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## ADULT PEER SUPPORT SPECIALIST TRAINING

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- 30 hr Core Curriculum
- To satisfy the KY state requirements from Adult Peer Support Specialist (APSS) certification



# The 6 Core Competencies for APSS Certification

- 1. Problem Solving
- 2. Wellness Recovery Action Plan (aka W.R.A.P)
- 3. Stages in the Recovery Process
- 4. Effective Listening Skills
- 5. Establishing Recovery Goals
- 6. Using Support Groups to Promote and Sustain Recovery

## What is a “competency”?

A competency combines skills, behaviors, knowledge, and abilities that enables an employee to effectively perform their job



# STAGES IN THE RECOVERY PROCESS

*APSS Core Competency #3*

## 5 STAGES IN THE RECOVERY PROCESS

1. Impact of Illness
2. Life Is Limited
3. Change Is Possible
4. Commitment To Change
5. Actions For Change

“What is this thing Called Recovery? A Look at 5 Stages in the Recovery Process”

By Ike Powell, Director of Training  
Appalachian Consulting Group



# STAGES IN THE RECOVERY PROCESS

## 5 STAGES IN THE RECOVERY PROCESS

### 1. Impact Of The Illness

***WHAT IT IS:*** When the person is overwhelmed by the disabling power of the illness (ie. symptoms) . Behavior resulting from symptoms are making it difficult to function.

***DANGERS:*** The person can doubt there is any chance for a better life.

***APSS ROLE:*** Help to reduce symptoms.



# STAGES IN THE RECOVERY PROCESS

## 5 STAGES IN THE RECOVERY PROCESS

### 2. Life Is Limited

***WHAT IT IS:*** When the person has given in to the disabling power of the illness (ie. symptoms) . He/she has bought into all the negative beliefs about being “mentally ill”

***DANGERS:*** In giving in, he/she has lost hope for a better life.

***APSS ROLE:*** Instill hope and a sense of possibility



# STAGES IN THE RECOVERY PROCESS

## 5 STAGES IN THE RECOVERY PROCESS

### 3. Change is Possible

*WHAT IT IS:* When the person is questioning the disabling power of the illness, and senses that they may be able to do more than they believed they could do.

*DANGERS:* Fear or discouragement to take the necessary steps, and remaining in the “life is limited” stage.

*APSS ROLE:* Help to address the fears



# STAGES IN THE RECOVERY PROCESS

## 5 STAGES IN THE RECOVERY PROCESS

### 4. Commitment to Change

*WHAT IT IS:* When the person is challenging the disabling power of the illness. They decide to move out out of their comfort zone and begin to make small changes.

*DANGERS:* Not getting the necessary skills, support, and other resources to move forward.

*APSS ROLE:* Help identify the needs, resources, and support



# STAGES IN THE RECOVERY PROCESS

## 5 STAGES IN THE RECOVERY PROCESS

### 5. Actions For Change

*WHAT IT IS:* When the person is moving beyond the disabling power of the illness. They begin to make major steps towards the direction they want their life to go, often finding a life outside the mental health system.

*DANGERS:* Doubting their ability to function on their own or trust their decisions.

*APSS ROLE:* Help support and encourage self-trust and their decision making process.



# STAGES IN THE RECOVERY PROCESS

## 5 STAGES IN THE RECOVERY PROCESS

“There are many paths to recovery and all are cause for celebration. Recovering and recovered people are part of the solution. Recovery gives back what addiction has taken - from individuals, families, and communities.”

*White, 2006*



# STAGES IN THE RECOVERY PROCESS

## 5 STAGES IN THE RECOVERY PROCESS

“Recovery is non-linear, characterized by continual forward and improved functioning that may involve setbacks. Because setbacks are a natural, though not inevitable, part of the recovery process, it is essential to foster resilience for all individuals and families.”

