

EXAMPLES OF PEER SUPPORT SERVICES

- Assisting individuals with the development of a Wellness Recovery Action Plan (WRAP) or a Psychiatric Advance Directive.
- Assisting individuals learn how to use less restrictive alternatives that prevent hospitalization, incarceration and the use of emergency services when appropriate.
- Assisting individuals on learning how to access and maintain stable housing or learning how to improve or change an inadequate housing situation.
- Discussing concerns about medication or diagnosis with the Physician or Nurse at the individuals' request and guiding them toward a proactive role in his or her own treatment.
- Cultivating the individuals' ability to make informed, independent choices.
- Assisting individuals with developing and maintaining positive personal/social supports (such as going to a movie with a new friend, meeting someone new at a social gathering), and
- Learning how to improve the individuals communications with family members and others.

WHERE CAN I RECEIVE PEER SUPPORT SERVICES?

Call your Mental Health/
Mental Retardation Program
for the location of Peer
Support Services in your area.

Lackawanna-Susquehanna
Counties Mental Health/
Mental Retardation Program
(570)346-5741

Luzerne-Wyoming Counties
Mental Health/Mental
Retardation Program
(570) 825-9441

Carbon-Monroe-Pike Counties
Mental Health/Mental
Retardation Program
(570)420-1900

Schuylkill County Mental
Health/Mental Retardation
and Drug and Alcohol
Programs
(570)621-2890

PEER SUPPORT SERVICES



Peer Support Services are intended to help individuals who have a serious mental illness increase coping skills and resilience through mentoring and support offered by a Certified Peer Specialist. This brochure will help to explain what Peer Support Services are, as well as how someone can access them.



www.theadvocacyalliance.org
Toll Free 1-877-315-6855

PEER SUPPORT SERVICES

Peer Support Services are provided by a Certified Peer Specialist to support an individual's participation in their own recovery process through individualized mentoring, coaching, and skills training. Individuals can use the services of a Certified Peer Specialist along with their own support team in identifying and working on their individual goals.

WHAT ARE PEER SUPPORT SERVICES?

According to a Medical Assistance Bulletin, "Peer Support Services are multi-faceted and include, but are not limited to, individual advocacy, education, development of natural supports, support of work or other meaningful activity of the individual's choosing, crisis management support, skills training, effective utilization of the service delivery system, and coordination of and linkage to other service providers." Each recipient will develop an Individual Service Plan that identifies needs and related goals and the service must be recommended by a physician or other practitioner of the healing arts.

WHO CAN RECEIVE PEER SUPPORT SERVICES?

Individuals who:

- Are 18 years or older who have severe and persistent mental illness and/or co-occurring disorders.
- Have a moderate to severe functional impairment that interferes with or limits role performance in at least one of the following domains: educational (i.e., obtaining a high school or college degree); social (i.e., developing a social support system) vocational (i.e., obtaining part time or full time employment); or self maintenance (i.e., managing symptoms, understanding their illness, managing money and living more independently).
- Agree fully that peer support services will help in their recovery process.

WHO CAN PROVIDE PEER SUPPORT SERVICES?

They may be provided by an agency that provides only peer support services or by a psychiatric outpatient clinic, partial hospitalization program, crisis intervention provider, case management provider or, in HealthChoices counties, psychiatric rehabilitation providers. Providers must be licensed by the Department of Public Welfare, be enrolled in the MA Program and receive a letter of approval from the Department to provide peer support services.

WHERE CAN THEY BE PROVIDED?

There may be site-based or off-site in the community, or both, as determined by the goal(s) identified in the Individual Service Plan and may be provided, in limited circumstances, on a group basis, if specified in the Individual Service Plan.

CERTIFIED PEER SPECIALIST

A Certified Peer Specialist is an individual who is self-identified as having a mental illness and has been trained and certified by the Department of Public Welfare to help her/his peers identify and achieve specific self determined goals. A Certified Peer Specialist can help:

- Provide opportunities for individuals receiving mental health services to direct their own recovery and advocacy process.
- Teach and support acquisition and utilization of skills needed to facilitate the individual's recovery.
- Promote the knowledge of available service options and choices.
- Promote the utilization of natural resources within the community.
- Facilitate the development of a sense of wellness and self-worth.