

A Peer Support Specialist Also Can Help You:

- Connect with community resources
- Find traditional and non-traditional services
- Work with your providers to develop treatment and discharge plans
- Access education, tools, and feedback to support your recovery
- Transition from a hospital stay to home
- Take part in aftercare following other programs, such as a Partial Hospitalization Program (PHP), residential care, or detox

How to Request a Peer:

If you are a member or provider, call 877-552-8247, or visit www.ctbhp.com. Hearing-impaired individuals, dial 711 Relay Services.

Behavioral Health. It's all we do.

Beacon Health Options is the country's leading behavioral health management company. Serving 40 million people across the U.S., we deliver tailored, holistic services to help solve mental health and substance use disorder challenges for members and their families. Through our clinical innovation and broad network access, we help people live their lives to the fullest potential.

The CT BHP is a behavioral health service system developed to improve the quality of, and access to, services for the individuals and families enrolled in the state's HUSKY Health Plan. For more information, visit ctbhp.com or contact customer service at 1-877-552-8247. Hearing impaired members, dial 711 Relay Services.

Contact us

 **1-877-552-8247**

 www.ctbhp.com



Peer Support Services

What is a Peer?

A Peer has “lived experience.” He or she has had a mental health and/or substance use disorder or cared for a family member who has. Because of this, a peer can teach, offer support, and help you work with the health care system. Peers help and do not judge. They provide hope that recovery is possible.

The Connecticut Behavioral Health Partnership (CT BHP) employs Peer Support Specialists to help HUSKY Health members and their families.

Your Wellness and Recovery

A behavioral health condition affects many areas of your life. CT BHP Peers can empower you to be more effective addressing issues such as:

- Getting more satisfaction from your relationships with family and friends
- Finding community and social supports so you feel less isolated
- Advocating for your own care when receiving behavioral health services

Peer Qualifications

In addition to “lived experience,” peers have one or more of the following:

- Certification as a Recovery Support Specialist through Advocacy Unlimited (AU)
- Completion of Recovery Coach Academy through the Connecticut Community for Addiction Recovery (CCAR)
- Training in Wellness Recovery Action Plan (WRAP®)
- Training in Mental Health First Aid

Could a Peer Support Specialist help you or your family member?

- Are you getting effective care for your family member’s mental health or substance use disorder?
- Do you need help getting your point across to providers and other partners in your recovery?
- Are you confused about finding services?
- Do you have questions about your benefits?
- Do you feel that no one understands what you are going through?

“It’s so nice to have someone who’s been there and understands the challenges I face.”

—CT BHP Member