*SAMHSA*



# STAGES IN THE RECOVERY PROCESS

## THE SHIFT FROM MAINTENANCE TO RECOVERY

Up until around 1980, the beliefs that dominated the mental health system were:

- 1) ... people diagnosed with a severe mental illness would not recover, and more than likely the illness would get progressively worse.
- 2) ... the most you could expect in terms of treatment was to get people stabilized and then maintain them as best you could in the “supervised” environments in which they would not be able to harm themselves or others and would not be causing too many problems.
- 3) ... this stabilization and maintenance usually involved high doses of medication, long stays in secure institutions and/or years in ‘day treatment programs’ designed to entertain with TV, table games, recreation, trips, outings, and other ‘low stress’ activities.



# STAGES IN THE RECOVERY PROCESS

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## THE SHIFT FROM MAINTENANCE TO RECOVERY

Around 1980, there was a shift from a mental health approach of “stabilization and maintenance” to what was called “self-help and recovery”. New beliefs were emerging that individuals with behavioral health disorders can and do recover.



# STAGES IN THE RECOVERY PROCESS

## THE SHIFT FROM MAINTENANCE TO RECOVERY

*Five publications (studies, reports, research articles) played key roles influencing the behavioral health system in a recovery oriented way:*

- 1) Consumers like Judi Chamberlain, Patricia Keegan and others began to write and talk about their lives. They were saying to providers in a variety of ways that “our lived experience with mental illness does not agree with your learned experience about mental illness. “We are capable of moving on with our lives -often in spite of the system”. This provided the new recovery oriented methodology for the role of peer support specialist.



# STAGES IN THE RECOVERY PROCESS

## THE SHIFT FROM MAINTENANCE TO RECOVERY

*Five publications (studies, reports, research articles) played key roles influencing the behavioral health system in a recovery oriented way:*

2) Researchers like Dr. Courtney Harding were designing and implementing longitudinal research projects that were challenging some of the old myths about schizophrenia. Their research showed that people who have been very disabled by a severe mental illness could live a meaningful and productive life in the community when given the right skills, resources, and supports.



# STAGES IN THE RECOVERY PROCESS

## THE SHIFT FROM MAINTENANCE TO RECOVERY

*Five publications (studies, reports, research articles) played key roles influencing the behavioral health system in a recovery oriented way:*

3) William Anthony's "Recovery From Mental Illness: The guiding vision of the Mental Health Service system in the 1990's described how individual consumers and staff were beginning to believe in the possibility of recovery, however there were still many barriers and restraints from the existing system. The old system was not ready to embrace concepts such as "strength-based", "client-driven", and "staff-client partnerships" as the major focus of treatment.



# STAGES IN THE RECOVERY PROCESS

## THE SHIFT FROM MAINTENANCE TO RECOVERY

*Five publications (studies, reports, research articles) played key roles influencing the behavioral health system in a recovery oriented way:*

4) In 2023 The President's NEW FREEDOM COMMISSION REPORT ON MENTAL HEALTH, symbolized this shift that took place in the early 2000's.

This report described how the priorities of the mental health system were to serve the bureaucracy (ie. system) and NOT the clients/consumers. It went on to state that if recovery is to take hold, staff alone cannot do the job - the system itself will have to become more supportive of recovery.



# STAGES IN THE RECOVERY PROCESS

## THE SHIFT FROM MAINTENANCE TO RECOVERY

*Five publications (studies, reports, research articles) played key roles influencing the behavioral health system in a recovery oriented way:*

5) The 2005 article “Transforming Mental Health Care In America/Federal Action Agenda was an unprecedented collaborative effort to help ensure that people with mental illness have every opportunity for recovery, instead of it being reserved for the privileged few.



# STAGES IN THE RECOVERY PROCESS

## THE JOURNEY TO SYSTEM TRANSFORMATION

**Pre- 1980**

Beliefs & Methods

People Cannot  
Recover

Stabilize and  
Maintain

**1980**

Beliefs & Methods

People Can  
Recover

Introduce  
Recovery Programs

**2003**

Beliefs & Methods

System Needs To  
Support Recovery

Systemize  
Recovery



# STAGES IN THE RECOVERY PROCESS

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## THE ROLE OF PEER SUPPORT SPECIALIST IN THE RECOVERY PROCESS

### What is Peer Support?

Peer support is when people use their own experiences to help each other.

