

Peer Support Specialists

- Serve as role models for recovery from substance use disorders
- Engage participants in the recovery process to increase the chance of their commitment and reduce the likelihood of relapse
- Provide mentoring, coaching and encouragement
- Connect participants to needed services and community supports
- Help in the process of establishing new social networks supportive of recovery

The services and facilities of the Anne Arundel County Department of Health are available to all without regard to race, color, religion, political affiliation or opinion, national origin, age, gender identity, sexual orientation or disability.



“The road to recovery will not always be easy, but I will take it one day at a time, focusing on the moments I’ve dreamed about for so long.”

— Amanda Lindhout

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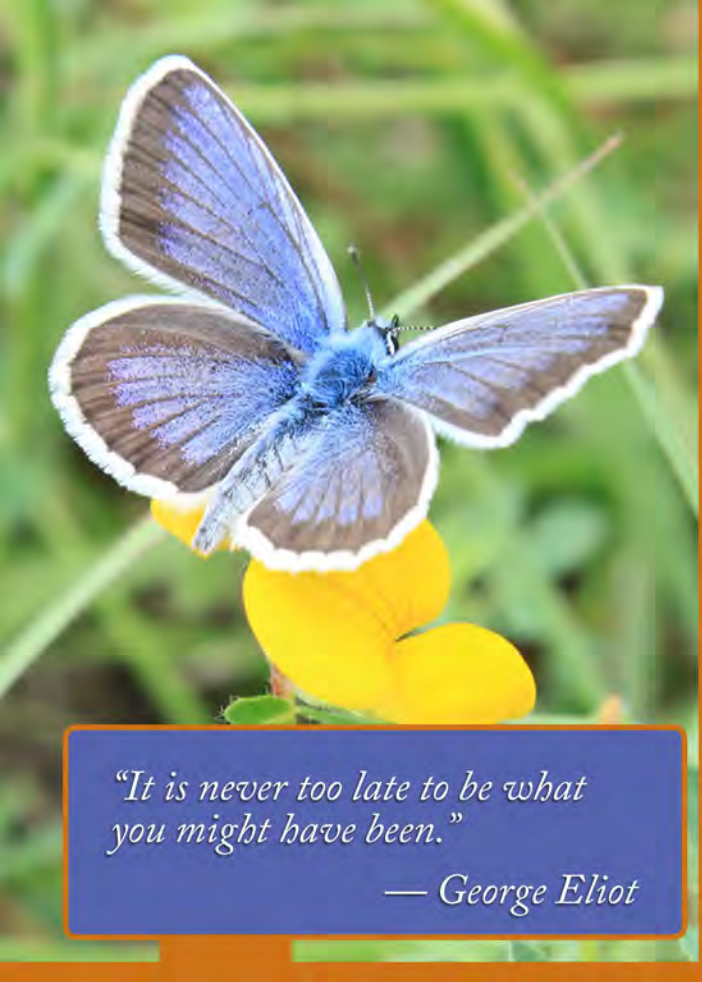
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Recovery

Peer Support Services



MARYLAND
DEPARTMENT OF HEALTH



"It is never too late to be what you might have been."

— George Eliot

Peer Support Specialists

Peer Support Specialists use knowledge from their life experiences to encourage participants to be responsible for their own recovery from substance use disorders.

Peers help participants identify barriers to goals and resources, and they empower participants to access the tools and skills needed to break down those barriers.

Through mentoring and role modeling, the peer shows the participant that success through recovery is possible.

Mentoring and Coaching

Peer Support Specialists assist participants with tasks, such as setting recovery goals, developing recovery action plans, and solving problems directly related to recovery, including finding sober housing, making new friends, finding new uses of spare time and improving one's job skills.

Connecting to Resources

Peer Support Specialists help participants with their most pressing early recovery needs, such as locating a safe place to live, getting workplace readiness training and finding a job.

Peer Support Specialists help participants navigate the formal treatment system and gain admittance into a treatment program. They also help with discharge planning, usually working closely with treatment staff.

"Success is not final, failure is not fatal: it is the courage to continue that counts."

— Winston Churchill

Facilitating and Leading Recovery Groups

Groups typically involve the sharing of personal stories and some degree of problem solving as a group.

Some of these groups are structured as support groups, while others have educational purposes. Many have components of both. Typical topics include training in job skills, budgeting and managing credit, preventing relapse, and conflict resolution.

Building Community

Peer Support Specialists often organize recovery-oriented activities that range from opportunities to participate in team sports to family-centered holiday celebrations and sober get-togethers. These activities provide a sense of acceptance and belonging to a group, as well as the opportunity to practice new skills.

