



EVIDENCE-BASED PEER PRACTICES

Research Shows Peer Outreach is Essential

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- Use of Peer staff with homeless individuals results in decreases in the number of homeless days and reduced relapse to homelessness. (2; 3; 14)
- Use of Peer staff with homeless individuals results in significant increased rates of employment and satisfaction with finances. (6; 17)
- Peer staff are more willing and better to engage mentally ill people on the street. (9)
- Peer based outreach and the use of the expertise of homeless and formerly homeless persons should be actively sought out. (5)
- Employing Peers is a key component of building trust in homeless outreach. (7)
- Outreach conducted by peers is effective in locating, engaging, and completing assessments of the clients' perceived needs. (5)
- Peers convey a sense of understanding and make a bridge between street life and the world of "professionals" whom homeless individuals don't initially trust. (5)
- Peer outreach strategies reduce HIV risk in low-income, drug-using communities. (8)
- Peer support has significant impacts on quality of life, drug/alcohol use, and social support. (1)
- Shared experiences, role modelling, and social support are suggested to be vital aspects of peer support and moderate changes in homeless clients. (1)
- Peers reduce hospital admissions, relapses, increase coping skills, and improve overall quality of life for those with mental illness. (4; 11; 12; 16)
- Peers have a unique ability to engage with those who are socially excluded. (10; 14).
- Peers have experiential knowledge which enables them to genuinely empathize and connect with clients. (1)

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