

Gloria Churchill: A beacon of hope and support in the field of peer counseling

We are thrilled to introduce Gloria Churchill, a remarkable individual who has been making a profound impact in the field of peer counseling for over a decade. As a certified peer counselor (CPC) and CCAR Recovery Coach, Gloria's dedication and passion for supporting others on their journey towards wellness shines through her work and personal experiences.

Gloria firmly believes in the values of WRAP: hope, personal responsibility, education, self-advocacy, and support. As she walks the path of her own recovery, she exemplifies these principles to empower and guide others towards healing and self-discovery. Whether working in inpatient residential or outpatient behavioral health settings, Gloria consistently applies her knowledge and expertise to support peers on their unique journeys.

With her work at a supported housing community, Gloria actively models and educates on topics like conflict resolution, clear communication skills, and self-advocacy. Moreover, she shares the power of socialization and building natural support through engaging activities such as creativity groups and eight dimensions of wellness support groups. By facilitating community meetings and her involvement in a mobile health clinic, Gloria tirelessly strives to promote unity, education, access, and advocacy for all.

However, Gloria's impact extends far beyond her professional career. For over a decade, she has graciously shared her recovery story with incarcerated women at the Washington Correction Center, providing them with empathy, hope, and a vision of transformation. Additionally, Gloria has dedicated her time and energy as a court-appointed special advocate for children that are system involved and has worked with the Tacoma-Pierce County Coalition to end homelessness. Her contributions to her community are truly exceptional.

In recognition of her extensive knowledge and compassion, Gloria has designed and led numerous support groups focused on various topics such as the Wellness Recovery Action Plan (WRAP), the power of peer support, trauma-sensitive yoga, beginner and advanced mindfulness, and a wellness YMCA group. Her expertise has also been sought after, as she has presented her insights at the annual Peer Pathways conference.

Gloria's commitment to enhancing peer services is unwavering. She firmly believes in the importance of creating opportunities for peers to have a voice within their care team, ensuring their perspectives are valued, consulted, and respected. Her advocacy for peer involvement goes beyond her agency, as she endeavors to inspire change in the field at large.

One of the key cornerstones of Gloria's personal recovery has been the unwavering support she received throughout her journey. Recognizing the transformative power of connection and a strong support group, Gloria

ensures that she establishes meaningful connections with each individual she encounters. By offering encouragement, hope, and unwavering support, Gloria empowers others to discover the wellness tools that work best for them. Having overcome her own battles with depression, anxiety, PTSD symptoms, and drug addiction, Gloria is living proof that anyone can find recovery and create a life worth living.

In conclusion, we are incredibly honored to have Gloria as part of our community, shaping the future of peer counseling and advocating for change. We are grateful for her selfless dedication and inspiring journey, which reminds us that recovery is possible for all. Stay tuned for more updates on Gloria's incredible work in future newsletters.

What peers who have worked with Gloria are saying:

“You showed me how to advocate for myself and how to pause and take a breath. I appreciate that you believed in my potential and I will always remember the safe space you shared with me. Thank you for being a wonderful role model”.

“I want to be a CPC that’s at least half as excellent as you! You are great at what you do”.

“Just about every time I visit you, I come away ‘inspired’. I admire that you were able to inspire in me: awareness, mindfulness, ownership, knowledge and creativity to name just a few”.

“Thank you for being you and sticking with me through all my challenges”.