



# Peer Recovery Support

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# Overview

- Familiarize with peer recovery support professionals
- Understand peer recovery support role within recovery
- Identify how peer recovery supports can compliment current services being offered

# Who Are Peer Workers?

Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

# Peer Recovery Support Credentials

- Currently, Indiana has two credentials for peer recovery support that are recognized throughout the industry in Indiana:
- Community Health Worker/Certified Recovery Specialist (CHW/CRS)
- Certified Addiction Peer Recovery Coach (CAPRC I & CAPRC II)

# Community Health Worker/Certified Recovery Specialist (CHW/CRS)

- This credential is offered through Mental Health America of Northeast Indiana in a grantee position through Department of Mental Health and Addiction (DMHA) and is a credential for individuals who have lived experience with substance use or mental health concerns.
- Learn more at [www.peernetnetworkindiana.org](http://www.peernetnetworkindiana.org)

# Certified Addiction Peer Recovery Coach

- This credential is offered through Indiana Credentialing Association on Addiction and Drug Abuse (ICAADA) and is a credential for individuals who have lived experience of recovery and desire to help peers in addiction recovery.
- Skill Domains in training focus on Advocacy, Mentoring and Education, Recovery and Wellness Support, Ethical Responsibility
- There are two tiers to this credential: CAPRC I and CAPRC II
- Learn more at [www.icaada.org](http://www.icaada.org)

# Peer Recovery Support Scope of Practice

Peer recovery support services may vary depending upon the organization and community needs. However, there are core values and domains of effective and ethical peer recovery support that should not be deviated from.

Peer Recovery support services are **NON-CLINICAL** services that serve in a complimentary capacity to a person's personal pathway to recovery.



# Peer Recovery Support Role

- Peer Recovery Support involves the process of giving and receiving non-clinical assistance to support long--term recovery from substance use disorders. A peer recovery coach brings the lived experience of recovery, combined with training and supervision, to assist others in initiating and maintaining recovery, helping to enhance the quality of personal and family life in long--term recovery



# Peer Recovery Support Role



Peer recovery support walk side by side with individuals seeking recovery from substance use disorders. They help people to create their own recovery plans, and develop their own recovery pathways.

# Peer Recovery Support Role

- Peer recovery support is a complimentary component to a person's recovery process. This role is not meant to replace any current roles within the recovery continuum. Additionally, peer support is NOT:
  - A Counselor or other clinical role
  - A 12-step Sponsor
  - A religious mentor or other clergy role

# How Does Peer Recovery Support Help?

- The unique relationship between the peer recovery coach and the individual in or seeking recovery is grounded in trust, and focused on providing the individual with tools, resources, and support to achieve long--term recovery.
- Peer recovery coaches work in a range of settings, including recovery community centers, recovery residences, drug courts and other criminal justice settings, hospital emergency departments, child welfare agencies, homeless shelters, and behavioral health and primary care settings. In addition to providing the range of support encompassed in the peer recovery coach role, they take an active role in outreach and engagement within these settings.

# Peer Support in Indiana

- Eskenazi Emergency Department
- IU Health Virtual
- South Bend Memorial
- Boone County Jail (7 more in Western Indiana)
- Reuben Engagement Center
- Life Recovery Center
- Centerstone(s)
- Fairbanks, Community North Hospital
- Anthem Insurance Company
- Regenstrief Institute
- Austin, Indiana Health Department/HIV Clinic

# Are Peer Recovery Support Services Effective?

- People who have worked with peer recovery coaches provide strong testimonies of the positive impacts of peer recovery support on their own recovery journeys.
- The research supports these experiences. While the body of research is still growing, there is mounting evidence that people receiving peer recovery coaching show reductions in substance use and improvements on a range of recovery outcomes.
- Two rigorous systematic reviews examined the body of published research on the effectiveness of peer--delivered recovery supports published between 1995 and 2014. Both concluded that there is a positive impact on participants

# Peer Recovery Support Core Competencies

- **RECOVERY ORIENTED:** Peer workers hold out hope to those they serve, partnering with them to envision and achieve a meaningful and purposeful life. Peer workers help those they serve identify and build on strengths and empower them to choose for themselves, recognizing that there are multiple pathways to recovery.
- **PERSON-CENTERED:** Peer recovery support services are always directed by the person participating in services. Peer recovery support is personalized to align with the specific hopes, goals, and preferences of the individual served and to respond to specific needs the individuals has identified to the peer worker.



# Peer Recovery Support Core Competencies

- **VOLUNTARY:** Peer workers are partners or consultants to those they serve. They do not dictate the types of services provided or the elements of recovery plans that will guide their work with peers. Participation in peer recovery support services is always contingent on peer choice.
- **RELATIONSHIP-FOCUSED:** The relationship between the peer worker and the peer is the foundation on which peer recovery support services and support are provided. The relationship between the peer worker and peer is respectful, trusting, empathetic, collaborative, and mutual.
- **TRAUMA-INFORMED:** Peer recovery support utilizes a strengths-based framework that emphasizes physical, psychological, and emotional safety and creates opportunities for survivors to rebuild a sense of control and empowerment



# How Does Peer Recovery Support Help?

The role of a peer support worker complements, but does not duplicate or replace the roles of therapists, case managers, and other members of a treatment team.

Peer Supports provide many different types of support, including:

- Emotional (empathy and concern)
- Informative (connections to information and referrals to community resource that support health and wellness)
- Instrumental (Supports such as housing or employment)
- Affiliation support (connections to recovery community supports, activities and events)

# CONCLUSION

- Lived experience
- Credentialed
- Non-clinical
- Recovery oriented
- Person centered
- Voluntary
- Relationship focused
- Trauma informed

# References

SAMHSA

<https://store.samhsa.gov/product/What-Are-Peer-Recovery-Support-Services-/SMA09-4454>

PEER NETWORK INDIANA

[www.peernetworkindiana.org](http://www.peernetworkindiana.org)

INDIANA CREDENTIALING ASSOCIATION  
on ALCOHOL and DRUG ABUSE (ICAADA)

[www.icaada.org](http://www.icaada.org)

# CONTACT INFORMATION

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