



HRN: 4.0) Peer Recovery Support Participant Manual

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



4.2) SAMHSA Peer Support and Recovery Related Information Brochure & Guide List

U.S. Department of Human Services, Substance Abuse and Mental Health Services Administration's (SAMHSA) seeks to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.

SAMHSA defined 'Peer Support Recovery Service' and other essential terms and concepts from a federal perspective. They have brochures for different populations in varying states of recovery from acute crisis to family member/other support's point of view. Ask your supporter about any titles you would like to read together or go our website for these (and other resources) :<http://www.hoperecoverynetwork.org/resource-list>



SAMHSA's Working Definition of Recovery

This brochure provides a working definition and 10 guiding principles for recovery from mental illness and substance use disorders.



What Are Peer Recovery Support Services?

This manual explains peer recovery support services designed and delivered by people in recovery from substance use disorders. Discusses its adaptability and value of peer recovery support service types, and cross-cutting core principles.



Need to Know About Wellness: 8 Areas

An introduction to the 8 Dimensions of Wellness: Emotional, Financial, Social, Spiritual, Physical, Occupational, Intellectual, and Environmental. It gives information to live healthy in a holistic way.



Advisory: Peer Support Services in Crisis Care

Discusses role of peer support workers and models of peer support services that are available to assist individuals experiencing a crisis. Peer support services are a vital component of crisis care.



Peer Supporting Recovery General Brochure

An introduction & overview of what Peer Support is and how it assists the process of individual recovery with a peer will lived experience.



Top Health Issues for LGBT Populations

This kit equips prevention professionals, health care providers, and educators with information on health issues among the lesbian, gay, bisexual, and transgender (LGBT) population. An overview of terms about gender identity & sexual expression.



Peer Supporting Recovery From Substance Abuse Use Disorders Tri-Fold Brochure

An introduction and overview of what Peer Support is and how it fits in to the general support network of Substance Abuse providers and other agencies.



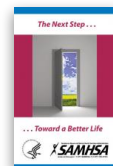
Tips for Survivors of a Disaster or Other Traumatic Event: Coping with Retraumatization

Brochure explains signs & symptoms of retraumatization. Gives tips on how to manage symptoms. Lists resources for building resilience and adequate support systems for dealing with triggering events.



Peer Supporting Recovery From Mental Health Conditions Tri-Fold Brochure

An introduction and overview of what Peer Support is and how it fits in to the general support network of Mental Health providers and other agencies.



The Next Step Toward a Better Life

Brochure describes the stages of recovery from alcohol and drug misuse, and what to expect after leaving detoxification services. It offers guidance on adjusting to sobriety, and long-term recovery. Also discusses legal issues, and lists resources.



Family, Parent and Caregiver Peer Support in Behavioral Health

An introduction and overview of what Peer Support is and how it fits with family and caregivers to person's with behavioral health needs.



A Journey Toward Health and Hope: Your Handbook for Recovery After a Suicide Attempt

Guides through the first steps toward recovery and a hopeful future after an attempt. Includes stories from survivors and strategies for recovery, like re-establishing connections & finding a counselor.



Managing Pain: Which is Right for You?

Increase awareness of the risks associated with prescription opioid use and misuse. This fact sheet focuses on alternative pain management methods such as acupuncture, cognitive behavioral therapy, and meditation.



A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department

Helps recover from a suicide attempt. Describes how to find healing, hope, and help after emergency room treatment, including how to cope with future thoughts of suicide. Offers ways to connect with other attempt survivors and lists resources to help move forward.



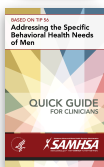
Good Mental Health is Ageless

This brochure aims to help older adults understand the importance of good mental health. It identifies signs of depression and emotional issues, and offers steps to overcome them.



People Recover

This comic book tells the story of people living with co-occurring mental illness and substance use disorders. It presents a hopeful message recovery, and provides resources for more information.



Behavioral Health Needs of Men

This equips clinicians with practical guidance to address the needs of men in recovery. It addresses screening and assessment, treatment issues, working with specific populations of men, male-appropriate treatment modalities and settings.