

## What do you want from me?

The easy answer is time, and the opportunity to offer you some hope. We just want the chance to talk to you and see if there is anything we can do to assist you in getting through this. In our journey to wellness and recovery, we have experienced the system and can answer some of the questions that you might have, like:

- Where can I get Narcan and does it work?
- Is it easy to use?
- Will I get in trouble asking for it or if I use it to help someone?
- What is “MAT” and does it work?

Peers can assist in answering these questions and many more. More importantly, we **want** to assist you any way we can to improve your quality of life in the safest and healthiest way possible.



## Community Health Workers

### What's the benefit?

Having access to healthy foods, stable housing, transportation, affordable utilities, and safe environments is important in helping you stay healthy. A community health worker can connect you to services that assist you with these needs.

## Peer Support Specialists

### What's the benefit?

You get to talk to someone who:

- Has experienced substance abuse and/or mental health issues
- Is non-judgmental and supportive of your recovery
- Is willing to advocate with you so you can have a better tomorrow

***The information you provide is always confidential.***

 **PRESBYTERIAN**

[www.phs.org](http://www.phs.org)

## Community and Clinical Linkages

For a more supportive today and tomorrow



 **PRESBYTERIAN**

A Partnership Between  
Peer Support Specialists and  
Community Health Workers

# The Peer Opioid Project

Presbyterian Community Health is happy to introduce a new and innovative way to assist our community: "The Peer Opioid Project."

This project will be located in the Emergency Department (ED) to serve those individuals that come into the ED with an opioid overdose or a substance-related episode.

The Peer Support Specialist and the Community Health Worker will work in partnership to assist the individual in identifying those areas of their lives that are most problematic.

We will also assist in finding appropriate substance use treatment or harm reduction programs that will meet the needs of the individual.

**Ask your ER staff if they have a Peer Support Specialist or a Community Health Worker you can speak with.**

## Peer Support Specialists

Hello. I am a Peer Specialist and part of a program to support your recovery. I was wondering if we could talk?

### Who is a Peer Support Specialist?

We are individuals with lived experiences, which means that at one time or another we have been diagnosed with a substance use and or mental health disorder. Our role here at Presbyterian is to listen without judgment and to respect the person that you are. Peer Specialists can serve many roles. We can be role models, coaches, guides or teachers, and even mentors.

### You may be thinking, "But you don't know me!" And you're right. We don't.

But we are willing to bet that even though everyone's journey is unique, we believe that the feelings of fear, remorse, anger, loneliness, confusion and hopelessness are very real. Peers are familiar with these feelings because we have felt them ourselves. We have also heard the negative comments about being an addict, and we believed these things about ourselves. If you can relate to any of this at all, or even if you don't. **Let's talk!**

## Community Health Workers

Hello. I am a Community Health Worker and am part of a program that connects you to community resources. I was wondering if we could talk?

### Who is a Community Health Worker?

A Community Health Worker works as a "link" between health and social services and the community to ease access to services and improve overall health.

### About the program

Our program asks you questions that address five different health-related social needs:

1. Food
2. Housing
3. Transportation
4. Utilities
5. Personal Safety

By your answers to the questions, I can create a list of resources that you can connect with to receive assistance. Many of the services are free or low cost.

If there is anything else you need or have questions about, you can always contact me, and I will be happy to help you.