



**THRIVE**  
PEER RECOVERY SERVICES

# Peer Support Across the Continuum of Care

Theoretical Framework for Support and Best  
Practices for Clinician Engagement



**Justin Larson, CDCA, PRS -S**

Justin Larson is the Director of Health Systems for Thrive Peer Support. Justin holds a Chemical Dependency Counselor Assistant certification as well as his Peer Recovery Supporter Supervisor certification. He is responsible for the supervision of multiple teams of Peers Supporters in the Emergency Department and inpatient settings throughout the state of Ohio. Before his work with Thrive, Justin worked in Case Management and group facilitation at various treatment centers. Identifying as a person in long term recovery after 17 years of alcohol and drug use, Justin became a Certified Peer Supporter in 2018 and has delivered services in a wide variety of settings ranging from the community to hospitals. He will soon celebrate 10 years of recovery.





MacKenzie Phillips,  
MPH, PMP

MacKenzie Phillips, Senior Director of Project and Program Management for Thrive Peer Recovery Services, holds her Master of Public Health Degree from University of Arkansas for the Medical Sciences. Her dedication to recovery services stems from her experience with family members and led to a career in peer support. MacKenzie directs programming that embraces all pathways to recovery and enhances access to person-centered services for individuals with substance use disorders. Prior to her current role, MacKenzie led public health research and programming in the field of maternal mental health, focusing on the prevention of infant mortality through early intervention for mothers with perinatal depression. She is passionate about destigmatizing substance use and the role peer support plays in recovery.



# Agenda

- 1 History and Background
- 2 About Peer Support
- 3 Theoretical Frameworks
- 4 Integrating Peer Support Across Theoretical Frameworks
- 5 Best Practices



# About Thrive



## Brief Overview

Thrive Peer Recovery Services provides mental health and substance use services to self-identifying individuals in Ohio. We support people on their journey and enable them to achieve independence and long term recovery. We strive to be the gold standard of evidence-based peer support recovery and comprehensive continuing care.







# Our Mission and Vision

Our mission is to provide **community** , support long-term **recovery** , renew **life** and restore **hope** . Our vision is to connect individuals struggling with mental health and substance use disorders to peer recovery support services that will empower them throughout their journey by embracing all pathways to recovery that foster trusting relationships, community engagement, and personal growth.







# What is Peer Support?

A peer support worker is someone with the lived experience of recovery from a mental health condition, substance use disorder, or both. They provide support to others experiencing similar challenges.



- **Inspire hope** that people can and do recover
- **Walk with people** on their recovery journeys
- **Dispel myths** about what it means to have a mental health condition or substance use disorder
- **Provide self -help** education and link people to tools and resources
- **Support people** in identifying their goals, hopes, and dreams, and creating a roadmap for getting there



