



# EVIDENCE-BASED PEER PRACTICES

## Research Shows Self-Help Support Groups Work:

- Cut the re-hospitalization of mental health consumers by 50% (4) (7) (10) (12) (16) (19)
- Reduce the number of days spent in the hospital by one third (4) (10) (19)
- Reduce significantly the amount of medication needed to treat mental illness (4) (6) (19)
- Move large numbers of people out of the system into productive lives (4) (19)
- Empower participants to collaborate with clinical staff resulting in better adherence to medication regimes (12) (16)
- Effects are realized in weeks and sustained for years (4) (6) (16) (19) (22)
- Reduce drug and alcohol abuse (9) (11) (14) (18) (23) (25)
- Reduce demands on clinicians' time (8) (16)
- Increase empowerment (4) (6) (16) (19) (20)
- Provide community support—the suspected reason that people in developing countries recover from schizophrenia at nearly twice the rate that they do in developed countries (16) (24)(25) (26) (27)
- Provide mentoring opportunities that improve the outcomes of both the mentor and the person being mentored (5) (17) (21)
- Reduce criminal behavior (14) (23)
- Increase family resources and reduce family stress (3)
- Increase consumer satisfaction (8) (16)
- Are underutilized by clinicians because of incorrect preconceived ideas about self-help and the lack of professional training on self-help (16) (22)

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