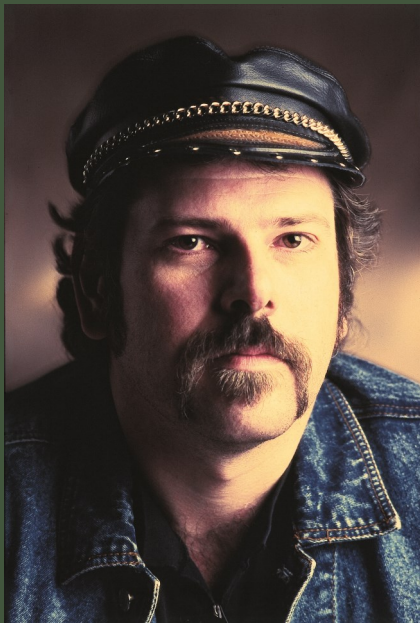


Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of 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— April 2021



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 what they want in life. Peer Support Specialists help those they assist to make their own decisions based on facts and to set goals. They help them 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
- Talk to other clinic staff to help in finding needed 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 understanding into mental illnesses and factors that make recovery possible
- Help with and teach people to use their transportation options
- Help with form completion for benefits
- Help with seeking housing and setting up appointments for viewing housing sites



## Peer Support Specialists in Michigan

Michigan has shown a strong commitment to training and giving jobs to mental health consumers within the public mental health system.

Individuals who work 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 many locations throughout our provider network. At any given time, new Peer Support Specialists are becoming certified or attending training to become certified.

### To Learn More

Contact a case manager or therapist to learn if peer-related services are right for you.