

Peer Advocate Support Services and Key Characteristics of those Support Services:

There are several key characteristics of peer support services, including:

- Certified Peer Recovery Advocates (CRPAs) services are Medicaid-reimbursable
- Are person-centered and strength-based. They help individuals to identify existing recovery capital and build future capital.
- Are relationship-oriented, garnering a sense of trust, confidence, authenticity and efficacy, based on shared experience.
- Support an individual in defining and directing his or her own treatment/recovery plan, backed with guidance, structure, support and navigation assistance from a peer and a clinical team
- Engage individuals in a timely and expeditious manner, at critical points of recovery vulnerability and throughout various stages of the recovery process.
- Support re-engaging individuals back into appropriate supports and services in a timely manner in the event of a recurrence to substance use.

Peer Support Service are Not:

- A program model
- Focused on diagnoses or deficits;
- Helping in a hierarchical way (i.e., there is equal power distribution between peer and client)
- Treatment compliance
- Medication compliance monitoring
- Monitoring individual behavior
- Care management.

Peer support services may include, but are not limited to:

- Engaging with an individual to consider entering treatment.
- Engaging a client to attend treatment or other healthcare services.
- Engaging an individual in continuing care services post-discharge.
- Developing treatment/recovery plans.
- Raising awareness of existing social and other support services.
- Modeling coping skills.
- Assisting with applying for benefits.
- Accompanying clients to court appearances and medical or other appointments.
- Providing non-clinical crisis support, especially after periods of hospitalization or incarceration.
- Working with participants to identify strengths.
- Linking participants to formal recovery supports.
- Educating program participants about various modes of recovery.
- Travel training – to use public transportation independently.
- Education and support on the use of medication assisted treatment.

Peer Support Services in the Capital Region*

*This page is from page 3 of the HCD Recovery Guide: Services, Activities, and Resources

Agency	Service	Additional Information
Catholic Charities	Peer Advocate	<ul style="list-style-type: none"> Peer Advocates utilize harm reduction techniques which incorporates a spectrum of strategies from safer use, to managed use to abstinence, in order to meet people "where they're at" Peers provide a vital link to the resources people need or want (including medication linkage) help reduce the stigma associated with drug use Medication Support/Linkage Tel:1-866-930-4999
Healing Springs Recovery Community Center	Peer Advocate	<ul style="list-style-type: none"> Peer-led addiction and recovery support groups Linkage with community resources Work with individuals in developing wellness plans Health and wellness activities; community service opportunities Tel: (518) 669-9552 or (518)-491-0664
New Choices Recovery Center	Peer Advocate	<ul style="list-style-type: none"> Peer Support for anyone interested in the recovery process No insurance is required for this service Client has the option to meet with the peer advocate in the office or in the community Tel: 518-902-3621
Our Wellness Collective	Peer Advocates	<ul style="list-style-type: none"> Peer-led substance misuse and recovery support groups Peer-led trainings for people in recovery, those struggling with recovery, and for organizations working with people on their journey to recovery Tel: 518-303-2725
Rensselaer County Department of Mental Health	Peer Advocates	<ul style="list-style-type: none"> Peer assists with recovery service plans Peer provides referrals and connections to needed services and supports Cell: 518-925-8067 Office: 518-270-2857

Presenters and Links to HCD Guides and Resources:

Presenter Contact Information:

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Healthy Capital District Resource Guides:

- [RecoveryGuideServicesActivitiesResources.pdf \(hcdiny.org\)](#)
- [SDOH-resource-guide-FINAL-GUIDE.pdf \(hcdiny.org\)](#)
- [Refugee-Services-Resource-Guide.pdf \(hcdiny.org\)](#)
- [Regional-Mental-Health-Resource-Guide.pdf \(hcdiny.org\)](#)

Healthy Capital District (HCD) Resources:

- Capital District Social Services Directories and Out of the Region Directories (scroll past SDOH guide)-[Referral Resources \(hcdiny.org\)](#)
- Community Health Professional Page-
[CHP Workforce Development](#)
- COVID-19 Community Resources for CHPs-
[COVID-19 CHP Community Resources](#)
- Health Insurance Assistance:
[Healthy Capital District Initiative \(hcdiny.org\)](#)
- To explore all of the many resources and tools HCD offers, visit our main page- www.hcdiny.org