

About SB&H PSST

- A 64 hour training program
- Participants who successfully complete training receive a state recognized certification as a Peer Support Specialist
- Multiple training locations available throughout Phoenix area and Northern Arizona
- Small class sizes to maximize individualized and personal learning environment

Training Locations

Phoenix
Flagstaff
Payson
Prescott Valley
Bullhead City
Kingman

Visit www.sbhservices.org/hr-trainings
to find an upcoming training in your area



For more information
Please contact

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SEEKING SOLUTIONS, CREATING CHANGE

Proudly Serving Arizona Communities for 40 Years



**Southwest Behavioral &
Health Services**
Peer Support Training



We inspire people to feel better and reach their potential. Through helping people discover their strengths, we improve our communities.

"Because of peer support, I am alive!"

—Melodie, Trainee

"This is where all your life experiences, good and bad, come together and make you a whole relatable person."

—From our trainers



What Peer Support Workers Do

What is Peer Support?



- Peer support encompasses a range of activities between people who share similar experiences of being diagnosed with mental health conditions, substance use disorders, or both.
- This mutuality between a peer support worker and person in or seeking recovery promotes connection and inspires hope.
- Peer support offers a level of acceptance, understanding and validation not found in many other professional relationships (Mead & McNeil, 2006).
- A Peer Support Specialist is a person with significant life-altering experience referred to as lived experience.
- These specialists support individuals with struggles pertaining to mental health, psychological trauma or substance use.
- By sharing their own lived experience and practical guidance, peer support workers help people to develop their own goals, create strategies for self-empowerment, and take concrete steps towards building fulfilling self-determined lives for themselves.



Inspire hope that people can and do recover



Walk with people on their recovery journeys



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



Dispel myths about what it means to have a mental health condition or substance use disorder