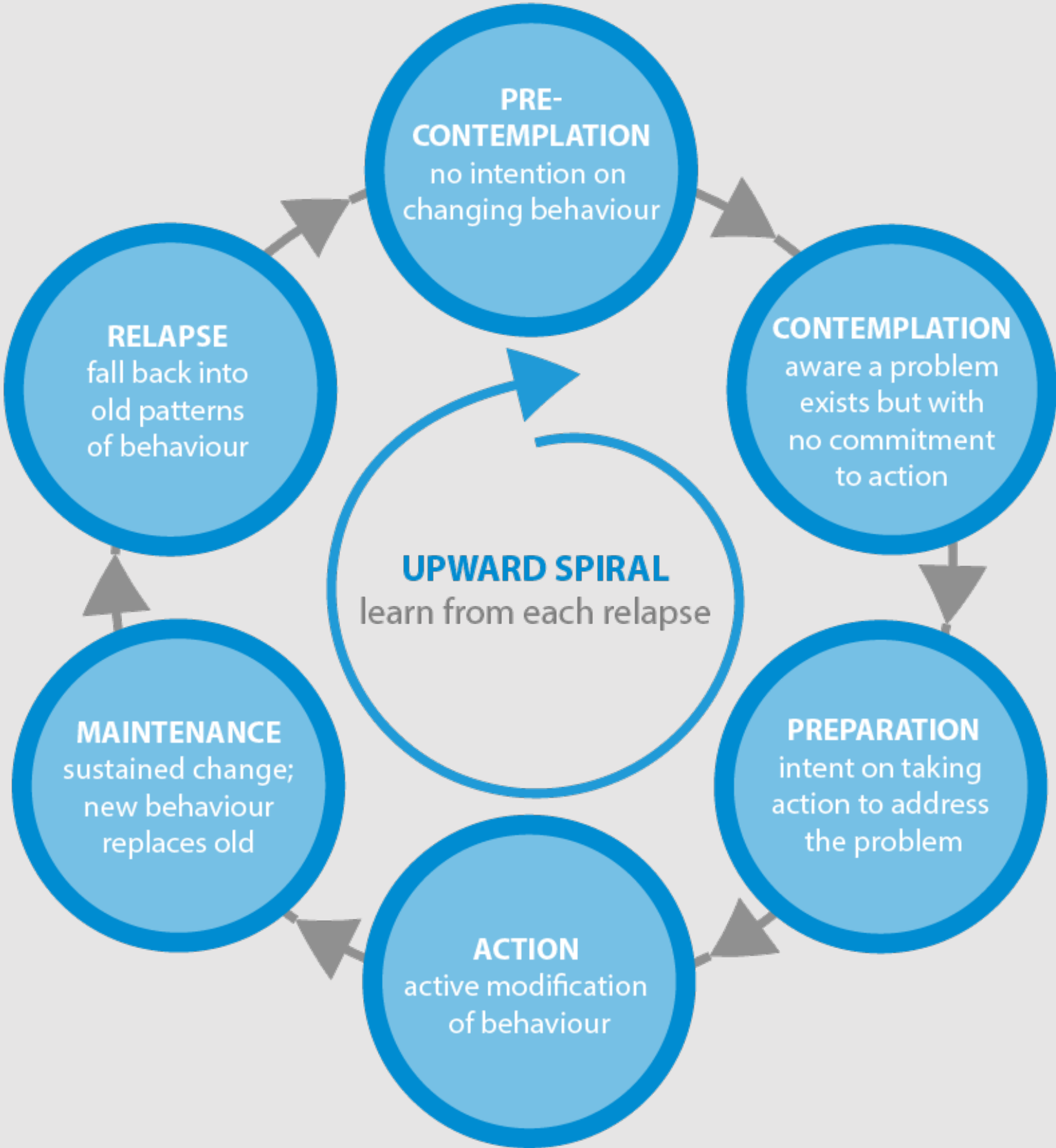
# What are the key aspects of successful peer support?



There's no single ingredient that is required or that guarantees success, but frequent components of successful peer support programs include:

- Maintain frequent contact (long-term and ongoing support).
- Be able to develop and maintain linkages with health systems and primary care providers.
- Be able to encourage regular care, healthy eating, physical activity and medicine adherence; share experiences and advice for those activities; and assist in completing those activities.
- Be sensitive to individual, social and cultural characteristics of the patient.
- Be considerate of individual rights, privacy, and the limits on the role of the peer supporter.
- Assist in developing problem-solving, decision-making, and coping skills.

