

**St. Louis VA Medical Center - Spinal Cord Injury Service  
VA Heartland Network (VISN 15)**

## **Peer Support Program**

Started in 1988, the Peer Support Program (PSP) is designed to provide veterans with spinal cord injury or dysfunction (SCI/D) with trained peer counselors who have completed their rehabilitation and can serve as role models.

Health care professionals often grapple with the question “How can you possibly understand what I’m going through?” The PSP addresses this issue. Our trained peer support volunteers live with SCI/D. They are men and women who represent diversity and a wide variety of backgrounds. These volunteers understand; they have been there. They provide hope, encouragement, resources, and a perspective to which the recipients can relate.

Peer support is offered on both an inpatient and outpatient basis. A committee of rehabilitation staff, peer support volunteers, and representatives from the Paralyzed Veterans of America (PVA) guide the program.

**Please contact us with your questions or concerns  
314-652-4100 or 800-228-5459, ext. 6-4827  
Dr. Angela Cass-Prost (Room 2S10)**