

CUTTING PEER SUPPORT WILL COST MORE MONEY THAN IT WILL SAVE

The Facts

Data show that peer support, an evidence-based service¹³, dramatically:

- Reduces hospital admissions and re-admissions^{1,2,4,5,8}
- Reduces the use of probation and parole services^{3,7,11}
- Reduces the need for residential treatment³
- Decreases psychotic symptoms^{3,14}
- Decreases substance use and depression^{3,14}
- Increases self esteem^{12,14}
- Increases hope and acceptance^{10,14}
- Increases housing stability^{3,6}

Data show that people who received Certified Peer Support Specialist services had better outcomes, at 15% of the cost of treatment as usual, when compared with those who did not receive peer support services.⁹

The Takeaways

- Peer support services improve outcomes and decrease costs
- For every peer support encounter taken away, there will be an automatic increase in the cost of care;
- Cutting peer support services actually will increase costs, rather than saving money.

See also the value of peers for [substance use recovery](#), [mental health recovery](#), [youth and young adult recovery](#), [family and caregiver support](#), y [en español](#).

References

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