### What is the Peer Support role in this recovery context?

To equip the client with the necessary skills, resources and support so that he/she trust in their own decision-making ability and take more responsibility for their lives.



# STAGES IN THE RECOVERY PROCESS

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## THE ROLE OF PEER SUPPORT SPECIALIST IN THE RECOVERY PROCESS

### Informal Peer Support VS. Formal Peer Support

**Formal** - Individuals are specifically trained to provide support.

**Informal** - Involves supportive conversations between people who have not been specifically trained to provide support.



# STAGES IN THE RECOVERY PROCESS

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## THE ROLE OF PEER SUPPORT SPECIALIST IN THE RECOVERY PROCESS

### Unique Role of Peer Support VS. The Role Of Traditional Clinical/Non Clinical Staff.

Peer supports have the lived-experience for being diagnosed with an illness. In particular the “THE IMPACT OF THE ILLNESS” stage, the peer support is relating directly to the impact of the symptoms and the behavior brought on by the symptoms.

Traditional clinical/non-clinical staff may not have these experiences.



# STAGES IN THE RECOVERY PROCESS

## THE ROLE OF PEER SUPPORT SPECIALIST IN THE RECOVERY PROCESS

### Recovery Oriented System of Care (ROSC)

As defined by SAMHSA (Substance Abuse and Mental Health Services Administration), ROSC provides a network of services and support to address the full spectrum of substance use problems, for harmful use to chronic conditions. Through education, communities are strengthened by recovery-oriented activities that can prevent inappropriate substance use before it occurs.



# STAGES IN THE RECOVERY PROCESS

## THE ROLE OF PEER SUPPORT SPECIALIST IN THE RECOVERY PROCESS

### ROSC Compared To The Medical Model of Behavioral Health Services

The Medical Model of Behavioral Health Services typically would entail long-term related activities that occur after a formal substance use treatment episode.

ROSC provides a network of services and support to address the full spectrum of substance use problems, from harmful to chronic conditions. It is not episodic or limited term like a medical model.



# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

### What Is “Behavior Health?”

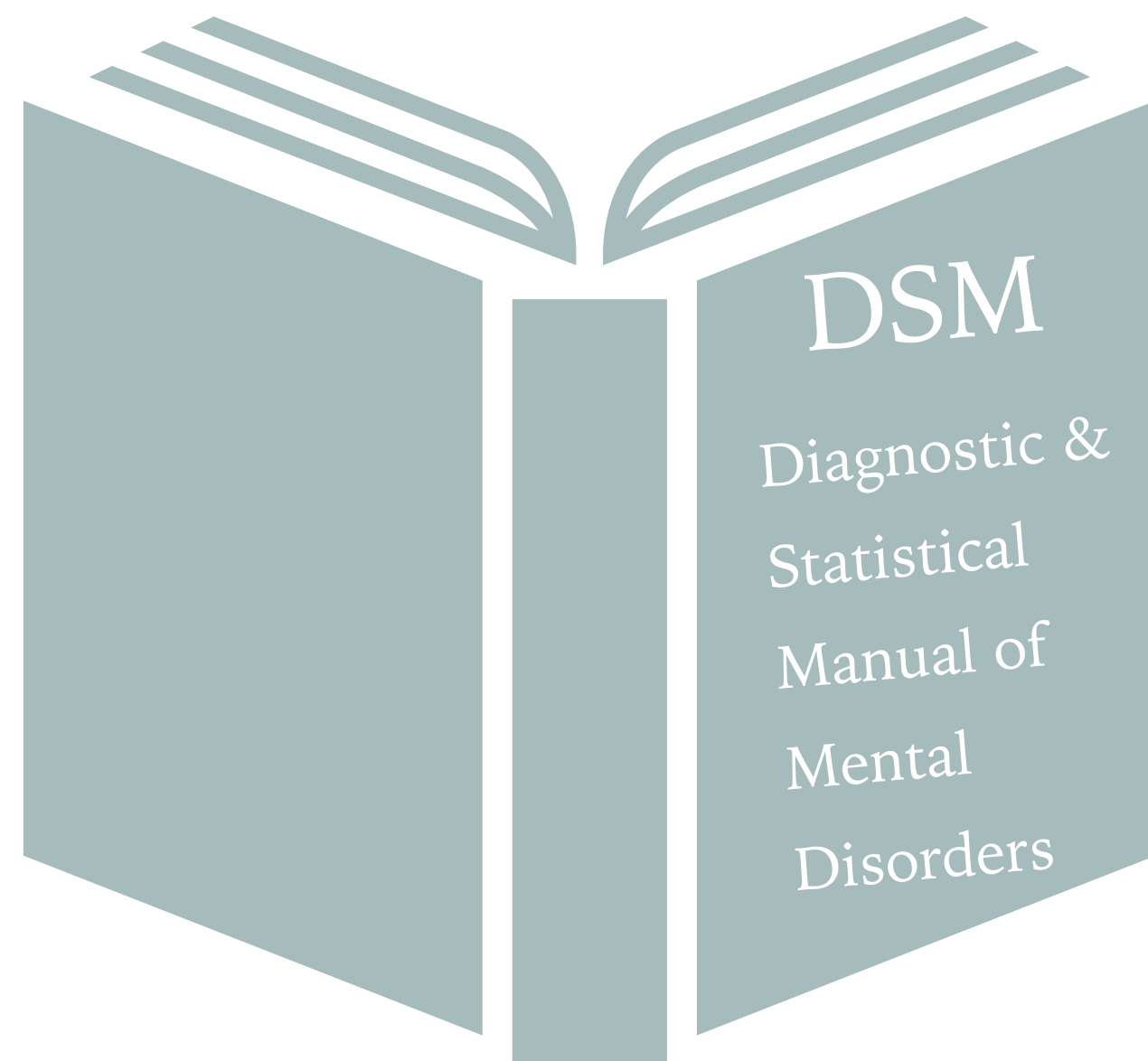
Behavioral health includes the emotions and behaviors that affect your overall well-being. It is sometimes called mental health and often includes substance use. Just like physical health, behavioral health has trained providers who can help you much like a physical provider would.



# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

### What Is The Diagnostic and Statistical Manual of Mental Disorders (The DSM)?



### What Is The DSM's Significance?

The DSM is the handbook used by health care professionals in the United States and much of the world as the authoritative guide to the diagnosis of mental disorders.

The DSM contains descriptions, symptoms, and other criteria for diagnosing mental disorders.



# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

Adult Behavioral Health Diagnosis Examples As Defined  
By The Most Current Edition Of The APA's DSM

### Psychotic Disorders:

Defined by abnormalities in one or more of the following domains - delusions, hallucinations, disorganized thinking (speech), grossly disorganized or abnormal motor behavior (including catatonia), and negative symptoms.

# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

Adult Behavioral Health Diagnosis Examples As Defined  
By The Most Current Edition Of The APA's DSM

### Mood Disorders:

Broadly categorized as bipolar disorders and depressive disorders.



# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

Adult Behavioral Health Diagnosis Examples As Defined  
By The Most Current Edition Of The APA's DSM

### Substance Use Disorders:

Involves patterns of symptoms caused by using a substance, and the individual continuing to take despite its negative effects.

# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

### Mental Health and Substance Use Co-Occurring Disorders

Mental Health problems and substance use disorders sometimes occur together. This is because:

- Certain substances can cause people with an addiction to experience one or more symptoms of a mental health problem.
- Mental health problems may sometimes lead to alcohol or drug use, as some people with a mental health problem may misuse these substances as a form of self-medication.
- Mental health and substance use disorders share some underlying causes, including changes in the brain composition, genetic vulnerabilities, and early exposure to stress or trauma.



# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

### Mental Health and Substance Use Co-Occurring Disorders

#### 5 SITUATIONS

that occur more commonly with individuals diagnosed with co-occurring disorders:

1) **Homelessness:** A condition in which an individual or family lacks a fixed, regular, nighttime residence, resides in a public or private residence that is not designed or intended to be a regular sleeping accommodation for human beings.

# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

### Mental Health and Substance Use Co-Occurring Disorders

#### 5 SITUATIONS

that occur more commonly with individuals diagnosed with co-occurring disorders:

2) **Incarceration:** The state of being confined in prison; imprisonment. While jail can be considered a type of imprisonment, jail is used more for people being held for a shorter amount of time.



# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

### Mental Health and Substance Use Co-Occurring Disorders

#### 5 SITUATIONS

that occur more commonly with individuals diagnosed with co-occurring disorders:

3) **Victimization:** The outcome of an intentional action taken by a person to cause harm or destroy the property of another person. Types of victimization can include theft, assault, sexual assault, domestic violence, and murder.

# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

### Mental Health and Substance Use Co-Occurring Disorders

#### 5 SITUATIONS

that occur more commonly with individuals diagnosed with co-occurring disorders:

4) **Serious Medical Illness:** An illness, injury, impairment, physical condition, or mental condition that requires overnight hospitalization (including prenatal care), including the period of incapacity or subsequent treatment in connection with the overnight care.



# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

### Mental Health and Substance Use Co-Occurring Disorders

#### 5 SITUATIONS

that occur more commonly with individuals diagnosed with co-occurring disorders:

5) **Suicide:** Death caused by injuring oneself with the intent to die.

# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

Commonalities for adults diagnosed with mental illness and adults diagnosed with substance use disorder.

1. Both need hope to recover. *The individual must see that improvement is possible and not a waste of effort.*
2. Both want to manage or eliminate symptoms. *This is when the individual learns that they are experiencing symptoms as opposed to just “being that way,”*
3. Both want meaning and purpose in their lives. *Symptoms should not disqualify an individual from experiencing this foundational human desire.*
4. Both want to be part of their communities. *Individuals may fear isolation is the only solution for symptoms.*
5. Both want valued relationships. *Individuals may fear their symptoms will make it impossible to have good relationships.*



# STAGES IN THE RECOVERY PROCESS

## AN OVERVIEW OF BEHAVIORAL HEALTH

### Prochaska and DiClemente's "Stages of Change"

<u>STAGE</u>	<u>CHARACTERISTIC</u>
1. Pre-contemplation	Not currently considering change. "Ignorance is bliss"
2. Contemplation	Ambivalent about change. "Sitting on a fence"
3. Preparation	Some experience with change and trying. "Testing the waters".
4. Action	Practicing new behavior for 3-6 mos.
5. Maintenance	Continued commitment to sustaining new behaviors 6 mos- 5 yrs
6. Relapse	Resumption of old behaviors. "Fall from grace."

# STAGES IN THE RECOVERY PROCESS

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## PRINCIPLES OF RECOVERY

**SAMHSA defines Behavior Health Recovery as:**

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



# STAGES IN THE RECOVERY PROCESS

## PRINCIPLES OF RECOVERY

### *SAMHSA's 4 Major Dimensions of Recovery*

#### 1) HEALTH

Overcoming or managing one's disease(s) or symptoms.

#### 2) HOME

Having a stable, safe place to live.

#### 3) PURPOSE

Conducting meaningful, daily activities.

#### 4) COMMUNITY

Relationships and social networks that provide support, friendship, love, and hope.

# STAGES IN THE RECOVERY PROCESS

## PRINCIPLES OF RECOVERY

### *SAMHSA's 10 Guiding Principles of Behavioral Health Recovery*

#### 1) Recovery Emerges from Hope

The belief that recovery is real provides the essential and motivating message of a better future - that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process.

#### 2) Recovery Is Person-Driven

Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) towards these goals. Individuals optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience. In so doing, they are empowered and provided the resources to make informed decisions, initiate recovery, build on their strengths, and gain or regain control over their lives.



