

Peer Support: Addressing Complex Barriers to Housing



**2023 Texas Conference
on Ending Homelessness**

Austin, TX



Via Hope

CHANGING THE WAY WE ALL THINK ABOUT BEHAVIORAL HEALTH.

Established in 2009, Via Hope provides training, workforce development and organizational change support related to recovery, wellness and transformation.

Via Hope's primary focus is on individual's with lived experience in recovery, educating and guiding them in the process of becoming Peer Professionals.

Introductions



DR. SANDRA SMITH
PHD, PRSS, RPS

Via Hope Vice President



CYNTHIA SIMONS
RPS

Via Hope Apprenticeship &
ReEntry Manager



CHRISTINA CARNEY
MA, MHPS

Via Hope Training &
Curriculum Design Manager

Introductions



BRANDI VanTress

MHPS

Open Door Survivor Advocate



HANNAH DURRANCE

MHPS

H.O.M.E Center Founder &
Director



YOU!

Peer Support and the Peer Professional

PEER SUPPORT

Providing support to someone with similar lived experience.

PEER PROFESSIONAL

Mental Health Peer Specialist (MHPS), Recovery Support Peer Specialist (RSPS) and ReEntry Peer Specialist (RPS)

PEER PROFESSIONAL ROLE

A formal role where a person uses their lived experience of navigating recovery to deliver strengths-based, person-centered services to promote recovery and resiliency. (TAC)

PEER CERTIFICATION

Certification requires:
Core training,
Supplemental training,
a background check
and 250 supervised
field hours.

Barriers to Housing

- **HISTORY OF INCARCERATION**
- **IDENTIFICATION OR UNDOCUMENTED**
- **NO INCOME/LIVING WAGE/EMPLOYMENT**
- **CO-SIGNER**

Barriers to Housing

- **EVICTIONS**

- **CREDIT SCORE**

- **OLD BILLS**

- **MENTAL HEALTH
AND/OR SUBSTANCE
USE CHALLENGES**

Solutions

FROM OUR PANELISTS



Trauma and Crisis



The impact of
trauma, stress and
crisis



The broken alarm
system and
Fight/Flight/Freeze/Fawn



Resetting the
Nervous System and
Regulation

Experience

FROM OUR PANELISTS



Pathways



Peer Specialist
Apprenticeships



International ReEntry
Peer Support



HRSA Peer Specialist
Training Program

Q & A



Thank You!

VIA HOPE

Mental Health Resource of Texas

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