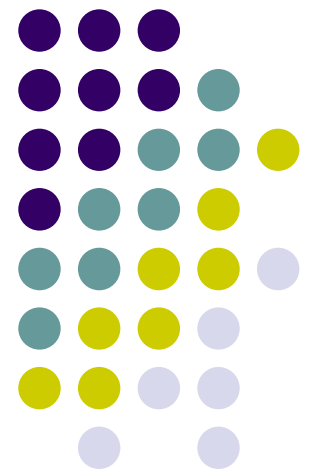


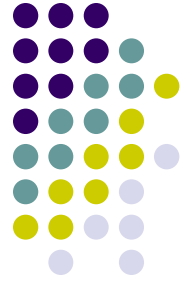
# Developing a Plan to Maintain Housing for Veterans

Heather Gallagher, LCSW

&

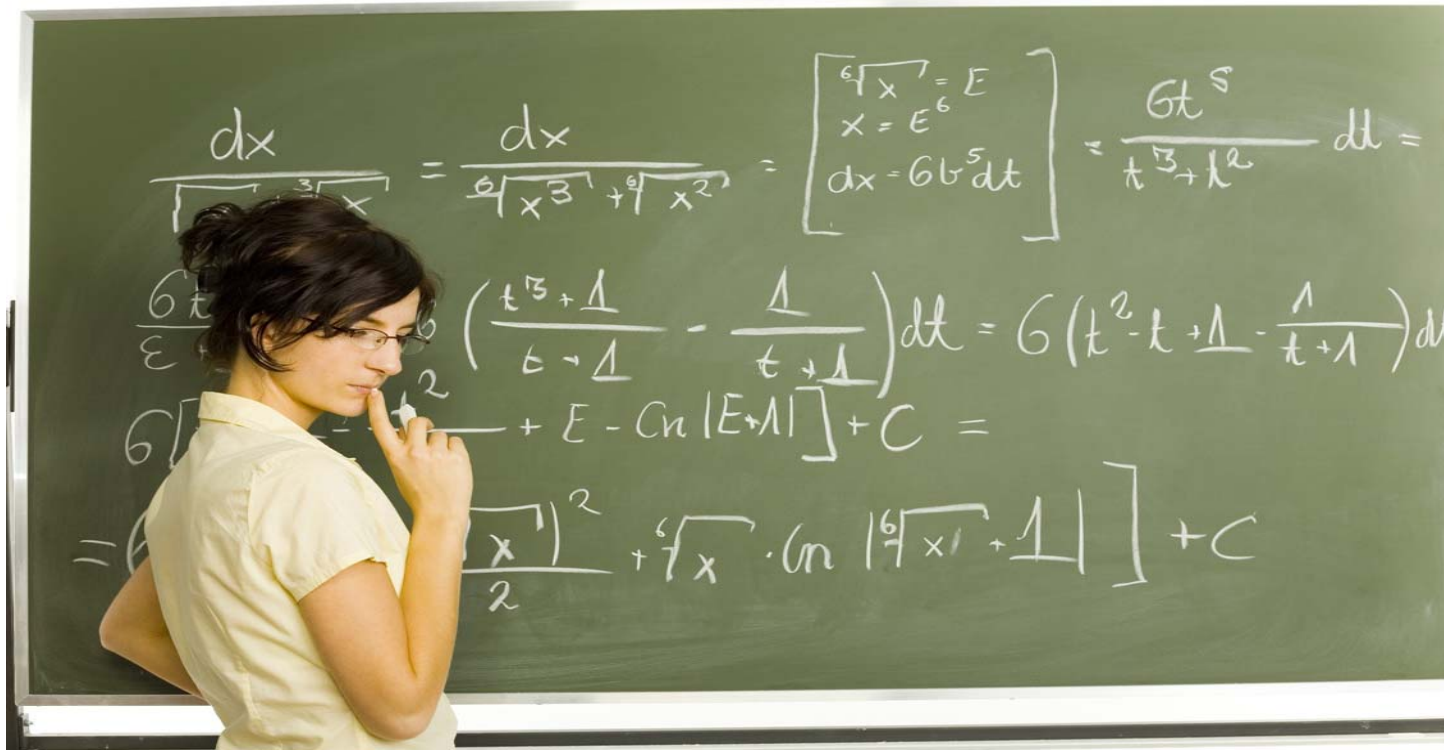
Nikki Barfield, LCSW

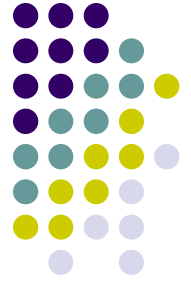




# What is peer support?

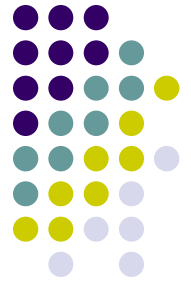
- What is the 1<sup>st</sup> thing you think of when you hear peer support?