# STAGES OF CHANGE

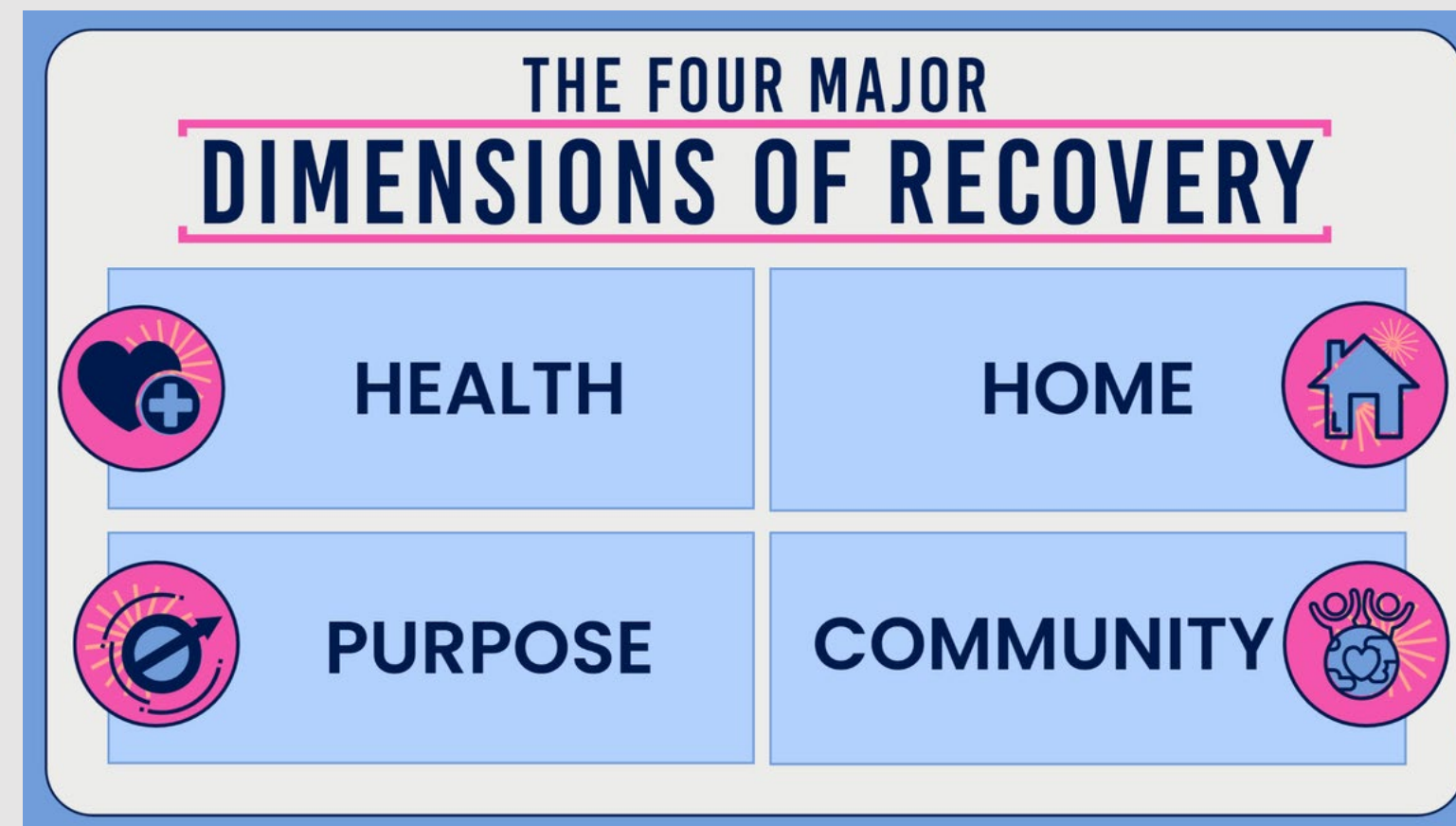
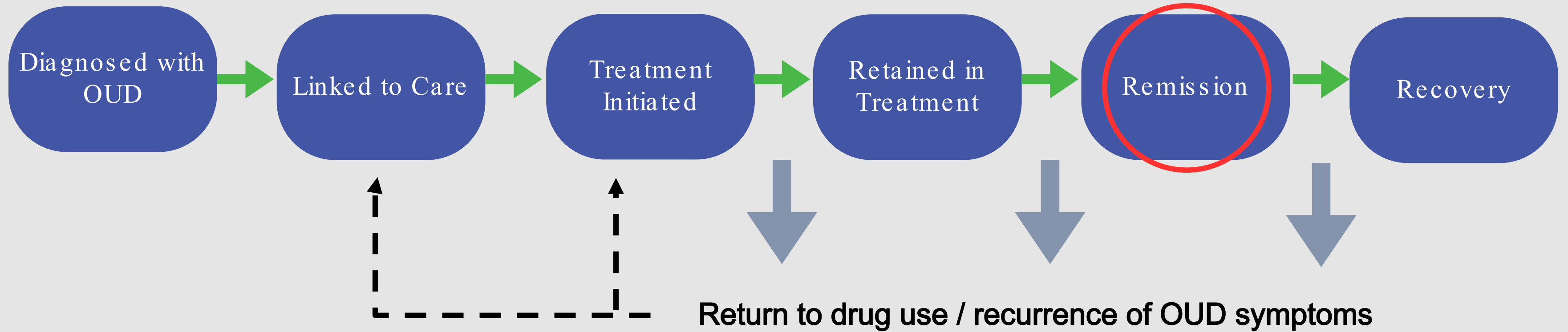




The continuum of care in addiction treatment describes a system in which individuals enter treatment at a level appropriate to their needs. As monitoring progresses, they step up to more intense treatment or down to less intense treatment as needed.

