



### Where can I find a peer recovery coach at MedStar Health?

Peer coaches are available across the health system in many different settings, including in the community, our hospitals, and outpatient centers, such as:

- Emergency departments
- Mother Baby departments
- Behavioral health centers
- Obstetrics women health centers

A peer coach offers a unique insight and a valuable perspective that is different from the traditional clinical approach. Having guidance and support from someone who has “been there” is what many in recovery value the most about peer support services. Peer coaches serve not only as mentors but also as sources of hope and inspiration to people who are beginning their journeys to recovery.



### How can I contact a peer recovery coach?

MedStar Health’s Peer Recovery Coach program is a collaborative partnership between Behavioral Health, Emergency, Mother Baby departments, and Community Health. Please contact the Emergency Department-SBIRT team at each hospital for additional information.



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Please visit [MedStarHealth.org](https://www.MedStarHealth.org) to learn more about our Peer Recovery Coach program.

**It's how we  
treat people.**

 MedStar Health

**Our Peer  
Recovery  
Coach  
program.**

 MedStar Health

## Addressing the substance abuse epidemic

MedStar Health is committed to making a positive impact on the prevalence of substance abuse in the communities we serve. As a component of its mission, MedStar Health has committed to serving not only our patients and those who care for them, but our communities as well.

## What is Screening, Brief Intervention, and Referral to Treatment (SBIRT)?

MedStar Health delivers its Screening, Brief Intervention, and Referral to Treatment (SBIRT) program in all hospital emergency and some Mother/Baby Unit departments as well as large primary care practices, with a focus on identifying and supporting patients with existing substance use disorders.

MedStar Health has peer recovery coaches to help others on the path to recovery from substance abuse. Our peers work hard every day to:

- Provide peer support and motivation to encourage patients who are seeking treatment for alcohol or drug dependency and addiction issues

**Helping patients with needs that extend beyond the hospital doors.**

- Assist in completing referrals to treatment services and developing plans to promote successful linkage to treatment services.

## What is a peer recovery coach?

A peer recovery coach is someone with personal experience in recovery who assists others seeking to initiate or maintain recovery. The coach can serve as a guide and mentor to those who seek or wish to sustain recovery.

## What is a Mother Baby/OB peer recovery coach?

Obstetric (OB) peer recovery coaches work with expectant and new mothers struggling with substance abuse use. Our OB peer recovery coaches have specific training and experience working with expecting and new mothers and are familiar with unique resources in the area for women connected to the coach through OB/GYN services.

## Peer recovery coaches

- **Inspire** hope that people can and do recover
- **Walk** with people on their recovery journeys
- **Dispel myths** about what it means to have a mental health condition or substance abuse use disorder
- **Provide self-help education** and **link** people to tools and resources
- **Support people** in identifying their goals, hopes, and dreams, and creating a road map for getting there

“Our patients seem more willing to engage in an honest conversation about substance abuse when the discussion is with a peer who has lived experience, instead of a healthcare professional who cannot necessarily relate to their lifestyle,” says MedStar Harbor Hospital Emergency Department nurse Cara Miller.

MedStar Health has been recognized by the state of Maryland for our response to the opioid crisis and will continue to play an active role in treatment and prevention for the communities we serve.

