



Services and Programs

- All services and programs provided by Safe Harbor are provided to peers at no cost to them.
- Programs are peer run and peer directed.
- Services are reviewed on an annual basis with input from peers, staff, volunteers, families of those served, community providers, and board members.
- Changes in program offerings are based on the needs and wants of the peers. Peer surveys are conducted on a quarterly basis to ensure the quality of programming and services meet their needs.
- Programs are subject to change.

Adult Oral Health Recovery Program

Motivational interviewing designed to start the conversation about oral health and recovery. Peer support specialists work with peers to develop a health and wellness plan.

Attitudes of Gratitude –Paying It Forward

Dedicated time that focuses on giving back to the community.

Benefits 101

Assists peers with the information they need to apply for assistance, helping them navigate entitlement systems.

Build Resilience Through Shared Music Making

Music engages most of the regions of your brain. Peers listen to music, share favorite songs that connect with happy memories.

Closing the Gap Through Art

Peers create their own artwork for display.

Coming Out of Your Shell

Help peers learn pro-social skills that are put into practice to become more comfortable interacting with people in the community.

Don't Sweat the Small Stuff

Peers use the popular workbook to help them use skills to be less anxious and to worry less.

Emotional Journaling

Emotions can affect the way a person looks at the world, how they feel internally, and how they react externally. Some emotions are constant issues, while others can be a positive

source of self-preservation. Journals will be encouraged to follow along progress or understanding of the different emotions from month to month.

Equine Therapy

Eight-week program at Stockhand's for consumers that promotes utilizing group and horse interaction for therapy and wellness.

Food Insecurity Program

Providing peer support to individuals face food insecurity with a safe space to obtain food and receive support from their peers without judgement.

CAD Training

Computer aided design.

Guided Meditation

A pre-recorded audio soundtrack will be played to help guide one's mind through a relaxation process. Time to relax is a vital part of practicing effective self-care.

Healing Through Art

Various projects will be available, as well as exploring consumer hobbies. All suggestions are welcome here. Something as simple as adult coloring can open the floor for a lot of discussions.

Health Cooking and Nutrition

Specialists from the OSU Extension program will be available to share different aspects of life, including money/budgeting and healthy cooking.

How to Be Happy (Or at Least Less Sad)

Using the workbook that will help you draw, write, discover, and remember those things that make you feel happy, or at least less sad. This workbook helps students focus on appreciation, gratitude, and perspective with the goal of creating a more optimistic attitude.

NAMI Support Groups

A National Alliance on Mental Illness (NAMI) representative visits to explore participants' ongoing struggles and offer peer-to-peer guidance. Family members and other natural support people are also welcome to utilize NAMI's programs.

Peer Support

Different topics will be reserved for this time to bring people together for a "meeting of the minds." These topics can include how to avoid toxic people, setting boundaries, and finding your triggers. A new topic will be discussed at each meeting.

Peer Support Certification

Peer Support Certification through the Ohio Department of Mental Health and Addiction Services.

Referrals/Advocacy to Community Agencies

Referrals to appropriate community services for additional support and treatment.

Southeast Peer Groups

Peer Support Specialists from Southeast Healthcare, making projects and tackling various subjects for recovery through peer support. The facilitators are Certified Peer Specialists who bring their own experiences to the table and encourage others. It is important in recovery to have a level of acceptance and to know that you are not alone in your struggles.

Wellness Recovery Planning

Emotions can affect the way a person looks at the world, how they feel internally, and how they react externally. Some emotions are constant issues, while others can be a positive source of self-preservation. Journals will be encouraged to follow along progress or understanding of the different emotions from month to month.