

January  
2021

# Chester County Peer Services

## Why are Peer Support Services so Valuable?

- Reduced days in inpatient
- Reduced hospitalization rates
- Lowered overall costs for services
- Increased use of outpatient services
- Increased quality of life outcomes
- Increased engagement rates
- Increased whole health
- Existing state-level standards for certification
- National Certification

## Additional Resources

### Pennsylvania Certification Board:

<https://www.pacertboard.org/>

### Pennsylvania Peer Support Coalition:

<https://papeersupportcoalition.org/>

Certified Recovery Specialists (Drug and Alcohol) and Certified Peer Specialists (Mental Health) meet with participants to build on individualized service plans that are tailored to meet the needs of the recipient. Peer workers are individuals who have lived experience with either mental illness and/or a substance use disorder, and help others to achieve balance, stability and a better quality of life.

## For Information Regarding Referrals to Peer Services Please Contact an Agency Listed Below

### Mental Health Agencies with Peer Services (CPS):

#### **Creative Health Services:**

Pottstown: 484-941-0500  
Serving: Adults

#### **Devereux:**

Malvern: 610-422-1478  
Serving: Youth Ages 14-18+

#### **Fellowship Health Resources:**

Phoenixville: 610-415-9301  
Ext. 2215  
Serving: Adults

#### **Holcomb Behavioral Health:**

Exton: 610-363-1488  
Currently Serving: Forensic Peers  
Mobile Peer Support Coming 2021

#### **Human Services, Inc.:**

Thorndale: 610-873-1010  
Serving: Adults

#### **Penn Psychiatric Center:**

Phoenixville: 610-917-2200  
Serving: Adults & Youth

### Drug & Alcohol Agencies with Peer Services (CRS):

#### **The Council of Southeast Pennsylvania, Inc.:**

Malvern: 484-325-5990  
Serving: Adults

#### **Holcomb Behavioral Health:**

Exton: 267-473-3855  
(COPE—Warm Handoff Program)

### Chester County



# Important Referral Information

## Who Qualifies for Peer Services?

### Peers Are Not

- Counselors
- Case Managers
- Clerks
- A Transportation Service
- On-Call Crisis Workers
- Mini Clinicians
- Medication Management Assistants
- Representative Payees

Myth: Peer Workers are not required to have any educational training.

Fact: Individuals are required to take a 75+ hour class, and then pass a State exam to become certified.

Myth: Peer Services replace the role of a Case Manager and/or Therapist.

Fact: Peers have their own unique role that is supplemental and complementary to others.

### Certified Peer Specialists:

Individuals who:

- Have the presence or history of a Severe Mental Illness (SMI) or Serious Emotional Disturbance (SED)
- Are 14 years of age or older for youth services
- Are 18 years of age or older for adult services
- Choose to participate in the program
- Are willing to work towards recovery goals

### Certified Recovery Specialists:

Individuals who:

- Have a presence or history of a Substance Use Disorder (SUD)
- Are 14 years of age or older for youth services
- Are 18 years of age or old for adult services
- Choose to participate in the program
- Are willing to work towards recovery goals

## Major Tasks of a Peer

Engage the individual and establish rapport.

Provide mutual support and convey hope.

Assist the individual to identify and prioritize strengths and needs.

Assist in the development and enhancement of the recovery plan.

Identify emergency or crisis situations and facilitate access to appropriate resources.

Educate the individual, family, and community about mental health, wellness and the recovery process.

Educate individuals and families about recovery support services within the recovery process.

Connect the individual to resources in the community.

Participate in advocacy to support recovery.

Conduct self in an ethical manner by adhering to codes of ethics and standards of practice.

Maintain confidentiality regarding information received during the facilitation of recovery support services.

Continue personal growth through active participation in the recovery process.

Engage in continuing professional development relative to recovery support services.