# STAGES IN THE RECOVERY PROCESS

## PRINCIPLES OF RECOVERY

### *SAMHSA's 10 Guiding Principles of Behavioral Health Recovery*

#### 3) Recovery Occurs Via Many Pathways

Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds - including trauma experience - that affect and determine their pathway(s) to recovery. Recovery is built on the multiple capacities, strength, talents, coping abilities, resources, and inherent value of each individual. Recovery pathways are highly personalized. They may include professional clinical treatment, use of medications, support from families and in schools, faith-based approaches. Recovery is non-linear, characterized by continual growth and improved functioning that may involve setbacks. Because setbacks are a natural, though not inevitable part of the recovery process it is essential to foster resilience for all individuals and families. Abstinence from the use of alcohol, illicit drugs, and non-prescribed medications is the goal for those with addictions. Use of tobacco and non-prescribed or illicit drugs is not safe for anyone. In some cases recovery pathways can be enabled by creating a supporting environment. This is especially true for children, who may not have the legal or developmental capacity to set their own course.

# STAGES IN THE RECOVERY PROCESS

## PRINCIPLES OF RECOVERY

### *SAMHSA's 10 Guiding Principles of Behavioral Health Recovery*

#### 4) Recovery Is Holistic

Recovery encompasses an individual's whole life, including mind, body, spirit, and community. This includes addressing self-care practices, family, housing, employment, transportation, education, clinical treatment for mental disorders and substance use disorders, services and supports, primary healthcare, dental care, complementary and alternative services, faith, spirituality, creativity, social networks and community participation. The array of services and supports available should be integrated and coordinated.



# STAGES IN THE RECOVERY PROCESS

## PRINCIPLES OF RECOVERY

### *SAMHSA's 10 Guiding Principles of Behavioral Health Recovery*

#### 5) Recovery Is Supported By Peers And Allies

Mental support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery. Peers encourage and engage other peers and provide each other with a vital sense of belonging, supportive relationships, valued roles, and community. Through helping others and giving back to the community, one helps one's self. Peer-operated supports and services provide important resources to assist people along their journeys of recovery and wellness. Professionals can also play an important role in the recovery process by providing clinical treatment and other services that support individuals in their chosen recovery paths. While peers and allies play an important role for many in recovery, their role for children and youth may be slightly different. Peer supports for families are very important for children with behavioral health problems and can also play a supportive role for youth in recovery.

# STAGES IN THE RECOVERY PROCESS

## PRINCIPLES OF RECOVERY

### *SAMHSA's 10 Guiding Principles of Behavioral Health Recovery*

#### **6) Recovery Is Supported Through Relationships and Social Networks**

An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover, who offer hope, support, and encouragement, and who also suggest strategies and resources for change. Examples could be family members, peers, providers, faith groups, community members, and other allies from vital support networks. Through these relationships, people leave unhealthy and/or unfulfilling life roles behind and engage in new roles (e.g. partner, caregiver, friend, student, employee) that lead to a greater sense of belonging, personhood, empowerment, autonomy, social inclusion, and community participation.



# STAGES IN THE RECOVERY PROCESS

## PRINCIPLES OF RECOVERY

### *SAMHSA's 10 Guiding Principles of Behavioral Health Recovery*

#### 7) Recovery Is Culturally-Based And Influenced

Culture and cultural background in all of its diverse representations including values, traditions and beliefs - are keys in determining a person's journey and unique pathway to recovery. Services should be culturally grounded, attuned, sensitive, congruent, and competent, as well as personalized to meet each individual's unique needs.

#### 8) Recovery Is Supported By Addressing Trauma

The experience of trauma (such as physical or sexual abuse, domestic violence, war, disaster, and others) is often a precursor to or associated with alcohol and drug use, mental health problems, and related issues. Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.

# STAGES IN THE RECOVERY PROCESS

## PRINCIPLES OF RECOVERY

### *SAMHSA's 10 Guiding Principles of Behavioral Health Recovery*

#### **9) Recovery Involves Individual, Family, and Community Strengths, and Responsibility**

Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, individuals have a personal responsibility for their own self-care and journeys of recovery. Individuals should be supported in speaking for themselves. Families and significant others have responsibilities to support their loved ones, especially for children and youth in recovery. Communities have responsibilities to provide opportunities and resources to address discrimination and to foster social inclusion and recovery. Individuals in recovery also have a social responsibility and should have the ability to join with peers to speak collectively about their strengths, need, wants, desires, and aspirations.