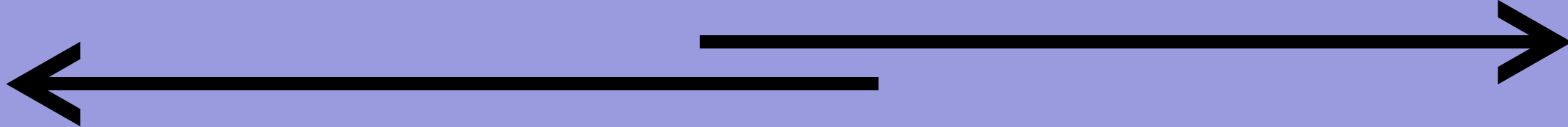
## The ASAM Continuum of Care







# WHERE DOES PEER SUPPORT FIT IN?

Theoretical Framework					
<b>Stages of Change</b>	Pre Contemplation	Contemplation	Preparation	Action	Maintenance
<b>OUD Cascade of Care</b>	Diagnosed	Linked to Care, Treatment Initiated		Retained in Treatment	Remission, Recovery
<b>Continuum of Care</b>	No Tx, Early Intervention	Outpatient Services		IOP, PHP, Residential, Intensive Inpatient	Recovery Housing

- Increased knowledge of behaviors
- Improved recovery capital
- Improved engagement with vulnerable populations
- Higher linkage to MOUD

Theoretical Framework	
Stages of Change	Pre Contemplation
OUD Cascade of Care	Diagnosed
Continuum of Care	No Tx, Early Intervention

