

What is a Peer Support Specialist?

Peer Support Specialists help support your mental and behavioral health

A **Peer Support Specialist (PSS)** provides support to another person who shares a similar life experience. The Peer Support Specialist and their client may both share the experience of living with addiction. The PSS and their client may both share the experience of living with a mental health condition. A PSS and their client may both share the experience of having family members who live with mental health conditions.

Peer Support Specialists are trained and certified through the Oregon Health Authority's Traditional Health Worker (THW) certification. Peer Support Specialists work in a variety of settings.

Peer Support Specialists walk beside you during your journey. They listen to you. They offer context for your unique recovery experience. Peer support involves listening, mutual learning, respect, and hope.

You can get peer support in many ways. You may get support through telephone calls, group get-togethers, or online platforms. You may also get help through training or one-to-one support. Trillium members can have access to Peer Support Specialists at no cost.

There are four types of Peer Support Specialists:

- **Peer Adult Mental Health Specialist:** A person with lived experience of a mental health condition. They provide support to other people with similar experiences.
- **Youth Support Specialist:** A person who is 30 years old or younger. They may have lived experience with foster care or juvenile justice systems. They may have been unhoused, have learning disabilities, or faced barriers to education. They may have addiction or mental health conditions. Youth Support Specialists help youth by providing youth-to-youth peer support.
- **Family Support Specialist:** A person who has lived experience parenting a child who may have faced challenges such as living in foster care or being unhoused. They may have cared for children with learning disabilities, addiction, or mental health conditions. Family Support Specialists help parents and families who have children with complex needs.
- **Peer Adult Addiction Specialist:** A person with lived experience in recovery from an addiction disorder. They meet the abstinence requirements for recovering staff in alcohol, drug, or gambling programs. They support people who want to recover from addiction.

Questions?

Email
THW@TrilliumCHP.com
or call
877-600-5472



How does a Peer Support Specialist help me?

Peer Support Specialists know what it's like to recover from mental health, substance use, or other complex challenges.

Peer Adult Addiction Specialists or Peer Adult Mental Health Specialists can help by:

- Offering hope, resilience, and tools
- Providing connection
- Identifying strengths, needs, and supports
- Connecting you to resources and services
- Helping you learn life skills
- Sharing information about behavioral health issues
- Helping you develop a support network

Family Support Specialists can help by:

- Bringing families into a safe, supportive community
- Helping parents navigate the system
- Sharing information on raising a child with mental health disorders
- Connecting you to resources for housing, food, transportation, and more

How can I find a Peer Support Specialist?

If you need help finding a Peer Support Specialist in your area, call Trillium's THW Liaisons at 877-600-5472 (TTY: 711) or email us at THW@TrilliumCHP.com

English

You can get this communication in other languages, large print, Braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 1-877-600-5472 or TTY 711. We accept relay calls. -You can get help from a certified and qualified health care interpreter.

Spanish

Puede obtener esta información en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Llame al servicio de atención al cliente 1-877-600-5472 o TTY 711. Aceptamos todas las llamadas de retransmisión. -Usted puede obtener ayuda de un intérprete certificado y calificado en atención de salud.

Russian

Вы можете получить это документ на другом языке, напечатанное крупным шрифтом, шрифтом Брайля или в предпочитаемом вами формате. Вы также можете запросить услуги переводчика. Эта помощь предоставляется бесплатно. Звоните по тел. 1-877-600-5472 или TTY 711 Мы принимаем звонки по линии трансляционной связи. -Вы можете получить помощь от аккредитованного и квалифицированного медицинского переводчика.

Vietnamese

Quý vị có thể nhận thông tin liên lạc này bằng các ngôn ngữ khác, theo định dạng chữ in lớn, chữ nổi Braille hoặc một định dạng khác theo ý muốn. Quý vị cũng có thể yêu cầu được thông dịch viên hỗ trợ. Sự trợ giúp này là miễn phí. Gọi 1-877-600-5472 hoặc TTY (Đường dây Dành cho Người Khiếm thính hoặc Khuyết tật về Phát âm) TTY 711 Chúng tôi chấp nhận các cuộc gọi chuyển tiếp. -Quý vị có thể nhận được sự giúp đỡ từ một thông dịch viên có chứng nhận và đủ tiêu chuẩn chuyên về chăm sóc sức khỏe.

Arabic

يمكنكم الحصول على هذه الرسالة بلغات أخرى، أو مطبوعة بخط كبير، أو مطبوعة على طريقة برايل أو حسب الصيغة المفضلة لديكم. كما يمكنكم طلب مترجم شفهي. إن هذه المساعدة مجانية. اتصلو على 1-877-600-5472 أو المبرقة الكاتبة 711. نستقبل المكالمات المحولة. -يمكنكم الحصول على المساعدة من مترجم معتمد ومؤهل في مجال الرعاية الصحية.

Somali

Waxaad heli kartaa wada xidhiidhka oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee Braille ama qaabka aad doorbidayso. Waxaad sidoo kale codsan kartaa turjubaan. Taageeradani waa lacag la'aan. Wac 1-877-600-5472 ama TTY 711. Waa aqbalnaa wicitaanada gudbinta. -Waxaad caawimaad ka heli kartaa turjubaanka daryeelka caafimaadka oo xirfad leh isla markaana la aqoonsan yahay.

