

Peer Support is help given to those in need by another who has gone through a similar trauma or challenge.

A Peer Support Specialist can act as a guide on the journey of recovery, which is the process of managing one's symptoms, improving health and wellness, living a self-directed life, and striving to reach one's full potential to create a life worth living.

Definition of Recovery

(Substance Abuse and Mental Health Services Administration)

"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."

For more information on the services we provide, please visit www.crawfordmentalhealth.org or call 620-231-5130

24-Hour Services:

If you, or your family member, are experiencing a mental health crisis please call 620-232-SAVE (7283) or 988.

ABOUT US

Crawford County Mental Health Center offers mental health and substance use disorder treatment programs to serve adults, children, and families regardless of their ability to pay.

Servicios disponibles en español

911 E. Centennial
Pittsburg, KS 66762
620-231-5130

www.crawfordmentalhealth.org



Peer Support Services

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What is Peer Support?

Peer Support services are offered to clients who are experiencing psychiatric or substance use disorder symptoms and need ongoing help. Clients are matched with a trained Peer Support Specialist, who are individuals that have experienced the challenges of severe mental illness and/or addiction and have demonstrated that recovery is possible. They act as an advocate and educator.

The purpose of Peer Support services are to offer clients training in skills that aid them in managing their psychiatric or substance use symptoms. These services can take place in individual or group settings, via telehealth, office visits, in the community, or at home – with a focus on recovery.

Who are the Peer Support Specialists?

Peer Support Specialists are trained as assistants in recovery. They are certified by the State of Kansas and follow a code of ethics that guides their work.

How do I contact a Peer Support Specialist?

Talk to your provider about adding a Peer Support Specialist to your treatment team.



How do Peer Support services work?

→ Clients meet with their Peer Support Specialist as determined by their QMHP or Counselor. The clients and their Peer Support Specialist typically meet in the community, where they talk about coping strategies to help the client move into recovery. They engage in activities that help clients learn more about managing their illness and being successful in their day-to-day lives.

Peer Support Specialists share the following goals:

- 1 Help individuals with psychiatric or substance use disorder symptoms develop a network for information and support from others who have been through similar experiences.
- 2 Assist individuals with psychiatric or substance use disorder symptoms in regaining the ability to make independent choices and take a proactive role in treatment, including discussing questions or concerns about medications, diagnoses, or treatment approaches.
- 3 Support individuals by identifying and effectively responding to or avoiding identified precursors or triggers that result in their inability to function in their daily lives without extreme interventions.

