

# INTRO TO PEER SUPPORT

**Peer Support** is an umbrella term used to refer to individuals in roles that share similar lived experiences with a population they serve via “understanding, respect, and mutual empowerment”.<sup>1</sup> Within **Peer Support**, there is a spectrum of “peerness” that can be tailored to specific topics or populations such as substance use, family, and youth. In Missouri, **Peer Supports (PSs)** can go through certification and training to become a **Certified Peer Specialist**. For the purposes of this chapter **Peer Support** is referring to peers of **emerging adults** who support recovery from behavioral health conditions.

## Peer Support

“It is assumed that people who have experienced and overcome a particular type of adversity can serve as source of support, encouragement and hope to others experiencing similar situations, and may also be uniquely positioned to promote service engagement.”<sup>2</sup>

“

To me, **Peer Support** means to have not just sympathy, but empathy for another person’s struggles, aid people in identifying their version of recovery, and finding creative and individual ways to support them in achieving this recovery.

”

- Certified Peer Specialist at  
Compass Health Network



## Certified Peer Specialist

State of Missouri

Learn more\* about becoming a **Certified Peer Specialist**

What kinds of **Peer Supports** are there?



## Mental Health Conditions

Learn more\* about Peers Supporting Recovery from **Mental Health Conditions**



## Substance Use Disorders

Learn more\* about Peers Supporting Recovery from **Substance Use Disorders**



## Family, Parent, and Caregiver

Learn more\* about Peer Support for **Family, Parent, and Caregivers**

\*Head to the **Resources** page for website links to learn more about types of Peer Supports and how to become a Certified Peer Specialist in the State of Missouri.