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Peer support : the effectiveness of peer support and how to access Peer Support at SCDMH

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HOW TO ACCESS PEER SUPPORT

NO WRONG ENTRANCE:

1. A psychiatrist, therapist, care coordinator, peer support specialist, nurse may refer
2. An individual can request PS
3. A family member, faith leader, friend or non-profit organization leader can suggest PS
4. Peer Support is available to most individuals over the age of 18 who meet the criteria of SCDMH
5. Peer Support can be a one-on-one partnership or in a group

WHAT ELSE SHOULD I KNOW?

Most adults over 18 will meet the criteria for peer support. There may be exceptions.

You have many rights (see Patient Advocacy) with Peer Support services including being treated with respect, receiving a written plan, a copy of your rights and access to other treatment programs, services.

You also have the responsibility to engage with your Peer Support Specialist, Treatment team

and to inform them of your needs and changes in appointments. Your participation in your own recovery goals is necessary to achieve success.

“Peer Support is about being an expert on not being an expert and that takes a lot of expertise.”

Benefits of Peer Support:

- Individuals live satisfying, hopeful and contributing lives.
- Individuals use emergency room and high cost services less.
- Individuals increase social networks, financial success, and employment and end chronic homelessness.
- Recovery provides exits from services



State of South Carolina
Department of Mental Health

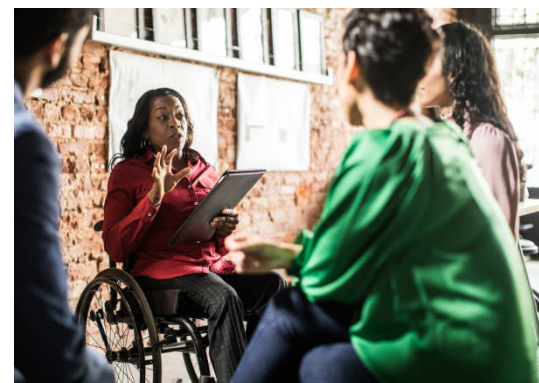
DMH South Carolina
Department of
Mental Health

**South Carolina
Department of Mental
Health
Office of Medical
Affairs**

**Transitions Programs
Patient Affairs
2414 Bull Street
Columbia, SC 29201
Office: 803-898-4195
Cell: 803-331-9886
Michael.Weaver@scdmh.org**

Peer Support

**The effectiveness of Peer
Support and how to access
Peer Support at SCDMH**



**PEER SUPPORT IS THE
METHOD: RECOVERY IS
THE GOAL!**

1. Peer Support is provided by a Certified Peer Support Specialist-an individual who has lived experience with a mental illness and/or co-occurring disorder
2. Peer Support focuses in on the mutual experience with the individual served and the goal of reaching recovery
3. Peer Support operates from a strengths-based belief system: building on what is strong about the person, not what is wrong
4. Peer Support desires to support the hopes and dreams that may have been lost
5. Peer Support works along with clinical professionals, yet is not clinical in nature. It recognizes the need for other services
6. Peer support does not guarantee “recovery”, but is optimistic
7. Peer support is about relationship and it is all about relationship. (RI International)
8. A Peer Support Specialist receives extensive training and supervision to ensure quality standards set by the SCDMH



Peer Support is based on Recovery

1. Recovery is “knowing who you are and using your strengths to become all that you were meant to be.” Again, a strength-based approach recognizing that barriers will diminish with change-growth
2. Lets the person be the expert
3. Promotion of self-determination while increasing support
4. The power differential between PSS and individual is minimal
5. Not based on power but mutuality
6. Encourages hope, the expectation that life can get better



7. Recovery is modeled by the PSS and parts of one’s story are shared to encourage, provide hope
8. Recovery is not the absence of symptoms but an increase in life satisfaction, and reasonable risk-taking.
9. Recovery is about learning about self-esteem from others and learning to trust one’s thoughts and decisions

High Expectations:

“Treat people as if they were what they ought to be and help them become what they are capable of being.” Goethe

“The problem is-not that our expectations are too high (and we meet them), but they are too low and we do.”

Certification:

www.SCSHARE.com