

Peer Health Navigators (PHNs)

A Partnership between Thresholds & Illinois Institute of Technology

Peer Health Navigators (PHNs) use their mental and physical health recovery experiences to help others get their health and wellness needs met before a crisis.

PHNs increase community mental health workforce diversity, equity & inclusion & improve health & wellness outcomes among vulnerable community members.

Corrigan, P., Razzano, L.A., Pashka, N.J., Ruppert, S., Blaney Rychener, M., Ruiz, A., Kundert, C., & Sheehan, L. (2022). Peer navigators for the health needs of people of color with serious mental illness. *Psychiatric Services/doi/abs/10.1176/appi.ps.202100547?af=R*.

We Identified 8 Key PHN Service Elements:

- 1** Engagement in health services is central priority
- 2** Health services are broad & inclusive to address diverse needs
- 3** Assessment of needs is ongoing, adapting to health changes
- 4** Supports focus on promoting service engagement & use
- 5** PHNs support improved health literacy & strategies for self-management
- 6** PHN supports are shared experiences among individuals with behavioral & physical health conditions
- 7** PHN services are integrated & embedded in teams & larger systems
- 8** PHN supports are sustained as long needed by people in recovery