



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 retention¹
- Decreased emergency service usage²
- Greater housing stability³
- Increased quality of life and life satisfaction⁴

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 or call **800-892-2695**.

To find a local provider or access virtual care options, register or sign into Blueprint Portal at 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.

