

Connect. Learn. Grow.

All journeys to recovery are embraced and welcomed at our centers—we want to help you.



“I feel more like myself when I am here. The Center keeps me going, I am more active and am starting to learn new things. It is good to know I am not alone.”

-Harvest Inn Mental Health Support Center

“Valley Peer Recovery Center improves my self-confidence and my mental health. Being a part of the center not only relaxes me it helps me look at the future with more hope!”

-Valley Mental Health Support Center

Our Center Locations



Valley Mental Health Support Center

272 Main Street, Suite 101
Madawaska, ME 04756
(207) 728-4806



Harvest Inn Mental Health Support Center

43 Hatch Drive
Caribou, ME 04736
(207) 492-1386



MENTAL HEALTH SUPPORT CENTERS

Madawaska & Caribou

Mental Health Support Centers are a service provided by:



AMHC

www.amhc.org



RECOVERY IS NEVER OUT OF REACH

Intentional Peer Support

Intentional peer support is a philosophy based on four tasks used to develop and maintain relationships. Through relationships, we think about help in a new way. Rather than focusing on what we do not want in our lives, we challenge one another to discover our hopes and dreams. Together we learn and grow and move towards what we want.

Four Tasks of Intentional Peer Support

- Building connection and understanding our worldview
- Redefining help as a co-learning and growing process
- Moving towards what we want, rather than away from what we do not want

Three Principles of Intentional Peer Support

- Learning vs. Helping
- Relationship vs. Individual
- Hope vs. Fear

OUR CENTER SERVICES ARE FREE

Harvest Inn and Valley Mental Health Support Centers serve anyone in the community with a self-identified mental health and/or co-occurring substance use challenge. For a peer that is seeking recovery and wellness, each center provides a welcoming, nonjudgmental space for people who believe their mental health has been a challenge and where they can receive mutual support, community building services, and advocacy. Each center offers the following free services:

- Weekly support groups
- Job readiness support
- Group-based activities
- Wellness training
- Recovery workshops
- Common areas to socialize

What is Peer Support?

The centers are staffed by people who identify as “peers.” They complete 64-hours of intensive training to become Certified Intentional Peer Support Specialists, along with 20 hours of annual continuing education to maintain their skills. Peers use their personal stories and insight to support and encourage consumers to confront personal priorities and rebuild their sense of self and purpose. They focus on “what happened to you,” rather than “what’s wrong with you,” to build connections based on empathy and shared experience.

Peer support encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health and/or co-occurring substance use challenges. We offer many recovery-related groups, workbooks, reading materials, one-to-one peer counseling, and many other groups ranging from employment to wellness to music and social events.