rehab or to critical follow-up appointments and for housing program referrals.
- Follow-up after discharge to help ensure positive outcomes as individuals transition back into the community.
- Assistance with housing, transportation, employment and expanded options for socialization and recreation.
- Facilitate discussions and support groups utilizing evidence-based practices.
- Development of a personal Wellness and Recovery Action Plan. (W.R.A.P.)

Diversion Services

Our Diversion Specialists are on-site at the 311 Orange County Crisis Call Center and on-call. The Diversion Specialists work in collaboration with the Orange County Department of Mental Health, the Mobile Response Team, and the 311 call center to assist individuals with a Mental Health and/ or co-occurring disorder that are in a crisis. Peer Diversion Specialists are highly trained consumers of mental health and substance use services whose personal lived experience enables them to:

- Provide demand-responsive outreach and engagement to offer peer counseling, encourage personal empowerment, self-determination, and autonomy.
- Provide one on one Peer support in line with individual's goals and objectives
- Serve as advocates as they promote, model, and teach self-help skills and self-advocacy.
- Work with local providers in the community and with family members to help cultivate a strong system of support for each individual.
- Provide Intensive intervention during periods of Crisis.



Independent Living staff members are not hospital employees; however, they work collaboratively with members of the clinical team. They serve as both mentors and facilitators, and, because they are peers, they are fully able to understand the challenges associated with overcoming barriers that may seem insurmountable, from both a personal and a professional perspective.