

## Group Leaders:

The groups are led by two Certified Peer Support Specialists who have had tremendous success in their recovery journeys. Both have lived experience with mental health and/or substance use and are well versed in writing person-centered goals.



Lindsey  
Fitzgerald

Lindsey has been a CPS since March of 2013 and employed with APC since July of 2016. She is dedicated to helping her peers learn the power they hold in their lives and in their recovery. Lindsey studied Theater at UW-Milwaukee, hikes, loves music, and plays three instruments.



Kim  
Rossettie

Kim has worked as a CPS for 3 years. Kim believes that recovery is possible for everyone and is honored to walk that journey with others. She loves being a grandmother and enjoys living her life in recovery.

## What is APC?

APC is a holistic social service agency established in 1995 to meet the needs of children, youth, adults, and families. We are a leader in the Milwaukee Comprehensive Care Collaborative (MC3), which believes in providing integrated, stage-matched, best practice, recovery-oriented, person-centered interventions to all individuals. We strive to provide a welcoming environment as well as trauma informed, co-occurring capable programs and services by providers who understand and believe in these principles.



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5757 W. Oklahoma Ave. Suite 201  
Milwaukee, WI 53219  
[www.altlig.com](http://www.altlig.com)

## Discovering Recovery Together

*Learn to take charge of your recovery in a 6-part journey with the support of your peers.*



"Person Centered Planning (PCP) is a means for uncovering what is already there; the essence and extraordinary gifts and capacities of a person."

- [www.personcenteredplanning.org](http://www.personcenteredplanning.org)

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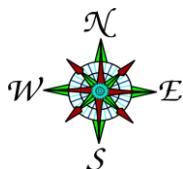


# What is Person-Centered Planning?

*"Person Centered Planning (PCP) for Peers, a way to engage people in self-defining personal goals in an effort to assist them in living the sustainable and fulfilled life of choice."*

-Bob Fredericks, CPS, PCP  
WI Parent Peer Specialist Coordinator  
Access to Independence, Inc.

PCP uses skills shared in this group to create your personalized recovery plan.



## Who is this group for?

Participants must be enrolled in Milwaukee County's Comprehensive Community Services (CCS).

If you want to enhance your knowledge and skills in planning for your recovery, then this group might be for you.



## What's it About?

Only you know what your hopes, dreams and aspirations are! That's why you are the key to your own recovery.

Certified Peer Support Specialists will use their personal lived experiences to help you explore and develop your recovery goals.

We provide a supportive environment where confidentiality is honored.

## Groups consists of:

Week 1-3 include:

1. Taking pride in who we are
2. What is Person-Centered Planning?
3. What does your recovery look like?

Week 4-6 include:

4. Expressing your goals
5. Achieving your goals
6. Celebrating your plan

## When and Where?

Groups are held on Wednesdays from 3:00 p.m. until 5 p.m. and light refreshments are served.

The Person-Centered Planning group is held at APC's south office at **5757 W. Oklahoma Ave. Suite 201** Milwaukee, WI 53219. We are conveniently located on the no. 51 (Oklahoma) bus line.

## How Can I Sign Up?

If you are interested in attending:

- Talk with your Care Coordinator to add PCP group to your Recovery Plan. (*H2017WGRP 80 units and NMS001 50 units*)
- Contact Abby Matthews at 414-763-7170 or [amatthews@altilig.com](mailto:amatthews@altilig.com)

**We look forward to joining you on your recovery journey!**



