



IMPACT OF PEER RECOVERY SUPPORT SERVICES:

- ✔ Increased self-esteem and confidence (Davidson, et al., 1999; Salzer, 2002)
- ✔ Increased sense of control and ability to bring about changes in life (Davidson, et al., 2012)
- ✔ Increased sense of hope and inspiration (Davidson, et al., 2012)
- ✔ Decreased substance use and depression (Davidson, et al., 2012)
- ✔ Decreased criminal justice charges and decreased incidence of probation or parole (Davidson, et al., 2012)
- ✔ Increased treatment access and engagement (Huebner, R et al., 2012; Sears, JS et al., 2017)
- ✔ Reduced time in child welfare out-of-home care and quicker reunification of families (Huebner, R et al., 2012; Sears, JS et al., 2017)
- ✔ Increased rates of abstinence, increased adherence to substance use disorder treatment, and reduced rates of use and return to use (Reif, S. et al., 2014)
- ✔ Increased housing stability and primary care visits; decreased hospital and emergency department admissions (Bassuk, E. L., et al., 2016)



WHAT IS PEER SUPPORT?

"Peer support" encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health conditions, substance use disorders, or both. This mutuality—often called “peerness”—between a peer support worker and a person in or seeking recovery promotes connection and inspires hope. Peer support offers a level of acceptance, understanding, and validation not found in many other professional relationships (Mead & McNeil, 2006). By sharing their own lived experience and practical guidance, peer support workers help people to develop their own goals, create strategies for self-empowerment, and take concrete steps toward building fulfilling, self-determined lives for themselves.

Peer support workers may be referred to by different names depending upon the setting in which they practice. Common titles include peer specialists, peer recovery coaches, peer advocates, and peer recovery support specialists.

[LEARN MORE](#)

https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tacs/value-of-peers-2017.pdf

VIDEO LIBRARY

The Peer Recovery Center of Excellence (PR CoE) is a peer-led national center providing training and technical assistance related to substance use disorder recovery. The PR CoE is a resource for individuals, organizations, and systems working to advance the successful implementation of the peer support model of recovery in an array of settings and is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). To learn more, visit the PR CoE at <https://PeerRecoveryNow.org> or contact info@PeerRecoveryNow.org



WHAT IS PEER RECOVERY SUPPORT?

Peer recovery support occurs when people with shared lived experience connect with each other. The bond that results can create mutual empathic experiences that foster growth and recovery.

<https://vimeo.com/677817271>



WHAT IS A RECOVERY COMMUNITY ORGANIZATION?

Recovery community organizations (RCOs) make addiction recovery visible and accessible. RCOs are grassroots, independent, nonprofit organizations, founded and led by the local recovery community.

<https://vimeo.com/677765975>



WHAT IS RECOVERY CAPITAL?

Recovery capital is the breadth and depth of internal and external resources that can be drawn upon to begin and sustain recovery.

<https://vimeo.com/677821341>



WHAT IS A RECOVERY-ORIENTED SYSTEM OF CARE?

A recovery-oriented system of care is a range of personalized supports used to treat substance use disorders that work together to foster health growth and a meaningful life.

<https://vimeo.com/677818255>

PEER SUPPORT SPECIALIST TRAINING AND CERTIFICATION IN THE US

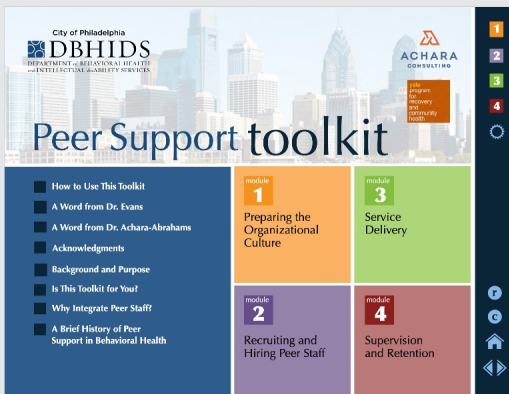
State systems have taken a variety of approaches to certifying peer support specialists in their respective healthcare systems. These approaches vary according to the lived experience of the peer support specialist being certified (i.e., whether in the area of substance use recovery, mental health recovery, or both). Lived experience in recovery is the key tool utilized by peer support specialists to perform their job across a variety of service settings.

