

# The Power of PEER SUPPORT

How Tennesseans are using their lived experience of behavioral health challenges to help others.



If you've ever heard the expression "Walk a mile in my shoes," you know the essence of peer support services. Peer support empowers people living with behavioral health challenges to receive help from someone who's "been there." By sharing their experiences, strengths, knowledge, and hope, Certified Peer Recovery Specialists deliver this evidence-based practice in a method that conveys mutual respect and personal responsibility.

## CERTIFIED PEER RECOVERY SPECIALISTS ARE

*System Navigators*

**Recovery Role Models**

Listeners

**Recovery Skills Teachers**

Support Group Leaders

*Personal Story Sharers*

**Advocates and Educators**



TENNESSEE'S CERTIFIED PEER RECOVERY SPECIALIST PROGRAM ENSURES **CONSISTENCY, QUALITY, AND PROFESSIONALISM** IN PEER SUPPORT SERVICES.

### **Certified Peer Recovery Specialists have**

- Lived experience of mental illness, substance use disorder, or co-occurring disorder
- A minimum of 2 years of recovery
- A willingness to share their personal recovery story
- Completed an intensive, 40-hour training
- Promised to abide by the CPRS Code of Ethics
- Committed to 10 hours of continuing education each year
- Access to on-going supervision



**Peer Recovery**  
Specialist

### **Why are peer support services important?**

Research shows that peer specialists excel at engaging others into the recovery process. With their living example that recovery is real, they can often connect with people that staff might have found to be unreachable.



Reduced hospitalization and other emergency interventions



Medicaid-reimbursable when provided by a CPRS

### **Putting Peers to Work in Tennessee**

CPRS work in Peer Support Centers, Crisis Stabilization Units, Psychiatric Hospitals, Community Mental Health and Substance Use Treatment Agencies, Recovery Courts, Substance Abuse Prevention Coalitions, and Managed Care Organizations just to name a few!

**1,080**

Currently Certified (February 2023)

