

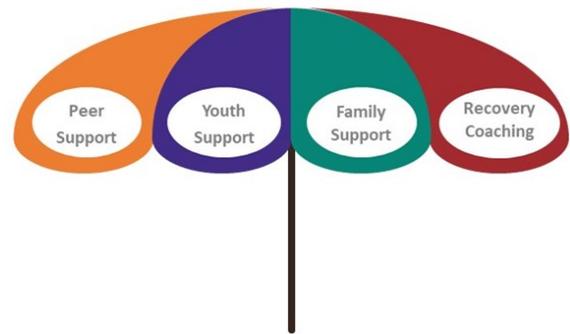
Peer Support

Adult Peer Support

Description

Adult Peer Support services are provided by Certified Peer Support Specialists (CPSS) who utilize their training, lived experience and experiential knowledge to mentor, guide and coach the member as he/she works to achieve self-identified recovery and resiliency goals. These services are

designed to promote empowerment, foster self-determination and choice, and inspire hope as the member progresses through the recovery process. CPSS use their lived recovery experience from a mental health diagnosis and specific specialist training to assist adult members with defining their goals for recovery and developing a recovery plan. They also assist members with developing the skills for a proactive role in their own treatment plan and to help members connect with other members and with their self-defined community.



Provider Qualifications

A provider of Adult Peer Support:

- Has a high school degree or equivalent
- Has had lived experience with mental health illness or mental health illness co-occurring with substance use disorder
- Has been in recovery for a minimum of 1 year
- Has an active Peer Support Specialist certification (idahopeercert.com)
- Is practicing within a group agency in the Optum Idaho network under Optum supervisory protocol

For more information on Adult Peer Support certification (needed prior to Youth Support endorsement):

BPA Health Peer and Family Support Certification
208-947-1300

info@idahopeercert.com

idahopeercert.com

Peer Support (cont'd)

Questions & Answers for Adult Peer Support

Q: Does a youth have to transition to Adult Peer Support once they turn 18? If so, can I go from being their Youth Support (YS) provider to their Adult Peer Support provider?

A: Yes, the member should transition to Adult Peer Support. And yes, since you should already be certified for Adult Peer Support in order to be endorsed for Youth Support, you may render this service.

Q: Can Adult Peer Support be provided in a group setting?

A: No, Adult Peer Support is not currently available to be provided in groups at this time. (However, Youth Support can be provided in a group setting.)

Please see the [Provider Manual](#) for more information on this service.