



# GROWING PEER SUPPORT SERVICES IN CONNECTICUT

Promoting Wellness and Recovery

## Peer Support

Peer support is an evidence-based, recovery-oriented, and cost-effective service with proven benefits.

## What is a Certified Peer Support Worker?

A Certified Peer Support Worker (CPSW) is a trained professional with lived experience of mental health challenges and/or addiction who provides 1:1 or group-based support to people facing similar life circumstances. CPSWs work independently, or alongside other professionals, and within a variety of settings.

## Connecticut Adults <sup>i</sup>



1 out of 5 live with mental health challenges  
1 out of 5 live with substance use disorder (SUD)  
1 out of 5 live with serious thoughts of suicide

## CT Youth <sup>i</sup>

11% live with serious thoughts of suicide  
20% live with mental health challenges  
7% live with a substance use disorder

## Connecticut's Unmet Need <sup>i</sup>

24,000 qualified youth didn't access services  
42% of youth who accessed treatment found it to be unhelpful  
80% of adults with SUD did not receive treatment  
18% adults with 14+ days of mental distress can't afford treatment

## Socio Economic Impact

The socioeconomic burden of mental health <sup>ii</sup> and substance use disorders, including alcohol <sup>iii</sup> and opioids <sup>iv</sup>, in CT is estimated to exceed \$9 billion annually in lost productivity and medical costs.

## Peer Support: A Meaningful Alternative

- \$5,495 cost savings per person per year compared to day treatment <sup>v</sup>
- \$5,898 - \$3,421 reduction in per person cost <sup>vi</sup>
- Return of \$2.28 for every \$1 spent on peer support <sup>vii</sup>
- 60% reduction in social security entitlement utilization <sup>viii</sup>

### Increases



self-care and wellness <sup>x</sup>  
social engagement <sup>xi</sup>  
employment <sup>ix</sup>

### Decreases



substance use <sup>x</sup>  
psychotic symptoms <sup>x</sup>  
recidivism <sup>xii</sup>



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vii. Global Evidence for Peer Support: Humanizing Health Care. Report from an International Conference Hosted by Peers for Progress and the National Council of La Raza (2014).

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Advocacy Unlimited, Inc. is the leading nonprofit provider of holistic peer-led recovery resources in the state of Connecticut. Operating for more than 30 years, AU engages with more than 13,000 people annually - specializing in mental health, addiction, and trauma recovery. Learn more at [www.advocacyunlimited.org](http://www.advocacyunlimited.org).