

What do our students receive?



- Non-traditional classes geared towards the rights, responsibilities, roles and resources of community membership.
- A support group the students coined “What’s Up?”
- Peer Mentor support services in and outside the classroom setting.
- Individual or group projects developed by students to share their knowledge and experience with others.
- Annual holiday party and graduation ceremony.
- Weekly pizza party for students and graduates.
- A ten dollar stipend for each class they attend.



Who are Peer Mentors?

“Peer Mentors”...are members of our staff who have lived with many of the same challenges that our students have, dealing with the criminal justice system and recovery from mental illness or addiction. Through their own personal growth and recovery, they are able to work with our students, providing support and sharing their knowledge and experiences. Peer Mentors help people empower themselves.

“Sometimes, it just takes a few minutes of support from my mentor to keep me out of trouble and change my whole thought process.”CCEP graduate

Our Classes!

- Relationship Building
- WRAP
- Anger Management & Assertiveness Training
- Legal Issues & Entitlements
- Negotiating the Criminal Justice System
- Housing Options and Issues
- Vocational & Educational Development
- Public Speaking
- Stress Management
- HIV Prevention
- ADA & Negotiating
- Advocacy & Patients Rights
- Goal Development
- Healthy Alternatives in Recovery

“I learned how to advocate for myself, it gave me the courage to go back to school.”...CCEP student



What is “What’s Up?”



A support group created and facilitated by the students. During each class, students share their challenges and accomplishments with each other and receive honest and confidential feedback.

“I learned how to talk to people, listen better and deal with my problems”...CCEP student



Valued Role Projects

Students develop individual or group projects. These projects provide our students with the opportunity to share their talents, knowledge and experiences and in doing so; our students have helped and educated many other members of the community.

“This group has made me realize that I have good qualities and I can contribute to my community.”...CCEP student



Citizens Community Enhancement Project (CCEP)

A five month training program designed to provide students with information to help them gain access to resources and exercise their rights; skills to enhance their ability to fulfill their roles and responsibilities; and to develop positive and supportive relationships in the community

Who Can Participate?

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You must be.....

- 18 years or older
- a greater New Haven resident
- currently in treatment for a psychiatric illness
- involved with the criminal justice system within the last 2 years...arrest, incarceration, parole or probation



For More Information Call:
Project Director, Patricia Benedict
(203) 843-2476

or

Josephine Buchanan
(203) 974-7159

Classes are held every Tuesday and Thursday at 2pm to 4pm



“This program showed me how to make my ideas, dreams and goals become a reality.”

“We have the opportunity to network and learn what’s available in the community. This can be jobs, apartments or which doctors accept our insurance.”

“We can laugh about stuff and it makes me happy when I come here.”

“This program gave me structure, confidence, love, support and positivity.”

“Everyone interacts here...a lot of dedication, involvement and strong ties to the community.”



CITIZENS

Community Enhancement

PROJECT

Connections to Resources and Support in the Community & Enhancement of Skills to Aid in the Process of Recovery



A Project of Yale University, Dept. of Psychiatry, Program for Recovery and Community Health (PRCH) and the Connecticut Community Mental Health Center. Funded by the Connecticut Department of Mental Health and Addictions Services