

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Youth Peer Support Specialist

An Evidence-Based Practice

What is Youth Peer Support?

Youth Peer Support is a peer-delivered service for youth and young adults. It is intended to support youth and young adults with serious emotional disturbance/serious mental illness (SED/SMI) through shared activities and help in the form of direct support, sharing information, and building skills.

The goals of Youth Peer Support include supporting youth and young adults by building a strong relationship based on respecting each other and planned self-disclosure to increase hope, confidence, self-advocacy skills, and decision-making skills.

Youth Peer Support Services can be delivered to youth and young adults up to 26 years of age, depending on the individual's developmental and life stage needs.

Youth Peer Support Services are provided by trained Youth Peer Support Specialists, individually or in a group setting. Youth Peer Support Services are typically provided in a home or a community setting.

Youth Peer Support Specialists

In support of the goals in the youth's or young adult's plan of service, Youth Peer Support Specialists promote acceptance and hope by sharing their personal story of lived experience to lessen stigma and strengthen youth voice and ownership in services. Youth Peer Support Services assist and prepare youth and young adults to successfully work through challenges, support chances for youth/young adults to have a voice in planning and decision-making, empower youth/young adults to share wants and needs to those involved in their lives, and support participation in services and daily activities.



Youth Peer Support Specialists in Michigan

Michigan's Youth Peer Support Model is a Statewide Initiative in partnership with the Michigan Department of Health and Human Services that provides Medicaid reimbursable Youth Peer Support to eligible youth as a part of Michigan's Early Periodic Screening Diagnosis and Treatment State Plan.

Individuals who work as Youth Peer Support Specialists are between the ages of 18 and 28. They must have lived experience with mental health services and meet specialized training and certification requirements. Certified Youth Peer Support specialists also must complete an intense training period and pass a test in order to become certified.

To Learn More

Contact a case manager or therapist to learn if youth peer-related services are right for you.