



Peer Support, Education and Advocacy

Mission statement

Yarrow Collective is an peer-run organization offering mental health support. We connect peers to one another, education, and resources so that together as a community we

allow space for mental distress,
awaken to the wisdom of our lived experiences,
aspire towards healing,
amplify our voices, &
advocate for meaningful choice and change.





What do we mean when we use the word “peers”?

By peers, we mean people who have lived experience with psychiatric diagnosis, trauma, extreme states, houselessness, oppression, problems with substances and other life-interrupting challenges.





What Is Peer Support?

*Peer support uses the **power of relationships** to
create meaningful connections,
learn and grow together,
challenge and expand our worldviews,
be accountable in our relationships, and
move towards what we want to do or be.*





How are we different?

- **Peer-run**, by/for/with people who have “been there”
- Allowing people to be the **expert of their own experiences** and tell their own stories
- Borne out of a need for **non-clinical options** and alternatives, a need for **community**, and a need to reclaim our stories in the ways that are meaningful to us
- **Collaborative**, but independent
- **Hub for peer support** approaches and practices, education and advocacy





Immediate Needs Grant

Larimer County's Immediate Needs Grants has helped support...

- Alternatives to Suicide Peer Support Groups
- Training stipend for Yarrow peer facilitators
- Jail Re-entry support
- Youth Coordinator & BIPOC Coordinator Position – supporting 3 months of her work between grants.





Alternatives to Suicide:

Peer to Peer Support Group

Alt2Su is a non-judgmental, non-clinical, peer-led, and confidential space where people can share difficult thoughts and feelings without being assumed to have an illness or be assessed for involuntary intervention.

The Alternatives to Suicide approach

- Values:
 - Responsibility to, not for or over
 - Consent and choice
 - Responds to injustice
 - Healing in Community



Healing in Communities

“We share our experiences, we share our emotions, our emotional responses, we share really vulnerable things, our fears. The last few times I’ve gone, **it’s sparked me to think really deeply about what’s going on in my life** and I definitely had some insights about my journey. It’s **helped me feel like I can contribute to other people’s healing just by sharing my own experience. By hearing other people, you feel so much less alone.** You know in therapy I learn skills and **in group, I learn how to love and be loved.**”

-Alt2Su group attendee



Yarrow Collective

Our Alternatives to Suicide adult and teen groups have been running since August 2021.

In 2022, we have reached...

**573
adults**

**229
teens**

at our groups the past
year!



PEER SUPPORT, EDUCATION & ADVOCACY



PEER SUPPORT, EDUCATION & ADVOCACY

Impact

Our jail re-entry peer navigator has provided 47 peer support sessions to individuals exiting incarceration.



Yarrow Collective Jail Re-Entry Work

This grant via increased staff time has helped us to create relationships with the Larimer county jail to provide peer support. We have been authorized to go into the Larimer County Jail, Alternative sentencing, and Community Corrections to provide harm reduction, Alternative to Suicide groups and one-on-one peer support.

Two of our core team members are on the Leadership Council for Stone Soup a group that helps with re-entry for people coming out of jail. Offering peer support and resource navigation.



Impact

Across all direct peer support work in 2022
we have had **802 participants**, and 162
unique individuals





Staff Trainings

- With this funding we were able to send two of our Core Team members to receive Xinachtli rites of passage training to provide support for youth of color.
- This program is set to launch this Fall & we wouldn't have been able to develop it without the support!



What's going on now?

- **Alternatives to Suicide** peer support groups for adults
 - ◆ In-person in Fort Collins &
 - ◆ Online weekly
- **ECHO** teen group for 14-18yos struggling with mental health
- **Unity in Community** groups for BIPOC and Spanish-speaking adults
- **Chronic Illness & Disability Peer Support**
 - ◆ Online biweekly group
- **Peer Support for Peer Supporters**
 - ◆ Online monthly



All groups are free, confidential,
drop-in spaces.

No insurance collected.
No RSVP required.



PEER SUPPORT, EDUCATION & ADVOCACY



Info@YarrowCollective.org



www.YarrowCollective.org



www.facebook.com/yarrowcollectivecolorado



[@yarrowcollectivecolorado](https://www.instagram.com/yarrowcollectivecolorado)



[meetup.com/yarrow-collective-peer-support-of-larimer](https://www.meetup.com/yarrow-collective-peer-support-of-larimer)