Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
Peer Support: A Critical Component in Supported Housing

Tom Hill
Lyn Legere
This webinar was developed [in part] under contract number HHSS283201200021I/HHS28342003T from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.
Supported Housing

Treatment Related/$$
- SUD and MH
- Agency & Community Based

Combat Homelessness
- PSH model
- Transitional Housing

Recovery Oriented
- SUD Sober Homes
- MH Recovery
A Tale of Two Systems

25% Homeless
Mental Health Challenges

38% Homeless
Substance Use

High percentage of co-occurring disorders.

Systems create artificial division between SUD and MH.
"Study after study has shown that supportive housing not only resolves homelessness and increases housing stability, but also improves health and lowers public costs by reducing the use of publicly-funded crisis services, including shelters, hospitals, psychiatric centers, jails, and prisons."
“Note: Intensive services include help finding housing, working with the landlord, physical and behavioral health care, assistance finding employment and others.”

Regardless of model, housing that has the “supportive” element is effective & efficient.
Potential Services
Permanent Supportive Housing Toolkit

01 Tenant Support Services
02 Service Planning & Case Management
03 Counseling & Psychosocial Assessment
04 Crisis Intervention
05 Peer Mentoring & Peer Support
06 Recreational & Socialization Support
The Basics...

Peer Support

Case Management
Peer Support/Case Management

Purpose & Approach different

PS & CM May Share Tasks

Examples

Give a Ride

Connect to Resources

Engage Family
Been there, done that, got this t-shirt…

...and I’m not there now!
Complementary, NOT Duplicative
Peer Support

Salzer, 2002

Emotional - "Been there, done that." I KNOW what that is like/feels like.

Informational – Connections to information and referrals to community resources that support health and wellness.

Instrumental – Connections supports such as housing and employment.

Affiliational – Connections to community supports, activities and events.
Can I do what I need to do to make a change?

Self-Efficacy

Do I believe the outcome will be positive?

Belief in Outcome

Do I have the info I need to make a good choice?

Information

Do I have an internal or external need to make a change?

Need

Do I WANT to make a change in my life?

Desire

*Vocational Peer Support, c. 2011 Boston University Center for Psychiatric Rehabilitation*
• Evidence that recovery is possible
• Combatting Negative Self-Talk
• Using Self—Help & Wellness Tools
• Practical Assistance
• Reframing our Past
• Future Vision
• Overcoming
• Dream

• Resiliency
• Understanding
• Self-Determination
• Offer Encouragement
• Moving beyond our comfort zone
• Walk alongside people in recovery
• Share lived experience to inspire HOPE
“Specifically, participants reported preferring to do activities and feeling safer with other individuals who also experience mental health challenges. They also reported appreciating the higher level of transparency available when working with peers compared to traditional staff, as well as the general support and investment provided.”

Read more at CISRO (Housing) Portland
Tenants Say...

The personal approach, nonjudgemental approach, just made you feel like a human being, you know?

[beneficiary 1]

In comparison to someone who hasn’t been there trying to understand, because the experience that they have helps, and it makes you feel that you’re not the only one.

[beneficiary 2]
Emerging research shows that peer support is effective for supporting recovery from behavioral health conditions.

- Increased sense of control and ability to bring about changes in their lives
- Increased self-esteem and confidence
- Raised empowerment scores
- Increased sense that treatment is responsive and inclusive of needs


- Increased sense of hope and inspiration
- Increased empathy and acceptance (camaraderie)
- Increased engagement in self-care and wellness
- Increased social support and social functioning

Does Peer Support Make A Difference?

cont.

- Decreased psychotic symptoms
- Reduced hospital admission rates and longer community tenure
- Decreased substance use and depression

“I just feel that with the support worker, because they’ve had their own issues and mental health issues, I feel they have a better understanding of where you’re coming from. .... I really think the sharing bit, and I think that helped to build up trust as well. It made me feel like a person rather than some sort of patient.”

[beneficiary 1]
“When I saw that other people recovered, it gave me hope that I could too.”

Corinna
Emerging research indicates that peer recovery coaching holds promise for supporting recovery from substance use disorders. Taken as a whole, the current body of research suggests that people receiving peer recovery support may experience:

- Improved relationship with treatment providers
- Increased treatment retention
- Increased satisfaction with the overall treatment experience
- Improved access to social supports
- Greater housing stability
Emerging research indicates that peer recovery coaching holds promise for supporting recovery from substance use disorders. Taken as a whole, the current body of research suggests that people receiving peer recovery support may experience:

- Decreased criminal justice involvement
- Decreased emergency service utilization
- Reduced relapse rates
- Reduced re-hospitalization rates
- Reduced substance use
When PEER support is implemented & supported

Increased social functioning
(Walker & Bryant, 2013)

Increased empowerment and hope
(Chinman, et al., 2013; Cook, et al., 2010; Repper & Carter, 2011)

Increased quality of life and life satisfaction
(Bologna and Pulicke, 2010; Felton, et al., 1995)

Decreased costs to the mental health system
(Trachtenberg, et al., 2013)

Decreased hospitalization
(Davidson, et al., 2012)

Increased community engagement
(Min, et al., 2007)

Increased engagement and activation in treatment
(Druss, et al., 2010; Short, et al., 2012; Bellamy, et al., 2012)

Reduced use of inpatient services
(Chinman, et al., 2014; Min, et al., 2007; Sledge, et al., 2011)

Decreased self-stigma
(Corrigan, et al., 2013)
Peer Bridging

• **Peer Bridger Project**
  71% decrease in hospitalization

• **PeerLink Tennessee/Optum study**
  73% decrease in hospital days

• **PeerLink Wisconsin Optum study**
  44% decrease in hospital days

Examples

• **PeerNET**, PA: mobile peer teams supporting people to acquire and maintain housing;

• **Central City Concern**, Portland Oregon

• **Peer AHEAD** (*Access to Housing through peer-delivered Engagement, Assistance, and Direction*), PA: Homeless outreach and housing support

• **Shelter Plus Care – Promise Resource Network**, Charlotte, NC

• **ReStart – Recovery Innovations**, AZ Temporary housing, peer run

• **Sober Recovery Homes**
Using Peer Support/Recovery Coaches in Housing Models: Getting Started

- What treatment agencies in your area are currently using peer support workers?
- What recovery supports and services are currently available in your community?
- Why reinvent the wheel when there are potential collaboration opportunities?
  - Use of peer support workers in housing models
  - Shared peer programs on- and off-site
  - Training and evaluation tools
The peer specialist can help reduce the consumer’s ambivalence because the peer specialist’s lived experience brings a level of credibility. By modeling behaviors and showing that doing “X” will bring a particular benefit, they have legitimacy. The consumers that do well as peer support specialists are the stellar clients, the ones who have made enormous transformations in their own lives.

“Wraparound services—and especially those delivered by peer recovery specialists—are key to helping the newly housed person adjust, building a new community, and understanding how to live housed.”

Steve Samra
References – Peer Specialists


References – Peer Specialists


• http://www.nyaprs.org/peer-services/peer-bridger/

Adler, D., Bergeson, S. (2012) The Next Step to Sustainability: Guide for Family and Consumer Run Organizations Seeking to Expand Their Funding by Becoming a Part of a Managed Care Network, Optum Health, Public Sector,


