



Welcome to Peer Support Services!

We are here to help you on your recovery journey. Our Peer Support staff are people who have experienced mental illness or substance use themselves and are now on their own recovery path. Each Peer Support staff receives specialized training and must pass a test to become a Certified Peer Support or Recovery Coach. Peers are people who want to help others succeed by offering encouragement and hope.

When receiving peer support services, you will:

- **Be heard:** A peer will listen to your concerns and hopes for the future.
- **Develop a plan:** A peer will help turn your hopes into recovery goals and create a plan.
- **Be supported:** A peer will support you as you follow your recovery plan.

You can get peer services from The Right Door for Hope, Recovery, and Wellness, if they have a mental illness or substance use disorder and want to take steps towards recovery. This can include learning self-advocacy skills, becoming more independent, reducing hospital or rehab stays and improving your overall quality of life.

Research shows that peer support helps with recovery from mental health conditions and substance use issues. Benefits of peer support can include:

- Increased self-esteem and confidence.
- Feeling more in control and able to make changes.
- Increased hope and inspiration.
- Increased empathy and acceptance.
- Fewer psychotic symptoms.
- More engagement in self-care and wellness.
- Fewer hospital admissions.
- More social support and better social functioning.
- Less substance use and depression.

If you want peer support services at The Right Door, we would love to work with you. Please let the access clinician, primary clinician, or case manager know, and they can help you get connected.

As with any journey, there are expectations. Sometimes, you will be asked to practice what you have learned with your peer support specialist or recovery coach. If you can't make it to your scheduled appointment, please call, ideally 24-hours in advance. This helps us assist others. Peer services are usually provided in the community. Peers are not friends but people with lived experience and special training to help you meet your goals. During your Person-Centered Plan, you and your peer staff will decide how often and where you will meet.

Signature of Person-Served/Parent/Guardian

Date

Printed Name signer

Signature of Provider that reviewed