

PEER RECOVERY SERVICES



Peer Recovery Services are community-based services for people with a mental illness or substance use disorder. Services are activities that promote recovery, self-determination, self-advocacy, well-being and independence.

THE BENEFITS OF PEER RECOVERY SERVICES

- ✓ Having a coach or mentor that has “been there” and “done that” is influential to those starting the journey. And, it is desperately needed as people move through the most vulnerable times of recovery, typically the first 12-18 months.
- ✓ A Peer Recovery Specialist has lived experience with mental health and substance use disorder recovery and has achieved a level of successful recovery experience, by practicing their own, self-directed recovery program.
- ✓ A Peer Recovery Specialist has received education by attending the 72- hour DBHDS Peer Recovery Specialist Training and received a certificate for passing the course.
- ✓ A Peer Recovery Specialist has a passion for supporting others with their own recovery pathway, because they know that recovery is possible for everyone.