Peer Support Services Offered

Peer Recovery Specialists at SERV offer the following services:

- Advocate for peer in recovery
- Share resources and build skills
- Connect peers to community activities and peer groups
- Lead in-house peer groups
- Meet with peers one-on-one
- Mentor and assist with goal setting
- Provide services and/or training
- Develop community resources
- Educate the public and policymakers about the efficacy of peer mentoring
- Provide crisis and relapse intervention and referrals

SERV Behavioral Health System. Inc.

SERV Behavioral Health System, Inc. is a private, not-for-profit behavioral healthcare organization that helps people with mental illness, substance use disorder, and intellectual or developmental disabilities. We transform lives through compassionate care and empower people to embrace their full potential.

NJAMHAA

2019 NJAMHAA Outstanding Provider of the Year

SERV Behavioral Health System, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Please visit our website for more information about SERV's Peer Recovery Support as well as other programs we provide throughout New Jersey.

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SERV
Behavioral Health System

Certified Community Behavioral Health Clinic

Peer Recovery Support

Person-Centered • Trauma Informed • Strengths Based

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What is Peer Support?

Peer support is the process of giving and receiving encouragement and assistance to achieve long-term recovery. Peer Recovery Specialists offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people to resources, opportunities, communities of support, and other people. In behavioral health, peers offer their unique lived experiences with mental health conditions to provide support focused on advocacy, education, mentoring, and motivation.

How Does Peer Support Help?

Peer support provides a personal level of knowledge by sharing similar life experiences. These common personal experiences can foster meaningful connections and a deeper sense of understanding and empathy between peers who may otherwise feel misunderstood.

Peer Support and Engagement

- Peer recovery support increases peer engagement rates.
- Receiving peer support leads to improved relationships with family members, providers, and social support and increases satisfaction with the treatment experience overall, reduces rates of relapse, and increases retention in treatment.
- Programs like the Wellness Recovery Action Plan (WRAP) increase self-advocacy with providers.
- Individuals working with peers feel more empowered to be outspoken about pursuing their goals.
- Peers employed by a Certified Community Behavioral Health Clinic provide a variety of services, including connections to social and rehabilitation services. Participants with peer support are significantly more likely to make connections to primary care.
- Participants who receive peer-based services feel that their providers communicate in ways that are more validating and report more positive provider relationship qualities compared to participants who receive no peer-based services.

Peer Support and Quality of Life

Peer support increases quality of life outcomes:

- An increased feeling of hope through positive self-disclosure, role-modeling self-care of one's illness, empathy and conditional regard may lead to higher expectations for peers.
- Individuals receiving peer support are more likely to gain and maintain employment.
- A study from Mental Health America and Kaiser Permanente showed an increased ability to meet participants' social needs with interventions in the community and improved ability to address gaps following inpatient services like housing and access to medications.
- Veterans in peer-to-peer programs have significantly higher senses of empowerment and confidence.
- Evidence shows that those receiving peer support services had increased social support networks.

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