



News Release

For immediate release

November 15, 2012

Contacts:

Tina Clark, APR

Director of Development & Community Relations

Tri-County Mental Health Services

207-783-9141 x 158

Pamela Smith

Director of Development and Community Relations

Bridgton Hospital

207-647-6055

Peer Navigators: Holistic Health Supporters

Free 'Dinner & Discussion' November 27



Bridgton –Tri-County Mental Health Services (TCMHS) and the primary care practices of Bridgton Hospital invite the public to another “Dinner and Discussion” on Tuesday, November 27 at 5:30 pm at a the Bridgton Hospital Physician’s Group Conference Room behind Bridgton Hospital (keep right past the hospital main entrance). The topic is *Peer Navigation: Holistic Health Supporters*. Alex Veguilla-Aponte will speak about the power of peer support in medical and mental health settings. “Science has long known the connection between mind and body as it relates to our overall affect on health. The Substance Abuse and Mental Health Services Association has also identified peer support and a holistic approach to health as two of the ten

components of mental health recovery. This presentation will share how ‘Peer Navigators’ will be a key link of support as we move towards an integrated health system. Alex Veguilla-Aponte is a Certified Intentional Peer Support Specialist (CIPSS) in the State of Maine. Alex has been involved in the recovery/peer movement for over seven years. He is considered a leader in the movement and has held many leadership roles. Alex has worked as a Peer Support Specialist on ACT Teams, Emergency Department/Crisis team and was instrumental in the development of the Consumer Council System of Maine. His current role is that of Peer Coordinator based at Tri-County Mental Health Services working with many community agencies in development of Peer Support Services.

The dinner is part of a series provided as part of the three year Integrated Primary Care Project, a partnership between Central Maine Healthcare, the medical practices of Bridgton Hospital, and funded by the Maine Health Access Foundation. Each month a different topic is discussed related to health, mental health, how they are intertwined is discussed. TCMHS and Bridgton Hospital have partnered to bring mental health into medical practices to address emotional and mental health issues along with physical health. To reserve your seat please call Jessica Jendrick at **647-6032**. Visit www.tcmhs.org for more information.

###