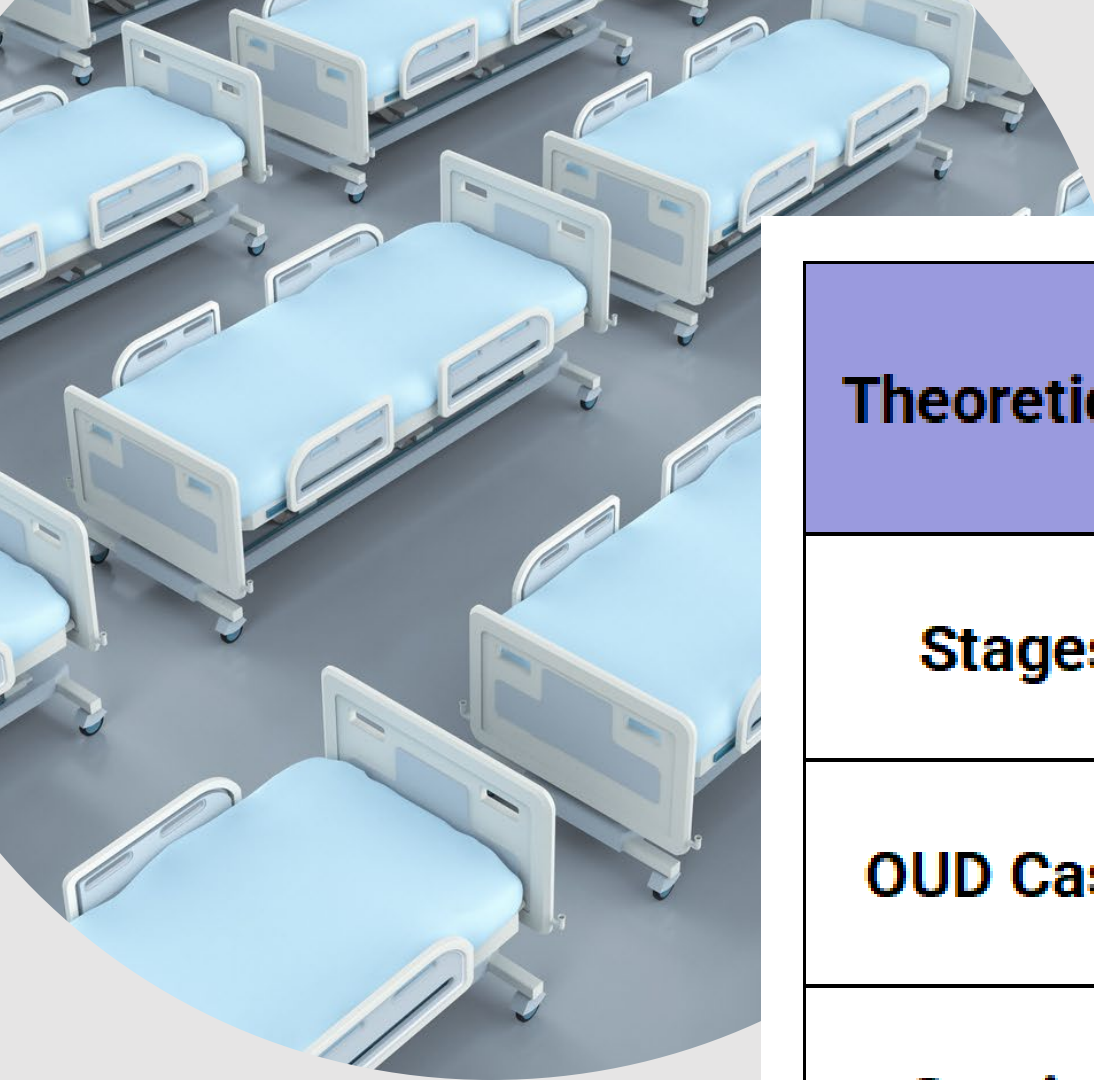




Theoretical Framework		
Stages of Change	Contemplation	Preparation
OUD Cascade of Care	Linked to Care, Treatment Initiated	
Continuum of Care	Outpatient Services	

- Perceived higher positive regard and understanding
- Higher motivation for treatment





<b>Theoretical Framework</b>		
<b>Stages of Change</b>	Action	Maintenance
<b>OOD Cascade of Care</b>	Retained in Treatment	Remission, Recovery
<b>Continuum of Care</b>	IOP, PHP, Residential, Intensive Inpatient	Recovery Housing

- Increased chance of sustained recovery
- Increased level of social functioning
- Longer periods of living in the community without instances of rehospitalization



## Mutual Respect and Recognition

Value the lived experiences and insights of peer supporters, recognizing their unique contributions to the care team.

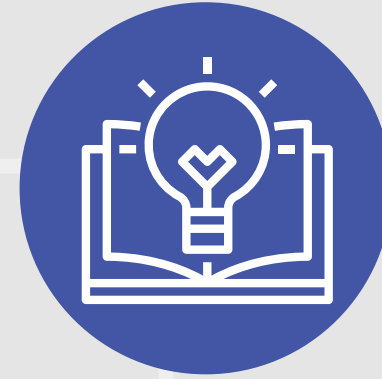
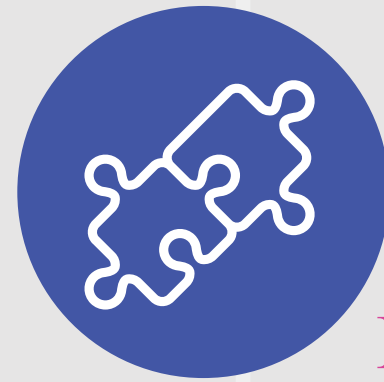
Acknowledge and celebrate the successes and milestones achieved by peer supporters and their clients.

## Integration

Integrate peer supporters into the care team, allowing them to participate in assessments and care planning. Leverage their experience to foster a supportive environment.

## Clear Role Definition

Clearly outline the roles, responsibilities, and boundaries of peer supporters to avoid confusion and ensure a cohesive team dynamic.



TIPS FOR  
CLINICIAN  
ENGAGEMENT

## Ongoing Education

Provide regular training sessions on effective communication. Encourage peer supporters to participate in professional development opportunities relevant to their roles.

## Communication

Establish routine check-ins to discuss client progress, share insights, and address any challenges. Offer consistent supervision to provide guidance on complex cases.

## Peer-Led Interventions

Enhance patient trust and improve treatment outcomes through a collaborative approach to empower peers, reduce stigma, and facilitate better resource efficiency in the recovery process.



# Thank You



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