




WHAT IS PEER SUPPORT?

Presented by EOTO, LLC

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A Certified Peer Specialist is a person who has their own lived experience of mental health and/or substance use challenges and has completed formal training and certification in the peer specialist model of mental health and substance use-oriented peer support. They use their unique set of lived experiences and recovery, in combination with comprehensive skills-training, including continuing education, to support people with similar lived experience. <https://www.wicps.org/>



Peer Support is when people use their lived-experiences to help each other on their journey of recovery and maintaining wellness.



Peer Support brings people together with shared experiences to support each other and provide space where they feel accepted and understood.



Professional Peer relationships treat everyone's experiences as equally important, are mutually beneficial, and assume that peers are experts in their own recovery and wellness needs.



Peers are often miscategorized
as case managers.





Traditionally, case managers help assess needs and provide resources.

Peers Support Specialists help access resources and share experiences.

They help address the social-emotional needs that often accompany the need for resource support.



How do EOTO Peers provide support?

- **Sharing resources and building skills**
- **Building community and relationships**
- **Supporting culturally sensitive, trauma informed, person centered & strength-based wellness planning and management**
- **Providing crisis stabilization support & when appropriate, referrals to long term or more intensive mental health and/or substance use support services**



Other services EOTO CPS provides:

- **Empowerment & Skill Development for individuals with lived-experience**
- **Supervision of certified peer specialists**
- **Educating the public, providers, and policymakers on the value of lived experience and peer support recovery models**
- **Peer Program Development & Consultation**



How to contact EOTO Peer Support.

Email: EOTO.CPS@gmail.com

Text Line: 608-571-3626

Find us on Facebook @EOTO.tribelife

EOTO Peer Support Specialists are certified by the Wisconsin Department of Health Services (DHS) to provide professional substance use and mental health recovery support services.



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