

Resources

988 Support Right Now provides free, private and confidential support 24/7 by phone, text or chat. If you are overwhelmed by life or emotions and you don't know where to turn, 988 is here to listen and help you get private one-on-one support from a caring, understanding and non-judgemental person to help you through the moment. No matter the circumstances, don't wait to get help. Call or text 988, or chat online at 988lifeline.org/chat.

Dose of Reality provides free education and assistance with obtaining free nasal spray naloxone kits that can be shipped to you. Save A Life. Get Naloxone and Always Carry it With You. Get It. Carry It. Use It. Learn more at doseofreality.com

PHS Community Health – Polysubstance Use provides educational information on polysubstance abuse, risk reduction, as well as how to prevent and respond to a potential overdose. Learn more at pres.support/polysubstance-ENG

**"Everyone can recover. It is possible.
And we all deserve the opportunity."**

**"We are all worthy of love
from self and others."**

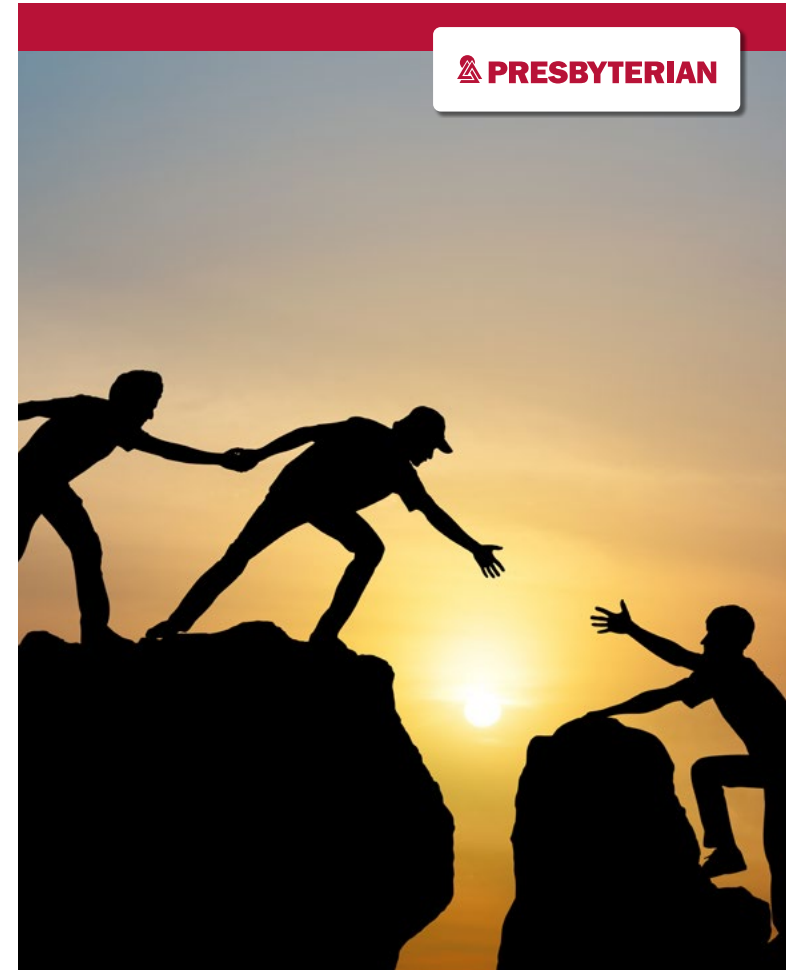
"If you're breathing, there is hope."

**"Everyone has a story. Everyone has value
and the capacity to learn, grow and adjust."**

**"Every day we aspire to
help one person at a time."**

Peer Support Specialist Program

 **PRESBYTERIAN**



 **PRESBYTERIAN**
Community Health

phs.org/community

Our SBIRT Program

Our Screening, Brief Intervention, and Referral to Treatment (SBIRT) program helps to connect our patients who may have substance use concerns and who come to our hospital system through one of our emergency departments with a member of our Peer team.

When meeting with patients, our Peers provide:

- Compassionate and non-judgemental support
- Community-based educational resources
- Linkage to recovery and treatment services
- Outreach and follow-up calls – especially after an emergency room visit
- Information on overdose prevention and harm reduction resources

Our team remains committed to working with our patients to create safe spaces to have honest conversations that help them improve their quality of life.



The Role of Peer Support Specialists

Peer Support Specialists (Peers) are important members of our care teams – especially within our healthcare system's emergency departments.

Peers provide trauma-informed recovery coaching and support to patients struggling with mental health and substance use concerns.

The important work that they do every day is based on shared lived experience with our patients – a deep, personal knowledge of what it is like to face what often seems like an impossible road to recovery.

Our Commitment to our Patients and Communities

At Presbyterian, we believe that it is our job to provide safe, compassionate care to all our patients.

Here in New Mexico, we know that substance use disorder, substance abuse, risk of overdose, and other behavioral health conditions are of enormous concern to our communities.

We also know that far too many of our patients that seek help face stigma, adversity, and other barriers to care.

Helping our communities means that we must rethink what care and access to recovery services looks like. **That is why we created the Peer Support Specialist program.**

