### **Recovery and Peer Support:**

Recovery is **REAL** and begins with **HOPE** 



"When I saw that other people recovered, it gave me hope that I could too." —Corinna

**Learn** how recovery-oriented care and peer support help people with mental and/or substance use challenges learn to manage their conditions successfully and improve their quality of their lives.



### What is Recovery?

Today, when individuals with mental and/or substance use disorders seek help, they are met with the knowledge and belief that anyone can recover and/or manage their conditions successfully.

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

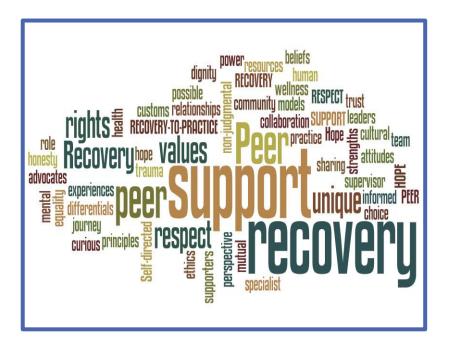
There are four major dimensions that support a person in recovery:

**Health**—overcoming or managing one's symptoms in order to make informed, healthy choices that support physical and emotional well-being.

**Home**—having a stable and safe place to live

**Purpose**—conducting meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.

**Community**—having relationships and social networks that provide support, friendship, love, and hope



Peer support workers assist people with their behavioral health recovery through personal understanding, non-judgmental listening and relevant self-sharing of experiences that help to develop meaning, purpose, hope, and social connections.

#### **Recovery Support**

Recovery support services help people enter into and navigate systems of care, remove barriers to recovery, stay engaged in the recovery process, and live full lives in communities of their choice.

Recovery support services include culturally and linguistically appropriate services that assist individuals and families working toward recovery from behavioral health challenges. They incorporate a full range of social, legal, and other services that facilitate recovery, wellness, and linkage to and coordination among service providers, and other supports shown to improve quality of life for people in and seeking recovery, and their families.

Recovery support services include access to evidence-based practices such as supported employment, education, and housing; assertive community treatment; illness management; and peer-operated services <u>for all ages</u>, including young people. The broad range of service delivery options ensures the life experiences of all people are valued and represented. And most importantly, peer support workers provide a person with one-on-one support.

### **Peer Support + Recovery = Success**

"Peer support has been there for me no matter what, and now I am able to help others..."

---Liza

# **Does Peer Support Make A Difference?**

Emerging research shows that peer support is effective for supporting recovery from behavioral health conditions. Benefits of peer support may include:



Decreased psychotic symptoms (Davidson, et al., 2012)



Reduced hospital admission rates and longer community tenure

(Chinman, Weingarten, Stayner, & Davidson, 2001; Davidson, et al., 2012; Forchuk, Martin, Chan, & Jenson, 2005; Min, Whitecra>, Rothbard, Salzer, 2007)



Decreased substance use and depression

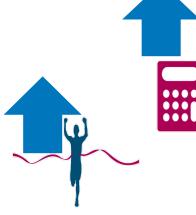
(Davidson, et al., 2012)

## **Does Peer Support Make A Difference?**

Emerging research shows that peer support is effective for supporting recovery from behavioral health conditions. Benefits of peer support may include:



Increased selfesteem and confidence (Davidson, et al., 1999; Salzer, 2002)



Increased sense of control and ability to bring about changes in their lives

(Davidson, et al., 2012)



Raised empowerment scores

> (Davidson, et al., 1999; Dumont & Jones, 2002Ochoka, Nelson, Janzen, & Trainor, 2006; Resnick & Rosenheck, 2008)



Increased sense of hope and inspiration (Davidson, et al., 2006;

Ratzlaff, McDiarmid, Marty, & Rapp, 2006)

Increased sense that treatment is responsive; and inclusive of needs (Davidson, et al., 2012)



**Increased empathy** and acceptance

(camaraderie) (Coatswortha Puspokey, Forchuk, & Warda Griffin, 2006; Davidson, et

al., 1999)



**Increased** engagement in selfcare and wellness (Davidson, et al., 2012)



**Increased social** support and social functioning

(Kurtz, 1990; Nelson, Ochocka, Janzen, & Trainor, 2006; Ochoka et al., 2006; Trainor, Shepherd, Boydell, Leff, & Crawford, 1997; Yanos, Primavera, & Knight, 2001)

### **Peer Support**

**Recovery support for people of all ages** is provided through treatment services by behavioral health care providers, and community-based programs utilizing peer support workers with personal experience in recovery.

**Peer support services** are a key component of recovery. Peer support services are delivered by individuals who have shared behavioral health experiences with the people they are serving. This mutuality between a peer support worker and a person in recovery (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 towards building fulfilling self-determined lives.

The role of a peer support worker complements, but does not duplicate or replace, the roles of therapists, case managers, and other members of a treatment team.

**Peer support workers** inspire hope that people can and do recover; walk with people on their recovery journeys; dispel myths about what it means to have a mental health or substance use challenge; link people to tools and resources; and support people in identifying their goals and creating a roadmap for getting there.

## "Because of Peer Support I am alive!" ---Melodie

"Peer support has been excellent. Helping us along the way, being there whenever you need people to talk to. I don't know where to begin. They're always there... no matter what it is. ---Mika

"Because of peer support, I can stand on my own today." ---John

"Peer support has been there for me no matter what, and now I am able to help others..." ---Liza



#### **Local information:**

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This booklet is part of a series compiled by the Washington Peer Advancement Coalition (WaPAC). The information in this booklet was taken from the great work of BRSS TACS and can be found at:

https://www.samhsa.gov/sites/default/files/programs\_cam\_ paigns/brss\_tacs/peer-support-2017.pdf And here:

https://www.samhsa.gov/sites/default/files/programs\_campaigns/brss\_tacs/value-of-peers-2017.pdf

