

# Peer Support Specialist Community Projects



TCDD's governor-appointed council has identified expanding the state's peer support network as a funding priority and has provided grants to three community peer support projects. They have demonstrated the benefits of peer support for people with intellectual and developmental disabilities (IDD).

## Peer Supports

Services in which people are provided knowledge, experience, or emotional, social or practical help by individuals with similar backgrounds.

## Models: Endless Opportunities

- One TCDD-funded project focused on developing person-centered plans – a process that empowers an individual to plan services and supports to achieve desired outcomes – and working with participants through art-based curriculum to create avenues for communication and expression.
- One project provided 1:1 peer supports to mentor people with disabilities transitioning from pediatric medicine to adult Medicaid services.
- One project focused on expanding the network of peer support specialists.

## Notable Outcomes

- Projects developed peer support model curricula, which are available and replicable for interested providers.
- One developed a certification process for specialists which, combined with its curriculum and model, was recognized by HHSC's peer services director as a potential foundation for state service models.
- Projects supported employment development, including one where a peer mentor became a children's hospital support specialist.
- All projects reported an increase in self advocacy and communication.



## Systems Change

- TCDD-funded peer support specialist projects trained 232 Texans, clearly demonstrating an interest and need for the services in the state.
- One project began working with people in other states who were interested in launching peer support programs for their IDD populations.
- These projects actively collaborated with HHSC, state legislators, and each other to share the benefits and success of their projects.