



# Peer Support SERVICES

Healing through helping others,  
a cooperative approach to recovery



## What is Peer Support Service?

**Peer Support Services (PSS)** are recovery-focused, person-centered services for people aged 18 and older who are living with mental illness or substance abuse. With the help of a Certified Peer Support Specialist, people learn how to manage their own recovery and build self-advocacy skills.



## How Can I Access RHA Peer Support Services?

To find out more or to make a referral, please contact:

### **RHA Health Services Buncombe County**

356 Biltmore Ave.  
Asheville, NC 28801  
Phone: 828-254-2700  
Fax: 828-254-1524

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





## Who is a Peer Support Specialist?

**Certified Peer Support Specialists** are people who have:

- 1) been diagnosed with a mental illness and/or some form of addiction,
- 2) demonstrated resiliency and perseverance in their own recovery efforts and
- 3) completed 40 hours of intensive Peer Support Service training.

Peer Support Specialists offer unique insight and a valuable perspective that differs from the traditional clinical approach. Here is what two of our Peer Support Specialists have to say about their service:



**“It is challenging and rewarding to watch people grow in recovery.”**

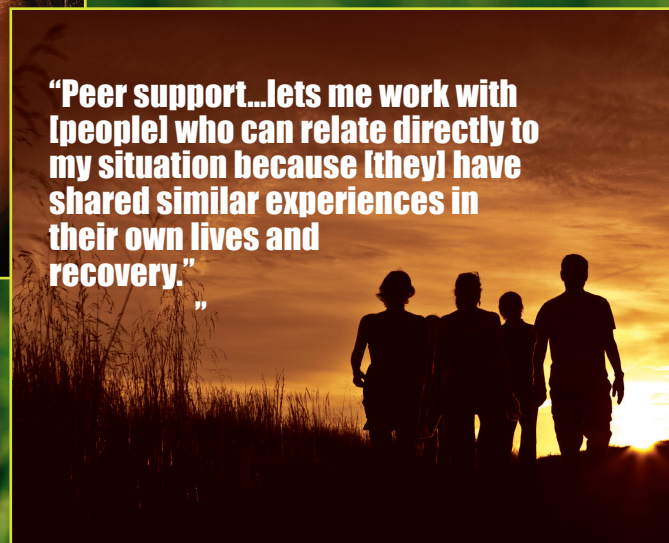
**“Providing peer support...allows me to keep my own recovery a priority by working with consumers who share similar challenges.”**



Having guidance and support from someone who has “been there” is what many in recovery value the most about Peer Support Services. Peer Support Specialists serve not only as mentors but also as sources of hope and inspiration to people who are just beginning the recovery process:



**“It is good to have someone to talk to who does not judge.”**



**“Peer support...lets me work with [people] who can relate directly to my situation because [they] have shared similar experiences in their own lives and recovery.”**

## How Can a Peer Support Specialist Help?

Peer Support Specialists help people in recovery to:

- Identify personal strengths that can help them reach and maintain their recovery goals.
- Develop coping skills that will enable them to better manage their mental illness and/or addiction.
- Build peer relationships and create stronger natural support networks.
- Enhance their social skills allowing them to live, work and participate more fully in their communities.
- Increase their understanding of mental illness and/or addiction.
- Develop a Wellness Recovery Action Plan (WRAP) that focuses on strategies for reaching personal goals, crisis planning, and relapse prevention.
- Build confidence and self-advocacy skills.
- Navigate community services and resources such as housing, social services, education and employment assistance, health services, etc.
- Talk openly about treatment and their overall recovery experience.