



Doors to Wellbeing Quarterly

# Newsletter

**NEW UPDATES TO OUR PEER SPECIALIST DATABASE!**



DOORS TO  
WELLBEING

Peer Specialist Database

Click on the State to see all of the State's data. Using the filter below you can choose which information you would like displayed for all of the states in the table. Visiting the Peer Specialist Database for research writing? Please cite us in your write-up. Click [here](#) to see examples.

Last year, D2W gathered information from each state around the certification process to become a peer specialist. D2W has completed an update based on these findings.

This update includes new questions when applicable, such as:

- ▶ Is the Certification curriculum peer-led and/or peer developed?
- ▶ Are there any potential barriers to certification and post certification employment?
- ▶ Are certification trainings offered in-person, online, or hybrid?
- ▶ Is there a recent count of the # of Peer Specialists in this state? What is the count, and the day this count was captured?
- ▶ How does the state/certification body approve Peer Support Training vendors?
- ▶ Currently Known Issues (date found)



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**View the Peer Specialist Database, here!**

# THE ASSOCIATION FOR PEER SUPPORT!

Launching  
January 2026!

## What is the Mission & Purpose of the Association for Peer Support?

The Association for Peer Support is dedicated to the transformative potential of peer support across health systems and in our community.

We achieve this through promotion, training, advocacy, and networking of diverse individuals dedicated to the fidelity of peer support, as defined by universal values and standards of practice in peer support.

The Association for Peer Support is comprised of individual peer supporters, allies of fidelity to peer support practices, and organizational sponsors across the nation working together for strategic investment in peer-led models that can yield more humane, inclusive, and fiscally responsible healthcare.

## Supports, Events, and Resources in Development and/or Coming Soon for Members!

- ▶ Conferences and Summits
- ▶ Databases (State by State PS)
- ▶ Peer Support Café: Peer Support and Networking for Peer Supporters
- ▶ National Continued Education: webinars, online courses and e-courses
- ▶ Resources: National Surveys and Evaluation Reports; Fidelity Guide for Systems
- ▶ Pillars Of Peer Support



The Association for  
Peer Support

## Have you missed any of the 2025 Doors to Wellbeing Peer Specialist Webinar Series?

It's not too late to view recordings AND receive certificates!

View previously recorded webinars on our website page, [here](#), and receive an automated certificate immediately upon completion.



*\*Please note archived webinars DO NOT have certificates attached\**

# YOUR YEAR IN REVIEW: A PEER SUPPORT WORKSHEET

As this year comes to an end, many people use this as a time of reflection and intention setting. ***Please use the following prompts as a way of checking-in with yourself and your goals for the upcoming year!***

My favorite memory of this past year \_\_\_\_\_

\_\_\_\_\_

One thing I am proud of this past year \_\_\_\_\_

\_\_\_\_\_

One thing I want to try this year \_\_\_\_\_

\_\_\_\_\_

One new food I want to try this year \_\_\_\_\_

\_\_\_\_\_

One person I want to connect with more \_\_\_\_\_

\_\_\_\_\_

One short-term goal I have for this year

One long-term goal I have for this year

# THE STRENGTH OF SHARED JOURNEYS: ON FACILITATION

Take a deep breath. Tell the group something personal about myself. Let out a breath. Wait for people to fill in.

To facilitate in the way I want to show up, I've had to let go of perfectionism and worry to meet the group where they are at. I have had to cultivate flexibility and the belief that I can be with people and they will bring their best selves forward.

There's something undeniably powerful about people coming together, sharing their experiences, and lifting one another up. In spaces where stories are exchanged, struggles are understood, and victories—no matter how small—are celebrated, transformation takes root.

Peer support within groups is more than encouragement. It's proof that no one is truly alone, that redemption is real, and that growth is possible. When someone who has walked a similar path extends their hand, it carries a message: I see you. I've been there. And I believe in you.

The greatest changes often don't happen in isolation but in these mutual learning environments where wisdom isn't just taught—it's lived. It's a place where we have the opportunity to redefine ourselves through knowledge, accountability, and resilience – to shed labels put on us by others.

We remind each other that the past does not have to dictate the future, and that every new day holds the potential for change, and that we can accept people for the unique special individuals that they are and accept ourselves for being unique special individuals.

Hope thrives in these connections. Healing happens in these moments. And from them, incredible transformations emerge—proof that when people believe in one another, anything is possible. This is the reason behind why I am so passionate about facilitating peer groups and why I think peer groups are so important.



*Article written by Katie J. Wilson*



**Peer Specialist Webinar Series**

**Join us for our monthly webinars - next webinar is on January 27, 2026!**

**Click here to view our webinars**

**LOOK FORWARD  
TO OUR NEXT  
NEWSLETTER!  
...MARCH 2026**



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