



# blueprint

## ... What is peer support? ...

Peer support is help from someone who has experienced the same or similar problems as you. A **peer support specialist** is a non-clinical member of the behavioral health team. They are a person with “lived experience” who has two or more years of continuous recovery and over 30 hours of specialty training in substance use and mental health.

*The journey to recovery takes time, and our certified peer support specialists are here to help you along the way.*

### What is the role of a peer?

A peer’s primary role is to provide support with achieving recovery goals, teach new skills and help practice coping strategies.

### A peer support specialist is:

- **An ally and confidant** who genuinely cares, listens and can be trusted with sensitive information.
- **A role model and mentor** who can provide honest feedback on recovery processes and progress to help identify roadblocks to recovery.
- **A resource for education** on the different stages of recovery and can connect you or your family with resources such as sober housing, social services, recovery conducive employment and community support groups.
- **An advocate** to help when struggling to abstain from drugs and/or alcohol to meet the need to stay sober for legal, medical, family or contractual obligations. They can also help families navigate complex social service and legal systems.

### Does peer support work? ... Yes!

- Increased treatment retention<sup>1</sup>
- Decreased emergency service usage<sup>2</sup>
- Greater housing stability<sup>3</sup>
- Increased quality of life and life satisfaction<sup>4</sup>

If you think you could benefit from peer support, please call **800-225-1891**, Monday through Friday, 8 a.m. – 4:30 p.m. Your health plan also provides 24/7 access to a substance use disorder program. Visit [brighthousehealth.com/contact-us](http://brighthousehealth.com/contact-us) or call **800-892-2695**.

To find a local provider or access virtual care options, register or sign into Blueprint Portal at [blueprintportal.com](http://blueprintportal.com).

#### Sources:

1. Mangrum, L. (2008). Creating access to recovery through drug courts: Final evaluation report for the Texas Department of State Health Services.
2. Kamon, J., & Turner, W. (2013). Recovery coaching in recovery centers: What the initial data suggest.
3. Ja, D. Y., Gee, M., Savolainen, J., Wu, S., & Forghani, S. (2009). Peers Reaching Out Supporting Peers to Embrace Recovery (PROSPER): A final evaluation report.
4. Bologna, M. J., & Pulice, R. T. (2011). Evaluation of a peer run hospital diversion program: A descriptive study.

