

BENEFITS OF PEER SUPPORT:

- Having a role model
- Increased ability to self-advocate
- Fostering solution-focused skills
- Assist with the development of Wellness and Crisis Plans
- Setting goals for Housing, Education, and Employment
- Increasing support and the quality of life
- Fostering recovery-oriented thinking

HOW TO REACH US

Peer Support Services are offered by Providers in the Cardinal Innovations Healthcare's 16-county region.

Call our 24-Hour Access/Crisis Line to find a Provider in your area.

**24-HOUR
ACCESS/CRISIS LINE**
1.800.939.5911

Assistance Available For Non-English Speakers

Hay Asistencia Disponible Para Los Que
Hablan Español

PEER SUPPORT SERVICES

REACHING RECOVERY
THROUGH SHARED EXPERIENCE

FOR ADULTS LIVING WITH
MENTAL HEALTH AND/OR
SUBSTANCE USE DISORDER
WHO HAVE MEDICAID



PEER SUPPORT

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential.

WHAT IS PEER SUPPORT?

- Evidenced-based mental health services by qualified providers who have personal experience with recovery from mental illness and/or substance use disorder.
- Certified Peer Support Specialists assist individuals with their recovery.
- A Certified Peer Specialist is a fully integrated team member who provides highly individualized services in the community and promotes individual self-determination and decision making (NCDMA).
- Recovery-focused, person-centered services for adults (individuals over the age of 18) who are living with mental illness and/or substance use disorders.
- Certified Peer Support Specialists role model behaviors that can provide hope and inspiration for individuals beginning the journey to recovery.
- Certified Peer Specialists are individuals who live with mental illness and/or substance use disorder. They have persevered in their own recovery efforts and completed 40 hours of intensive Peer Support training plus an additional 20 hours of recovery-focused training.

PEER SPECIALISTS HELP:

- Identify individual strengths to assist people in recovery toward their goals
- Help individuals in recovery develop coping skills to better manage their mental health and/or substance use issues
- Build confidence and self-advocacy skills
- Individuals navigate community services and resources, including housing, social services, education and employee assistance

