

Community Oriented Recovery and Empowerment (CORE) Peer Support Refresher Training One-Page Reference Sheet

[Click here to view the pre-recorded training on CORE Empowerment Services - Peer Support](#)

Empowerment Services - Peer Support are non-clinical, peer-delivered services with focus on rehabilitation, recovery, and resilience. They are designed to promote skills for coping with and managing behavioral health symptoms while facilitating the utilization of natural supports and community resources.

Summary of Key Points

Components of Peer Support

- ❖ The work you are doing with the person should fall into the six components of Peer Support: Person-Centered Assessment, Recovery Planning, Documentation, and Collaboration, Advocacy Support, Activation and Engagement in Recovery, Community Participation, Transitional Support, Pre-Crisis and Crisis Support.
- ❖ Peer Support is not a companionship service, meaning the Peer Specialist does not serve as a friend or personal care worker. Instead, their role is to provide support as outlined in the six components. These components are used to support attainment of person-centered recovery goals and valued life roles.

Developing the Initial Individualized Service Plan (ISP)

- ❖ CORE Peer Support identifies person-centered planning as an important tool for engagement, empowerment, and recovery.
- ❖ Information obtained during CORE Services Intake and Evaluation Process (I&E) is utilized to develop the initial ISP. Motivational Interviewing is a helpful tool to engage an individual in these conversations.
 - What questions are in your agency's CORE Services Intake and Evaluation (I&E) Process that could be asked to explore an individual's strengths, challenges or barriers, and their goals for recovery?

Setting Goals, Objectives, Interventions

- ❖ CORE Peer Support objectives should be specific and measurable. Consider what small steps the individual will do or accomplish in support of their goal. Some objectives could be addressed with CORE PSR services, but the main difference here is the support the Peer Specialist can give through the lens of their lived experience.
- ❖ Some objectives may not be met at the next ISP review, and that's okay. Goals and objectives should be updated to reflect what the person feels is important and meet them where they are at. Recovery is a journey and not linear!
- ❖ To create interventions, think about how the Peer Specialist will support the individual to reach their goals and objectives.

Service Frequency & Duration

- ❖ There is a wide range of time staff can spend with an individual, and this is intentional so that the time spent on Peer Support fits the person's needs and preferences.
- ❖ Time spent on a Peer Support service should be directly related to the individuals' goals and objectives to make reasonable progress.

The [CORE Operations Manual](#) outlines Peer Support requirements and recommended best practices.