



## Elevate Peer Support Services

Peer Support is an important service when helping people maintain a clean and sober lifestyle. It is crucial for a person's journey to Recovery. In addition, Peer Support Providers can assist people in maintaining a healthy well-being while managing symptoms of mental illness in order to reach stability.

### What is "Recovery"?

Recovery is "a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential" [SAMHSA\* definition]. A "Recovery Movement" is happening in communities across the nation and growing in Washington County. The Movement consists of individuals speaking publicly about their unique pathways to Recovery, hosting drug-free events, advocating for more resources, working to eliminate stigma, creating a stronger network of services and offering support to family and friends who have a loved one with an addiction.

#### 4 DIMENSIONS OF RECOVERY

**HEALTH:** overcoming or managing one's disease(s) or symptoms to make informed, healthy choices that support physical and emotional well-being.

**HOME:** a stable and safe place to live.

**PURPOSE:** meaningful daily activities and the independence, income and resources to participate in society.

**COMMUNITY:** relationships and social networks that provide support, friendship, love and hope.

### What is Peer Support?

Peer support services are delivered by individuals who have common life experiences with the people they are serving. People with mental and/or substance use disorders have a unique capacity to help each other based on a shared and deep understanding of experiences. In self-help and mutual support, people offer this support, strength, and hope to their peers, which allows for personal growth, wellness promotion, and recovery. [SAMHSA\* definition].

### Who is a Certified Peer Support Provider?

Elevate's Peer Support Providers are people with lived experiences who serves as a role model for healthy behaviors and lifestyle in order to maintain a drug-free and healthy well-being. They are certified through completion of a 40-hour training program and must pass a WI State Exam. Certification is a requirement of Peer Support Providers at Elevate Inc.

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### What do we do for our Peers?

When helping someone who wants to be drug-free, we support their choices on their personal journey. There is no right way to find Recovery, so we offer the person examples of what Recovery can look like. In addition, we:

- See the individual who has an addiction or mental illness as a person, not their illness
- Recognize the strengths that can help them in Recovery
- Listen and provide them kindness, care and friendship
- Talk to them about our common experiences.
- Motivate through hope, inspiration and recognition of their successes
- Discuss where they want to be in the future and help plan steps on how to get there
- Help identify their role in their own Recovery, in their family and in the community
- Share knowledge of local, regional, state and national resources

### What is the Role of Peer Support in a Hospital-Based Setting?

Peer Support Providers listen and talk to patients who arrive with medical complications due to substance abuse. We let the patient lead the conversation and offer choices in what to do next. We encourage the patient to maintain a peer relationship with us so we can link them to recovery resources and provide on-going support. We may also talk to friends or family who arrive at the hospital and have questions.

This free service is possible with the financial support from WI Voices for Recovery, ED2Recovery grant initiative. It is our hope future donations and community funding will sustain this important program and the staff who do this valuable work. Thank you.

\*SAMHSA: Substance Abuse Mental Health Services Administration, Federal Department of Health & Human services [[www.samhsa.gov](http://www.samhsa.gov)]. Offers information on addiction, mental illness, resources and links to treatment locations.