



# Peer Recovery Services

## What is Recovery?

Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.

**Peer Recovery Services** facilitates recovery from both serious mental health conditions and substance use disorders. Peer Recovery Services is a voluntary, evidenced-based model of care which consists of a qualified Peer Recovery Specialist who assists individuals with their recovery.

## Certified Peer Recovery Specialists

A Certified Peer Recovery Specialist (CPRS) is a self-identified person with lived experience with a mental health condition and/or substance use disorder who is in successful and ongoing recovery from mental health and/or substance use disorders.

## Services include:

- Assisting in creating a person-driven wellness plan
- Coaching and inspiring to overcome obstacles
- Connecting to peer support groups (AA, NAMI, Etc.)
- Encouraging strengths and gifts
- Facilitating change
- Instilling hope
- Providing emotional support

## Testimonial

“My Peer Recovery Specialist made sure I had her number and was available if I needed/wanted to talk which was very helpful because I didn't have much support in the first few months, I was sober. I really appreciated having Faith's (Peer Recovery Specialist) support. She was someone I could look up to. I was also referred to the MAT clinic. Since being on Suboxone and attending groups along with many NA meetings, I have a positive outlook on life today. I don't have to use to get through hard times. I've been clean and have Faith I'll stay clean because of the help and support from CBH as well as my support system. #It Works If You Work It”

For more information, contact:

**Colonial Behavioral Health**

1657 Merrimac Trail

Williamsburg, VA 23185

**757-220-3200**

To learn more about CBH's **Peer Support Services** or the **Peer Recovery Specialist Certification Initiative** and how to become a Certified Peer Recovery Specialist please contact CBH at **757-220-3200**.

Services are provided on a fee-for-service basis, and we accept most insurance plans and HMOs. Individuals without insurance coverage are charged according to ability to pay, based on income and dependents.