

1 *Forced treatment is coercive, has poorer results, higher costs and drives some consumers away from the MH system compared to voluntary community-based services.*

1. **California Assn. of Mental Health Peer Run Organizations--CAMHPRO** <https://camhpro.org/>

On all Policy Positions: <https://camhpro.org/policy-positions/>

2. **National Coalition for MH Recovery** <https://www.ncmhr.org/>

on Forced Treatment: <https://www.ncmhr.org/forced-treatment.htm>

Citation & Abstracts document: <https://www.ncmhr.org/downloads/Involuntary-Outpatient-Commitment-citations-and-abstracts-April-2014%20NCMHR%20%204-16-2014.pdf>

3. **The Bazelon Center for Mental Health Law** <http://www.bazelon.org/>

On forced treatment and involuntary outpatient commitment. <http://www.bazelon.org/our-work/mental-health-systems/forced-treatment/>

4. **National Empowerment Center** <https://power2u.org/>

Lots of reports and research with abstracts: <https://power2u.org/research-evidence/>

5. **A Randomized Trial of a Mental Health Consumer-Managed Alternative to Civil**

Commitment for Acute Psychiatric Crisis. Greenfield, TK, Stoneking, BC, Humphreys, K, Sundby, E, and Bond, J (2008). *American Journal of Community Psychology* 42 (1/2):135-144.

Retrieved 1.22.20 from <https://onlinelibrary.wiley.com/doi/abs/10.1007/s10464-008-9180-1>

2 *Peer Support is recognized by the U.S. Center for Medicaid & Medicare Services (CMS) as an evidenced based model of care.*¹

1. **National Coalition for MH Recovery** <https://www.ncmhr.org/>

On Peer Support: Why it Works : <http://ncmhr.org/downloads/References-on-why-peer-support-works-4.16.2014.pdf>

2. **Mental Health America** <https://mhanational.org/>

Huge compilation of recent research & reports supporting various Peer Support Services and workforce integration: <https://www.mhanational.org/peer-support-research-and-reports>

3. **Live & Learn, Inc.** <https://www.livelearninc.net/> Laysha Ostrow Ph.D

Huge number of reports and peer-reviewed articles peer support and peer run programs: <https://www.livelearninc.net/dissemination>

¹ <https://downloads.cms.gov/cmsgov/archived-downloads/SMDL/downloads/SMD081507A.pdf>

4. Center On Integrated Health Care & Self-directed Recovery:

<https://www.center4healthandsdc.org/>

Super resource for peers. Check out the Science Showcase, Completed Research and Solutions Suite.

Wellness Recovery Action Plan (WRAP) participants experience significant improvements over time in self-reported depression and anxiety symptoms, recovery, personal confidence, and goal orientation. Article: A Randomized Controlled Trial of Effects of Wellness Recovery Action Planning on Depression, Anxiety, and Recovery (2012). Cook, J. A. et al. *Psychiatric Services* 63 (6): 541-547. Retrieved 1/22/20 at https://www.center4healthandsdc.org/uploads/7/1/1/4/71142589/cook_et_al_2012_effects_of_wrap_on_depression_and_anxiety_appi.ps.pdf

5. Self Help and Recovery Exchange SHARE! <https://shareselfhelp.org/>

On Self-Help Support Groups targeting behavioral health issues. Please reference the link for the list of research sources to all the benefits listed below: <https://shareselfhelp.org/about-share-the-self-help-and-recovery-exchange/research-shows-self-help-works/>

- Cut the re-hospitalization of mental health consumers by 50% (4) (7) (10) (12) (16) (19)
- Reduce the number of days spent in the hospital by one third (4) (10) (19)
- Reduce significantly the amount of medication needed to treat mental illness (4) (6) (19)
- Move large numbers of people out of the system into productive lives (4) (19)
- Empower participants to collaborate with clinical staff resulting in better adherence to medication regimes (12) (16)
- Effects are realized in weeks and sustained for years (4) (6) (16) (19) (22)
- Reduce drug and alcohol abuse (9) (11) (14) (18) (23)
- Reduce demands on clinicians' time (8) (16)
- Increase empowerment (4) (6) (16) (19) (20)
- Provide community support—the suspected reason that people in developing countries recover from schizophrenia at nearly twice the rate that they do in developed countries (16) (24)
- Provide mentoring opportunities that improve the outcomes of both the mentor and the person being mentored (5) (17) (21)
- Reduce criminal behavior (14) (23)
- Increase family resources and reduce family stress (3)
- Increase consumer satisfaction (8) (16)
- Are underutilized by clinicians because of incorrect preconceived ideas about self-help and the lack of professional training on self-help (16) (22)

<https://shareselfhelp.org/about-share-the-self-help-and-recovery-exchange/research-shows-self-help-works/>

6. SAMHSA INFOGRAPHIC with research on benefits

https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tac/peer-support-2017.pdf

Powerpoint pdf:

https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tac/value-of-peers-2017.pdf

③ Peer Respite show statistically significant improvements in healing, empowerment, and satisfaction. Average psychiatric hospital costs were \$1,057 for respite-users compared with \$3,187 for non-users².

A Peer Respite is a voluntary, short-term, overnight program that provides community-based, non-clinical crisis support to help people find new understanding and ways to move forward. It operates 24 hours per day in a homelike environment. They are 100% operated by people with lived experience of psychiatric histories or who have experienced trauma and/or extreme states.

1. Live & Learn, Inc. <https://www.livelearninc.net/> Laysha Ostrow Ph.D

Huge number of Reports and peer-reviewed articles regarding the value of peer support and specific services on <https://www.livelearninc.net/dissemination>

Peer Respites and Research on Peer Respites: <https://www.livelearninc.net/peer-respite>

2. National Empowerment Center <https://power2u.org/>

Evidence for Peer-Run Crisis Alternatives: <https://power2u.org/evidence-for-peer-run-crisis-alternatives/>

3. Mental Health America <https://mhanational.org/>

2019 research on Peer Respites: <https://www.mhanational.org/peer-support-research-and-reports>

④ Individual Placement & Supports (IPS) Supported Employment with Peer Specialists--Research from around the world, finds that overall IPS is more effective than other vocational rehabilitation services at providing competitive employment.

1. Center On Integrated Health Care & Self-directed Recovery:

<https://www.center4healthandsdc.org/>

On PEER Specialists as IPS specialists see <https://www.center4healthandsdc.org/peers-in-se.html>

2. IPS Employment Center <https://ipsworks.org/>

Under library filter by 'research' and upload great Gary Bond (1.5.20) powerpoint on Evidence for IPS for a Summary of Research: <https://ipsworks.org/index.php/library/> Under library filter by 'advocacy tools' or by 'peer specialists'.

Article: Justin D Metcalfe, Robert E Drake, Gary R Bond; Economic, Labor, and Regulatory Moderators of the Effect of Individual Placement and Support Among People With Severe Mental Illness: A Systematic Review and Meta-analysis (2017), *Schizophrenia Bulletin*, , sbx132, <https://doi.org/10.1093/schbul/sbx132>

²Greenfield TK, Stoneking BC, Humphreys K, Sundby E, Bond J. A randomized trial of a mental health consumer-managed alternative to civil commitment for acute psychiatric crisis. *Am J Community Psychol*. 2008;42(1-2):135–144. doi:10.1007/s10464-008-9180-1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2782949/>