

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