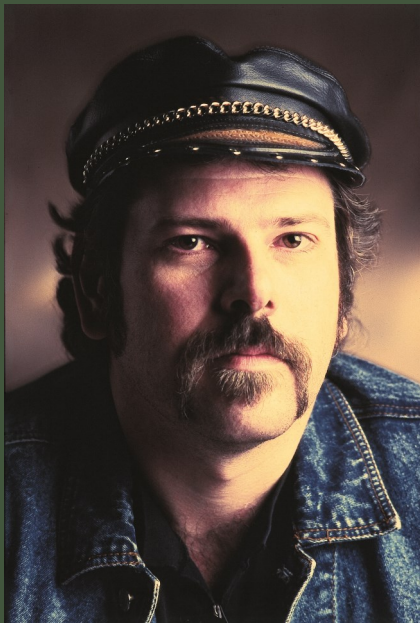


Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY**

**Main Facility**

500 Hancock, Saginaw, Michigan 48602

**Phone**

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

**24 Hour Mental Health Emergency Services**

(989) 792-9732

Toll Free: 1-800-233-0022

[www.sccmha.org](http://www.sccmha.org)

CS Approved— March 2020



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

**Certified  
Peer Support  
Specialist**

An Evidence-Based Practice

## What is a Certified Peer Support Specialist?

A Certified Peer Support Specialist is a person with a mental illness and/or co-occurring substance use disorder who has been trained to help her/his peers identify and achieve specific life goals. Peer Support Specialists cultivate the ability of those they assist to make informed, independent choices and set goals, and gain information and support from the community to achieve those goals.



## Peer Specialists

- Rely on specialized knowledge and training, as well as their own personal life experiences and recovery story
- Consult with other clinic staff to assist in finding necessary resources
- Work closely with consumers to encourage self advocacy and helping you to negotiate the mental health care system
- Operate from the perspective of “having been there” and lend unique insight into mental illnesses and factors that make recovery possible
- Assist and teach people to utilize their transportation options
- Assist with form completion for benefits
- Assist with seeking housing and setting up appointments for viewing housing sites
- Assist people with obtaining food or other personal needs



## Peer Support Specialists in Michigan

Michigan has demonstrated a strong commitment to training and employing mental health consumers within the public mental health system.

Individuals who are functioning as Certified Peer Support Specialists must meet specialized training and certification requirements. Certified Peer Support specialists must complete an intense training period and pass a 4 hour essay test in order to become certified.

SCCMHA currently has many Peer Support Specialists in various locations throughout our network. At any given time, new Peer Support Specialists are becoming certified or attending training to become certified.

### For More Information

Contact a case manager or therapist to determine eligibility for peer related services