

### ***What is an Adult Peer Support Specialist?***

A Peer Support Specialist is a trained professional with lived experience of mental health recovery offering non-clinical support to persons with mental health, substance use, and/or trauma related challenges.

### ***Why use Adult Peer Support?***

- The Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized Adult Peer Support as an Evidenced-Based Practice
- Adult Peer Support is a Medicaid reimbursed service in 36 states including Iowa
- Adult Peer Support is a core service for all of Iowa's Mental Health and Disability Services Regions

### ***What are the benefits of receiving Adult Peer Support?***

- *It's Community Based* - Peer Support keeps people out of more restrictive and expensive services such as the courts, prisons, hospitals and emergency rooms
- *It supports people in becoming empowered healthcare consumers* - Peer Support helps people to increase self-sufficiency and improve problem solving
- *It supports an increase in hope, quality of life and satisfaction with life* - Peer Support helps people to find meaningful roles in the community of their choice

### ***What are the benefits of Adult Peer Support to the mental health services system?***

- Connects people with the right services at the right time
- Helps to identify gaps in service system
- Creates recovery communities and builds natural supports
- Supports re-entry into workforce and increases jobs for people in mental health and/or substance use recovery
- Decreases the workforce shortage in the behavioral health sector
- Supports the State in fulfilling the expectations of the Olmstead Supreme Court decision through expanded community-based services

### ***What Adult Peer Support Specialists do?***

- Share their own experience with mental health recovery
- Support people in goal development and achievement
- Teach skills and problem solving
- Support people in system navigation
- Help people advocate for themselves
- Listen and be present when a person is experiencing severe emotional or mental distress
- Lead self-help and mutual support groups
- Provide ideas on outreach and engagement

### ***Where can Adult Peer Support be used?***

- Wellness Centers
- Community Mental Health Centers
- Integrated Health Homes
- Mobile Crisis
- Warm Line
- Inpatient Units & Emergency Rooms
- Community Outreach
- Peer-run Respite
- Residential Care Facilities (RCFs)
- Federally Qualified Health Centers (FQHCs)
- Law enforcement & Jails

### ***The Adult and Family Peer Support Committee***

- A resource for the Region
- Presentations with speakers available
- Meets on the 1<sup>st</sup> Tuesday of the month at 9:00 am
- For more information contact Todd Noack at [todd@lifeconnectionsrecovery.org](mailto:todd@lifeconnectionsrecovery.org)