Peer Support Services Outcomes Integral Care

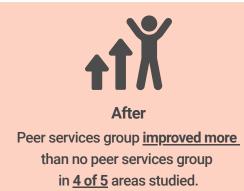
How do people benefit from peer support services?

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.





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.



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