

# **The Importance of Lived Experience in MAT Programs**

# What is Lived Experience and MAT



# Lived Experience



- A person's life story and experiences
- First hand experience
- Share knowledge gained from experience
- Offer relatability and provide choices
- Informal

# Peer Support Specialists



- Ability to manage symptoms and make healthy choices that support emotional and physical well-being
- Safe and secure environment
- A sense of purpose via self-directed daily activities that are meaningful, such as jobs, school, creative activities.
- Social engagement, along with community and social networks, and relationships that offer friendship, support, love, and hope.

(SAMHSA, 2015)

- Physical Wellness
- Social Wellness
- Occupational Wellness
- Environmental Wellness.
- Emotional Wellness
- Spiritual Wellness
- Cultural Wellness

Increases Recovery Capital

Springer Link  
 Home > Journal of Clinical Psychology in Medical Settings > Article  
 Published: 13 September 2019  
**Do Peer Recovery Specialists Improve Outcomes for Individuals with Substance Use Disorder in an Integrative Primary Care Setting? A Program Evaluation**

Addictive Behaviors 119 (2021) 106945  
 Contents lists available at ScienceDirect  
**Addictive Behaviors**  
 journal homepage: [www.elsevier.com/locate/addictbeh](http://www.elsevier.com/locate/addictbeh)

Peer-based recovery support services delivered at recovery community organizations: Predictors of improvements in individual recovery capital

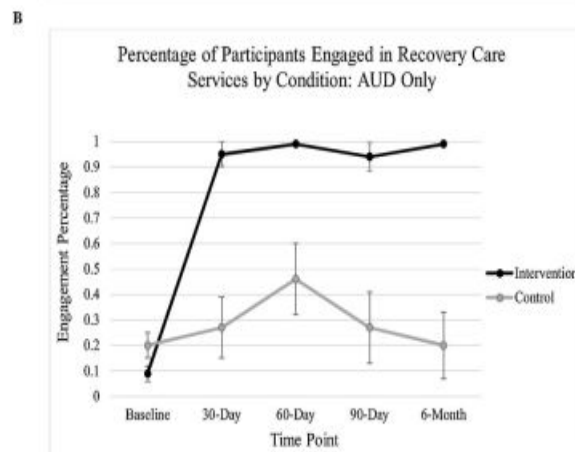
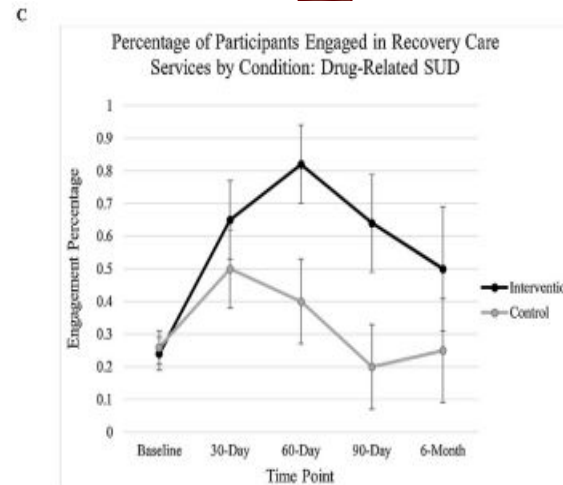
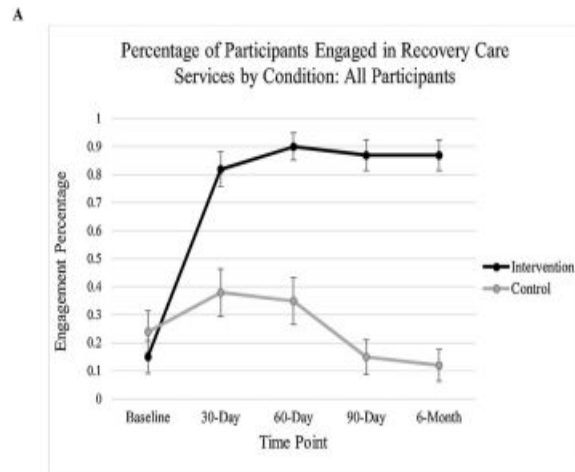
Contents lists available at ScienceDirect  
**American Journal of Emergency Medicine**  
 journal homepage: [www.elsevier.com/locate/ajem](http://www.elsevier.com/locate/ajem)

The impact of an emergency department peer navigator (EDPN) program in improving clinical outcomes and healthcare utilization in an urban setting

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# Increase Treatment Readiness

- Increased Accessibility
- Increased Satisfaction with services
- Increased Retention
- Decreased Stigma
- Decreased Symptoms



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journal homepage: [www.elsevier.com/locate/jsat](http://www.elsevier.com/locate/jsat)



Peer recovery coaches in general medical settings: Changes in utilization, treatment engagement, and opioid use

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# Peer Roles in ER Settings

- Decrease Emergency Room Visits
- Decrease Hospitalizations
- \$88,886 difference in healthcare costs
- Reduce “High Utilizers”

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Peer recovery coaches in general medical settings: Changes in utilization, treatment engagement, and opioid use



 International Journal of  
*Environmental Research  
and Public Health*




*Brief Report*


## Implementation Challenges and Recommendations for Employing Peer Support Workers in Emergency Departments to Support Patients Presenting after an Opioid-Related Overdose

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The impact of an emergency department peer navigator (EDPN) program in improving clinical outcomes and healthcare utilization in an urban setting



# How do Integrated Teams Work Together

- Peer Led Groups
- Individual Sessions
- Linkage to referral sources
- Linkage to community supports
- Role Modeling Life Skills
- Crisis Intervention
- Share Resources
- Engage Natural Supports
- Build a support system/community
- Skill Building
- Level of care transitions
- Healthy Communication
- Psychoeducation



# How do Integrated Teams Work Together



Understanding language  
Practicing/implementing interventions  
Relatability/Commonality  
Encouragement  
Accountability  
Elicit conversation  
Dismantle shame/stigma/power struggle  
Encourage rules and expectations  
Walk alongside  
Hope  
LIVED EXPERIENCE

# State Endorsement and Training

- ❑ Medicaid expanding to include peer services
- ❑ State adopting approved Peer training
- ❑ State certifications
- ❑ Increased peer support training



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# THANK YOU FOR COMING TO OUR TED TALK

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