



OUTCOMES:

How Peer Support Reduces Healthcare  
Costs and Improves Outcomes

---

# Peer Support Outcomes, Sampling



Hospital  
Use  
Reduction

- Peer Support decreased the number of hospitalizations, decreased the duration of hospitalization, and decreased substance use and depression (Sledge, NIMH, 2011)
- Peer Support used as part of discharge planning reduces readmission rates and increases discharge rates. (Forchuk, et.al., 2005)
- Individuals receiving Peer Support had 15% lower probability of re-admission to a state mental hospital than clients without Peer Support (GSU, 2006)
- Optum Health and Yale University study found significant reduction in hospital days after enrollment in peer supports (Bergeson, Ronfield 2011).
- Pecoraro, et.al. (2012) found for individuals who had peer team intervention, insurance claims demonstrated:
  - 33% (\$35,938) decrease in inpatient medical admissions,
  - 38% (\$4,248) decrease in emergency department visits,
  - 42% (\$1,579) increase in behavioral health/substance abuse (BH/SA) inpatient admissions, and;
  - 33% (\$847) increase in outpatient BH/SA admissions.
- At 9 months of participating in consumer initiatives, significant reduction in use of emergency room services compared to those who were not active in these initiatives (Nelson, et.al.,2006)

# Peer Support Outcomes, Sampling



Quality  
of Life

- ▶ Peer Support significantly reduced alcohol, drug use, and criminal justice involvement in individuals with dual diagnosis over traditional treatment (Rowe, et.al. 2007)
- ▶ At 36 month follow-up peer support participants scored significantly higher on community integration, quality of life, and instrumental role involvement and significantly lower levels of symptoms distress (Nelson, et.al., 2007)
- ▶ Improvement in symptoms/behavior, skills, and needs/resources over traditional MH services (GSU, 2006)
- ▶ People served by a peer specialist and case manager showed greater improvements in several quality of life measures than people in case management comparison groups (Campbell, Eiken, 2008)
- ▶ The peer-run community connector program increase hope, belongingness, treatment engagement and decreased psychotic symptoms (Tondora, NIMH, 2010)

# Peer Support Outcomes



- ▶ **Consumers showed improvements in their overall health:**
  - ▶ 67% of pilot consumers showed a positive change in their whole health while 20% indicated that they had maintained their health over the 8-week period (Lingell, Darnell, 2009)
  - ▶ Magellan Behavioral Health (2013): Montgomery County, Pennsylvania study on Peer Support Whole Health found that pre- and post-program results from surveys completed by participants show an improvement within the 10 health domains of the PSWH&R training. For the 8 week program, baseline versus post-training measurement showed participants increased their average to excellent responses by 20% on the Stress Management domain and 13% on the Healthy Eating domain.
- ▶ **Consumers showed improvements in their mental health as it relates to their physical health:** 47% of consumers showed a positive change between the beginning and end of the study period, 33% maintained the same rating from pre-test to post-test, and 20% showed a negative change. (Lingell, Darnell, 2009)

# Peer Support Outcomes



Addiction  
Recovery

- ▶ Davidson, 2012:
  - ▶ increase in social functioning from baseline to 9-months over Standard Care and Skills Training
  - ▶ significantly greater reduction in problems with alcohol use than Standard Care and Skills Training
  - ▶ Citizens Project [peer support program] findings: Level of service engagement much higher when Peer Support is provided
  - ▶ Addition of peers reduced:
    - ▶ readmissions by 42% and
    - ▶ days in hospital by 48%
  - ▶ Addition of peers:
    - ▶ Decreased substance use
    - ▶ Decreased depression
    - ▶ Increased hopefulness
    - ▶ Increased self-care
    - ▶ Increased well-being

# Peer Support Return on Investment (sampling)

- Individuals receiving Peer Support had 15% lower probability of re-admission to a state mental hospital than clients without Peer Support (GSU, 2006)
- Optum Health and Yale University study found significant reduction in hospital days after enrollment in peer supports (Bergeson, Ronfield 2011).
- Pecoraro, et.al. (2012) found for individuals who had peer team intervention, insurance claims demonstrated:
  - 33% (\$35,938) decrease in inpatient medical admissions,
  - 38% (\$4,248) decrease in emergency department visits,
  - 42% (\$1,579) increase in behavioral health/substance abuse (BH/SA) inpatient admissions, and;
  - 33% (\$847) increase in outpatient BH/SA admissions.
- At 9 months of participating in consumer initiatives, significant reduction in use of emergency room services compared to those who were not active in these initiatives (Nelson, et.al.,2006)

