COMMUNITY HEALTH CHOICE

Peer Support Services Are Expanding

Starting December 1, 2026, more Community Health Choice members can get **peer support services** through Texas Medicaid. If you are **age 14 or older**, you may qualify.

What is a Certified Peer Specialist?

A **Certified Peer Specialist** is someone who has dealt with mental health or substance use challenges. They use their own experience to help others who face the same kinds of issues.

A peer specialist can help you:

- Work toward the goals in your recovery plan
- Build new skills
- Find ways to solve problems
- Learn how to cope with everyday challenges

Please note: Peer support is **not medical care**. It focuses on your strengths and helps you move forward in your recovery.

Who Can Get These Services?

Texas Medicaid is changing the age limit for these services. Right now, you must be **age 21 or older** to get peer support services.

Starting December 1, 2026, members **aged 14 and older** may qualify.

You may also be able to meet with your peer specialist by **telehealth**. That means you can connect from home — no travel needed.

When Does This Change Start?

These changes apply to services received on or after **December 1, 2026**.

Have Questions? We're Here to Help.

Call our **Member Services** team and mention **peer specialist services** so we can help you right away.

- **STAR (Medicaid) Members:** 1.888.760.2600 (TTY: 711)

  Monday – Friday | 8:00 am – 5:00 pm
- **STAR+PLUS Members:** 1.888.435.2850 (TTY: 711)

  24 hours a day, 7 days a week