

Benefits of integrating peer wellness specialists

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Peer wellness specialist means an individual who is responsible for assessing mental health service and support needs of the individuals peers through community outreach, assisting individuals with access to available services and resources, addressing barriers to services and providing education and information about available resources and mental health issues in order to reduce stigmas and discrimination toward consumers of mental health services and to provide direct services to assist individuals in creating and maintaining recovery, health and wellness.

A peer wellness specialist focuses on whole health, recovery and wellness including chronic disease management. A peer wellness specialist is a member of the community they serve and builds trust through sharing of similar life experiences, consumer survivor to consumer survivor.

TRIPLE AIM:

Care – quality, availability, reliability

- Higher engagement rates
 - ◇ Making connections with the disenfranchised
 - ◇ Building trust through similar life experiences
- Improves coordination of addiction, mental, and physical health

Cost – lower, contain, affordability

- Lower no-show rates
- Lower emergency room visits
- Lower costs for ancillary systems

Health – improve lifelong health

- Lower rates of acute care episodes
- Improved overall health/wellness
- Promote lifelong recovery