

# Peer Support Services Outcomes

## Integral Care

How do people benefit from peer support services?

We compared outcomes for individuals who did and did not receive peer services.



**Before**

At baseline, individuals in the peer services group had more needs & less developed strengths.



**After**

Peer services group improved more than no peer services group in 4 of 5 areas studied.



### Measures

Adults Needs and Strengths Assessment (ANSA) scores were examined at baseline and at 6-month follow up to measure participant outcomes over time.



### Participants

A total of 479 participants were included: 190 who received peer services and 289 who did not.



### Scoring

Decreases in score indicate improvement. Increases in score indicate diminishing strengths.

Area Studied	Peer Score Difference	No Peer Score Difference
Risk Behaviors (0-24)	+ 0.07	+ 0.18*
Behavioral Health (0-36)	- 7.18**	- 6.81**
Life Functioning (0-45)	- 0.96**	- 0.21
Strengths (0-33)	- 0.81**	- 0.43
Hospitalizations and Crisis Episodes (0-6)	- 0.20*	- 0.01

\* indicates significance at the  $p < .05$  level

\*\* indicates significance at the  $p < .01$  level



### Changes

- Both groups reported more risk behavior at follow up.
- Both groups improved most on the behavioral health domain.
- Changes were significant (reliable) for 4 of 5 domains for peer services group.

See final report for additional details, including limitations.

Peterson, H. L., Kuhn, W., Parkin, S., and Stevens Manser, S. (2019). Peer Services and Individual Outcomes: Integral Care, Austin, TX. Texas Institute for Excellence in Mental Health, Steve Hicks School of Social Work, University of Texas at Austin.



The University of Texas at Austin  
**Texas Institute for Excellence  
 in Mental Health**  
 Steve Hicks School of Social Work