

Benefits of integrating peer support specialists

OAR 410-180-0305 (13)

“*Peer Support Specialist*” means a person providing peer delivered services to an individual or family member with **similar life experience**. A peer support specialist must be

- a. A self-identified person currently or formerly receiving mental health services; or
- b. A self-identified person in recovery from an addiction disorder, who meets the abstinence requirements for recovering staff in alcohol and other drug treatment programs;
- c. A self-identified person in recovery from problem gambling; or
- d. A family member of an individual who is a current or former recipient of addictions or mental health services.

A peer support specialist is a member of the community they serve and builds trust through sharing of similar life experiences; addict to addict, consumer to consumer, parent to parent, etc. A peer support specialist is also an agent of system change by confronting stigma within systems and communities and providing a role model for recovery.

TRIPLE AIM:

Care – quality, availability, reliability

- Higher engagement rates
 - ◇ Making connections with consumers alienated from service providers/systems
 - ◇ Building trust through mutuality and shared life experiences
- Improves access to services

Cost – lower, contain, affordability

- Lower no-show rates
- Lower emergency room visits
- Lower costs for ancillary systems
- Creates linkages between addiction, mental, and physical health

Health – improve lifelong health

- Lower rates of acute care episodes
- Role model a recovery lifestyle
- Promote lifelong recovery