



## HRN: 1.0 Peer Recovery Support Participant Manual

Peer Recovery Support seeks to foster a healthy balanced life and independence by helping to build skills and wellness.



### 1.2) FACTORS THAT AFFECT YOUR PEER SUPPORT — DIAGNOSIS & IDENTITY\*

**MENTAL HEALTH.** Recovery from mental health illness will involve aspects that are unique including which local hospitals are tailored for mental health in-patient needs, the type of therapist or licensed professionals used, and what types of challenges are part of recovery. Mental illnesses may be resistant to standard treatment, maybe that's why you're in peer support. Integrating holistic 'wellness' and practicing other tools like cognitive behavioral therapy with a peer supporter can help manage symptoms for a 'best' life.

**SUBSTANCE ABUSE DISORDERS.** As with mental illness, there will be specific care facilities, types of providers, and resources available for substance abuse recovery. Recovery from substance abuse may involve rehabilitation centers and/or criminal justice system requirements. Concepts like 'Recovery Capital' and having a 'sponsor' will be a part of recovery. One of the unique SUD resources are SOR grants.

- **State Opioid Response (SOR) Grant Funding.** HRN Participants in substance abuse recovery may be asked about their histories to see if they are eligible SOR grant funding. This government funding in response to the opioid crisis (*and for stimulant misuse and disorders, including cocaine and methamphetamine*) seeks to increase access to treatment systemically. The grant process will give HRN funding that provides for your ongoing Recovery Support. If eligible, it **includes 3 steps and a \$30 gift card** for assisting this important effort to fight the nationwide crisis. HRN has Peer Supporters trained in this process that can guide and support you through each step, having been through SUD recovery themselves.

**DUAL DIAGNOSES.** In Peer Support this means having more than one diagnosis, this is not uncommon and usually means a mental health (MH) and a substance abuse diagnosis (AoD). It can add different circumstances or additional needs as opposed to just one type. '**DID**' or **Developmental & Intellectual Disability** is another type in dual diagnoses that affects recovery. A DID diagnosis is a documented disability that can strongly shape what the 'beginning' and 'end' of peer recovery support looks like as well as impact key aspects of this HRN Participant Manual.

**INDIVIDUAL IDENTITY FACTORS.** Your unique identity will affect recovery circumstances beyond your official diagnoses. There are different Peer Supporter Certifications to specifically address 'Youth' participants and 'Family' support. Other identity factors that will vastly shape the recovery needs and goals include: race; gender; socioeconomic class; rural residence; elderly status; veteran's status; and LGBTQ persons just to name a few. HRN will assign a Peer Supporter that closest meets your needs if available.

**TRAUMA INFORMED CARE.** When diagnoses and identity concerns mix with your personal history, it may leave trauma. Historic trauma, called Adverse Childhood Experiences (ACE's) affect our development. Trauma can be repressed or otherwise not readily apparent (*lack of ability to communicate, lack of comprehension of extent, lack of trust to disclose, ect*) so it is important to treat trauma in a way that does not further and/or re-traumatize. Peer Recovery Supporters are trained to be sensitive to individual trauma in a respectful way by providing a safe space to discuss it, if or when you become comfortable to do so.

(\*See 4.2 for SAMHSA brochure list & general information designed for **specific diagnoses & populations**)

#### **PEER RECOVERY SUPPORT CARE COORDINATION:** Build Confidence and Abilities to Navigate the System

In addition to your Case Manager your Peer Supporter can help with your care coordination. As an 'Advocate' for your recovery Peer Supporters can 'navigate the system' with along you to locate and secure resources you may be eligible to receive. This includes: SNAP (aka 'food stamps'), government assistance for internet and/or cell phone service, HUD rent vouchers for section 8 housing, and much more.

**Transportation Assistance.** Most healthcare insurance providers can assist with transportation for medical appointments for those eligible. Ask your Peer Supporter (and/or Case Manager) for help setting it up. Peer Supporters may also assist if the time/resources are available and other options are not possible.

### 1.3) Before We Can Get Started: Peer Recovery Support Permission and Release Form