Simplified Chinese

您可获取本文件的其他语言版、大字版、盲文版或您偏好的格式版本。您还可要求提供口译员服务。本帮助免费。致电1-877-600-5472 或TTY 711。我们会接听所有的转接来电 -您可以从经过认证且合格的医疗口语翻译人员那里获得帮助。

Traditional Chinese

您可獲得本文件的其他語言版本、大字版、盲文版或您偏好的格式。您也可申請口譯員。以上協助均為免費。請致電1-877-600-5472 或聽障專線 711。我們接受所有傳譯電話。-您可透過經認證的合格醫療保健口譯員取得協助。

Korean

다른 언어, 큰 활자, 점자 또는 선호하는 형식으로 의사소통을 할 수 있습니다. 통역사를 요청하실 수도 있습니다. 무료 지원해 드립니다. 1-877-600-5472 또는 TTY 711에 전화하십시오. 저희는 중계 전화를 받습니다.

-공인 및 자격을 갖춘 의료서비스 전문 통역사의 도움을 받으실 수 있습니다.

Chuukese

En mi tongeni angei ei kakapas fengen non pwan ew fosun fenu, mese watte mak, Braille ika pwan ew format ke mwochen. En mi tongeni pwan tingor emon chon chiaku Ei aninis ese fokkun pwan kamo. Kokori 1-877-600-5472 ika TTY 711. Kich mi etiwa ekkewe keken relay. -En mi tongeni kopwe angei aninis seni emon mi certified ika qualified ren chon chiaku ren health care.

Ukrainian

Ви можете отримати цей довідник іншими мовами, крупним шрифтом, шрифтом Брайля або у форматі, якому ви надаєте перевагу. Ви також можете попросити надати послуги перекладача. Ця допомога є безкоштовною. Дзвоніть по номеру телефону 1-877-600-5472 або телетайпу TTY 711. Ми приймаємо всі дзвінки, які на нас переводять.|-Ви можете отримати допомогу від сертифікованого та кваліфікованого медичного перекладача.

Farsi

می‌توانید این نامه را به زبان‌های دیگر، درشت‌خط، بریل یا قالب ترجیحی دیگری دریافت کنید. می‌توانید مترجم شفاهی نیز درخواست کنید. این کمک رایگان است. با 5472- تماس بگیرید. تماس‌های رله را می‌پذیریم.|-می‌توانید از یک TTY 711 1-877-600 یا مترجم شفاهی دارای گواهی و باکفایت در زمینه بهداشت و

Swahili

Unaweza kupata mawasiliano haya kwa lugha zingine, kwa herufi kubwa, kwa lugha ya maandishi kwa vipofu au namna yeyote unayopendelea. Unaweza pia kuomba mkalimani. Msaada huu ni wa bure. Piga 1-877-600-5472 au TTY 711. Tunakubali simu za kupitisha ujumbe. -Unaweza pata usaidizi kutoka kwa mkalimani wa huduma ya afya aliyeidhinishwa na aliyehitimu.

Burmese

ဤစာကို အချဆားဘာသာစကားမ်း၊ ပံ့ပိုးပွားလုံးဟုကီး၊ မ်ကျမင်းအကြက
ဘေးရးလ သို့မဟုတ် သင့်မိုးစက္ကညံ ပံ့ပိုးပွားလုံး ရယူနိုင်ပါသည်။ သင့်
သည စကားပြောနည်းလည်း တောင်းဆိုနိုင်ပါသည်။ ဤအကူအညီသည်
အခမဲ့ဖြစ်ပါသည်။ 1-877-600-5472 သို့မဟုတ် 711 ကို ဖုန်းဆက်ပါ။ ထ
ပွင့်ခေတ္တဆုံးမီးကို ကြည့်ရှုပါ။ လက်ပါသည်။ - သင့်ည သင့်နားဆ
ငုံးလက္ခဏာပေး အရည်ခင်းပြည့် ကန့်မာရေး စောင့်ရှောက်
မီး စကားပြောနည်းလည်း အကူအညီရယူနိုင်ပါသည်။

Amharic

ይህንን ተግባር በሌሎች ቋንቋዎች፣ በትልቅ ህትመት፣ በብሬይል ወይም እርስ በሚመርጡት
መልኩ ማግኘት ይቻላል። በተጨማሪም አስተርጓሚ መጠየቅም ይቻላል። ይህ ድጋፍ
የሚሰጠው በነጻ ነው። ወደ 1-877-600-5472 ወይም TTY 711 ይደውሉ። የሪሌይ ፕሪዎችን
እንቀበላለን። - ፍቃድ ካለው እና ብቃት ካለው የጤና እንክብካቤ አስተርጓሚ ድጋፍ ማግኘት
ይቻላል።

Romanian

Puteți obține această comunicare în alte limbi, scrisă cu caractere
mari, în Braille sau în formatul preferat. De asemenea, puteți
solicita un interpret. Aceste servicii de asistență sunt gratuite.
Sunați la 1-877-600-5472. sau TTY 711. Acceptăm apeluri adaptate
persoanelor surdomute. -Puteți obține ajutor din partea unui
interpret autorizat și calificat pentru domeniul medical.