

Chesapeake Integrated Behavioral Healthcare (CIBH)
Peer Recovery Services
Frequently Asked Questions

What is Peer Recovery Services (PRS)?

Peer Recovery Services is one-on-one meetings with a Peer Recovery Specialist. A Peer Recovery Specialist (PRS) is someone who has lived experience with mental health and/or substance use and is using their lived/living experiences with recovery to help others by meeting people where they're at and promoting wellness and resiliency.

What does a Peer Recovery Specialist do?

Peer Recovery Specialists work with others as *equals*. They use their own lived experiences to:

- Support you in speaking up and, through self-advocacy, becoming an active partner in your treatment
- Encourage you to develop better community involvement to gain a sense of inclusion
- Assist you to create a Wellness Plan to reduce or relieve stressful feelings and/or behaviors
- Explore new life roles that lead to a greater sense of meaning and purpose
- Promote person-centered language so your illness doesn't define who you are — you are more than your diagnosis!

How can I get Peer Support?

Peer Recovery Services is a *voluntary* service. If you are interested in peer support, your therapist, doctor, or case manager can make a referral on your behalf. Peer Recovery Services is also a standalone service, so you can be referred directly to it from Same Day Access.

What happens once I have been accepted into Peer Recovery Services?

If you are referred to Peer Recovery Services from Same Day Access, the intake clinician will schedule an initial appointment with a Peer Recovery Specialist. If you request Peer Recovery Services while in another program at CIBH, your provider of that program can complete a referral for you. You will then be contacted by a member of the Peer Recovery Services team who will schedule your first Peer Services appointment with you.

What can I expect during the start of Peer Recovery Services?

During the first 30 days of services, you will have three appointments. During your *first* initial appointment, which can be held either in-person, virtually, or via phone, your assigned peer supporter will introduce themselves, briefly review your demographic information in your chart and then take time to get to know you as well as for you to get to know them. During the *second* appointment, you will complete a brief questionnaire with your peer supporter about areas of wellness you'd like to work on. During the *third* appointment, you will complete a Recovery, Resiliency, and Wellness Plan (RRWP) with your peer supporter to set recovery goals you'd like to work on while in services.

After these first three initial appointments, you can expect to meet with your peer supporter 2x monthly – or more often, at your request.

How are Peer Recovery Services appointments held?

You can attend Peer Recovery Service Appointments in person at our office location (224 Great Bridge Blvd.), out in the community (either at your home or another identified community location), or virtually.

Is there a fee for this service?

Peer Recovery Services is a Medicaid reimbursable service. Individuals who are self-pay (residing in Chesapeake) or covered by commercial insurance are encouraged to speak with a CIBH Reimbursement Clerk to discuss fees for services provided by a Peer Recovery Specialist.