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Technical Assistance Collaborative
Community Learning Series Webinar Highlights
Leveraging Professional Peer Providers | February 6, 2024

Who are "Peers" in Overdose Prevention?

- Individuals successful in recovery who help others
- Peers provide non-clinical support: emotional, informational, instrumental
- Peers are "experientially credentialed" via lived experience

Theory-based Approaches

Social Learning Theory

- Peers model recovery and prosocial behaviors
- People with OUD observe and relate to their peers' experience
- Peer recovery enhances self-efficacy

Recovery Capital Theory

- Resources support recovery success
- Peers help mobilize resources and address unmet needs
- Emphasizes recovery as a process

Evidence-Based Benefits

- Decreased substance use
- Increased treatment initiation and engagement
- Improved physical and mental health
- Enhanced stable housing and employment
- Strengthened relationships with family and friends
- Less frequent reincarceration/decreased likeliness of re-offense

What does Peer Support Look Like?

Mutual Aid Groups

- Peer-run volunteer groups sharing recovery experiences (e.g., 12-step and alternative recovery groups)
- Varied formats, cultures, practices

Professional Peer Providers

- Used in various settings (e.g., treatment facilities, hospitals, legal system, health departments)
- Roles include service linkage, community building, group facilitation, individual mentorship, housing, employment, education, and advocacy

Recovery Support Services

- Recovery community centers, residences, high schools, collegiate recovery programs

Benefits of Peer Support

For Clinicians

- Improved patient engagement
- Identification of care shortfalls
- Assistance with transport and outreach
- Help with de-escalation
- Group facilitation

For Communities

- Culture of self-improvement
- Empowerment in the recovery community
- Jobs for uniquely qualified individuals
- Harm reduction promotion
- Decrease in mental illness and SUD stigma