# STAGES IN THE RECOVERY PROCESS

## PRINCIPLES OF RECOVERY

### *SAMHSA's 10 Guiding Principles of Behavioral Health Recovery*

#### 10) Recovery Is Based On Respect

Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems - including protecting their rights and eliminating discrimination - are crucial in achieving recovery. There is a need to acknowledge that taking steps towards recovery may require great courage. Self-acceptance, developing a positive and meaningful sense of identity, and regaining belief in one's self are particularly important.

# STAGES IN THE RECOVERY PROCESS

## SPIRITUALITY IN THE RECOVERY PROCESS

### What is Spirituality?

The quality of being concerned with the human spirit or soul as opposed to material or physical things, which can include one or more of the following 3 themes:

<div>Sense of Purpose</div> <div>Why am I here? Why do I exist?</div>	<div>Some Level of Transcendence</div> <div>Belief in afterlife or reincarnation, for example.</div>	<div>Belief In A Higher Being</div> <div>Belief in God, a personal understanding of a higher power, or multiple gods.</div>
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# STAGES IN THE RECOVERY PROCESS

## SPIRITUALITY IN THE RECOVERY PROCESS

What are some differences between  
spirituality and religion?

### Spirituality

- Self-focused
- Individually practiced
- Unstructured
- Focused on peace and purpose

### Religion

- Specific set of organized beliefs
- Practiced by community or group
- Structured
- Typically focused on an after-life

# STAGES IN THE RECOVERY PROCESS

## SPIRITUALITY IN THE RECOVERY PROCESS

### The Importance Of Spirituality In The Process of Behavioral Health Recovery

Spirituality can help maintain or bolster mental health in the following ways:

- 1) Create a sense of purpose and meaning that helps to deal with challenging life situations.
- 2) It can serve as the base of a supportive community, outlining specific practices to help you work on your relationship with yourself and others.
- 3) Turning the focus away from self and worries, to a focus greater than them.



# STAGES IN THE RECOVERY PROCESS

## SPIRITUALITY IN THE RECOVERY PROCESS

### The Ethic of Reciprocity

AKA, “The Golden Rule”. Ethic of reciprocity is the principle of treating others as one would want to be treated by them. Meaning, you should treat others how YOU would like them to treat you, not necessarily of how they ACTUALLY treat you.

# STAGES IN THE RECOVERY PROCESS

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## PEER SUPPORT AS EVIDENCE-BASED PRACTICE

### What is “evidence-based practice”?

It is a process used to review, analyze, and translate the latest scientific evidence. The goal is to quickly incorporate the best available research, along with clinical experience and patient preference into clinical practice.



# STAGES IN THE RECOVERY PROCESS

## PEER SUPPORT AS EVIDENCE-BASED PRACTICE

### How is Peer Support an “evidence-based practice”?

Peer support helps people prevent illness, manage chronic illnesses, cope with stress or emotional and psychological challenges, engage those who are poorly reached by health care systems and interventions, and reduces unnecessary care such as multiple hospital admissions for the same problem. Peer support has a humanizing effect on care, and individuals feel their challenges are better understood (Repper & Carter 2011). People appreciate the way peer support provides a personal connection to understanding their health and expanding their own self-management (Peers for Progress & the National Council of La Raza, 2014)

Peer Support was declared an evidence-based practice by the Center for Medicare and Medicaid Services in 2007. This means it is recognized NATIONALLY as evidence-based, not state by state.

# STAGES IN THE RECOVERY PROCESS

## PEER SUPPORT AS EVIDENCE-BASED PRACTICE

Other examples of evidence-based practices utilized with adults being served by behavioral health agencies:

**Supported employment:** helps consumers obtain competitive work in the community and provides the supports necessary to ensure success at the workplace.

**Supportive housing:** is a combination of housing and services intended as a cost effective way to help people live more stable, productive lives.

**Illness Management and Recovery (IMR):** informs people about their mental illness in order for them to make informed decisions about their recovery , and teaching them strategies to cope with the symptoms of mental illness.