- The majority of states (34) offer a single, **integrated peer professional certification** in the state healthcare system for individuals with lived experience in substance use and/or mental health recovery.
- Other states (12) offer **separate certifications based on the peer support specialist's type of behavioral health lived experience: substance use or mental health recovery**. One state (Hawaii) currently offers only mental health peer certification, and two states (New Hampshire and Vermont) currently offer only substance use peer certification.
- Two states (California and South Dakota) do not currently offer a peer certification in their state healthcare systems. California is in the process of developing a certification. In states that offer one integrated certification for people with lived experience in substance use and mental health recovery, the specific type of lived experience required in the field is determined by individual job requirements, the service setting, and the needs of the people being served.



VIEW REPORT

[https://peerrecoverynow.org/documents/Comparative%20Analysis_Jan.31.2022%20\(03\).pdf](https://peerrecoverynow.org/documents/Comparative%20Analysis_Jan.31.2022%20(03).pdf)



VIEW TOOLKIT

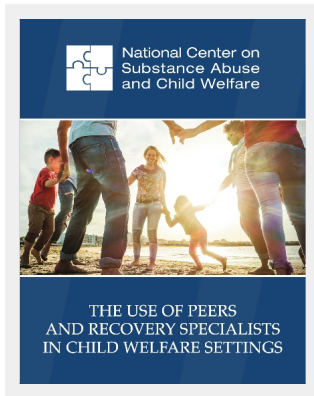
http://dbhids.org/wp-content/uploads/1970/01/PCCI_Peer-Support-Toolkit.pdf

THINKING ABOUT HIRING PEER SUPPORT SPECIALISTS IN YOUR ORGANIZATION?

Organizations establishing new peer support specialist programs should have a clear idea of their expectations for peer support workers before beginning the recruitment process, along with a plan for supervision and retention. There are numerous resources, including the the interactive Peer Support Toolkit developed by the Philadelphia Department of Behavioral Health and Intellectual disAbility Services, which outlines strategies for successfully integrating peer support workers and services in organizations.

The Peer Support Toolkit includes four modules outlining promising practices:

1. Preparing the Organization: Why Do It?
2. Recruiting and Hiring Peer Staff: What's Different?
3. Effective Service Delivery: What, Why, and How?
4. Supporting, Supervising, and Retaining Peer Staff: Why Invest in Supporting and Supervising Peer Staff?

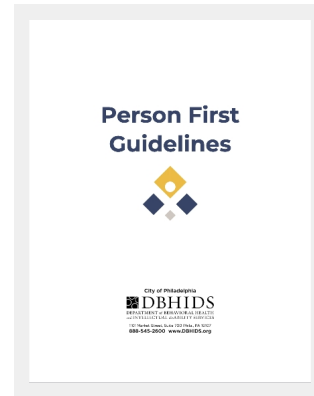


USE OF PEERS AND RECOVERY SPECIALISTS IN CHILD WELFARE

Developed by the National Center on Substance Abuse and Child Welfare to provide an overview of two models of peer support for families.

DOWNLOAD

https://ncsacw.samhsa.gov/files/peer19_brief.pdf

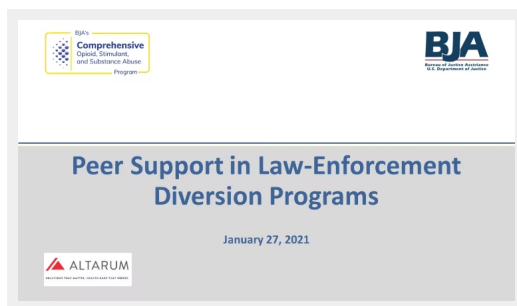


PERSON FIRST GUIDELINES

Created by the Philadelphia Department of Behavioral Health and Intellectual disAbility Services, this resource offers recommendations for non-stigmatizing, person-first language related to substance use and substance use disorders.

DOWNLOAD

<https://dbhids.org/wp-content/uploads/2015/09/Person-First-Initiative-Guidelines.pdf>



POLICE-ASSISTED DIVERSION PROGRAMS: COLLABORATING ON ALTERNATIVES TO INCARCERATION

This video describes how the Philadelphia Police Department works with PRO-ACT, a community treatment and recovery organization focusing on substance use disorders, to provide peer recovery support services to pre-arrest diversion program participants.

DOWNLOAD

<https://www.cossapresources.org/Media/Webinar/8edb53aa-fbc9-4c02-b340-7ea500f6a53f>



PEER SUPPORT TOOLKIT

Developed by the Philadelphia Department of Behavioral Health and Intellectual disAbility Services, this toolkit offers step-by-step guidance for establishing peer recovery support services, including preparing the organizational culture, recruiting and hiring peer staff, service delivery, and supervision and retention.

DOWNLOAD

https://dbhids.org/wp-content/uploads/1970/01/PCCI_Peer-Support-Toolkit.pdf