# Responses:

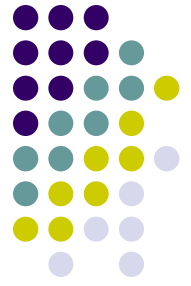
- Helper
- Patient led group
- Listening
- Trust
- Empathy
- Shared experience
- Mutual support
- Empowerment
- Courage
- Sobriety
- Recovery
- Mentor
- Support
- Self-help
- Consumer run
- Stability
- Helpful
- Networking



# Peer Support is

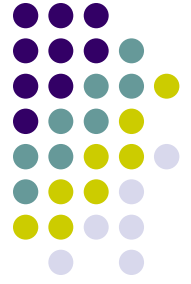
- A system of giving and helping
- Founded on the key principles of respect, shared responsibility, and mutual agreement
- A process dedicated to promoting empowerment and self-determination in the service of recovery

# Advantages of having Peer Support:



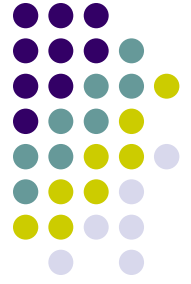
- Improves social functioning and quality of life
- Lessens the sense of loneliness, rejection, and discrimination
- Fosters independence
- Improves ability to deal with mental illness
- Improves skills necessary to recover
- Improves communication with providers
- Improves employment outcomes
- Provides comfort and support
- Fewer hospitalizations
- Use of fewer crisis services

# Who are Peer Support Providers?



- A person with a mental health and/or co-occurring disorder who has been trained to help others with these disorders identify and achieve specific life and recovery goals
- They are actively engaged in their own recovery
- Can be volunteers or employees

# Common Myths and Misperceptions



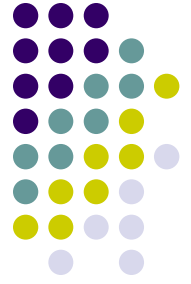
- “The Peer Support Provider would have difficulty with all the paperwork and would not be able to handle the stress and demands of the job.”
- Reality-Stress is a very individual response to specific situations.

# Common Myths and Misperceptions



- “Since Peer Support Providers are not licensed independent professionals, who will be responsible when something bad happens?”
- Reality-Peer Support Providers must complete approved training and certification which provide a basic set of competencies necessary to perform the peer support function including crisis management. Peer Support Providers are similar to addiction therapist or other non-licensed providers.

# Common Myths and Misperceptions



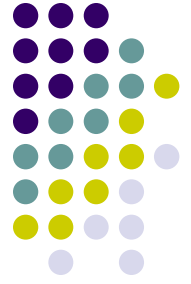
- “The Peer Support Provider is not aware of professional boundaries”
- Reality: They are provided formal guidelines and supervision governing client/staff boundaries and explicit policies and practice that determines how information is shared.

# Common Myths and Misperceptions



- “Client records should not be shared with Peer Support Providers because they cannot maintain confidentiality.”
- Reality-They are provided the same orientation as non-peer staff and are held accountable to the same policies and procedures to manage and control the disclosure of information.

# Client responses to Peer Support

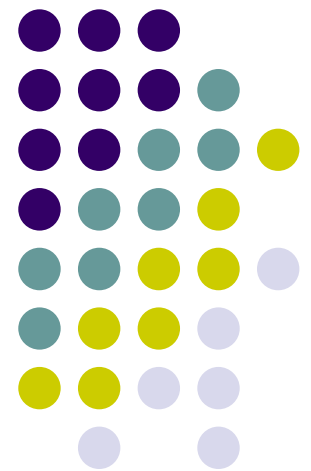


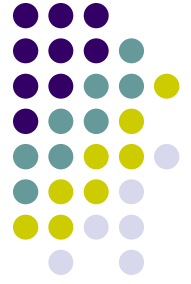
- “It helps that peer support specialist understand where you’re coming from.”
- “I’m glad that this group is being led by someone who knows where I have been.”
- “You’ve been a patient on the inpatient unit, like most of us and now you’re working full-time. That really inspires me.”

# Incorporating Peer Support in Case Management

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Who benefits and why?

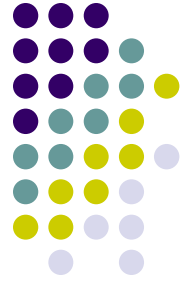




# Why use peers?

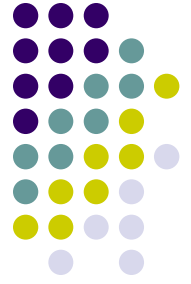
- 10 Fundamental Components to Recovery:
  - self-direction
  - Individualize and Person-Centered
  - Empowerment
  - Holistic
  - Non-Linear
  - Strengths-based
  - Peer Support
  - Respect
  - Responsibility
  - Hope

# How can consumers benefit?

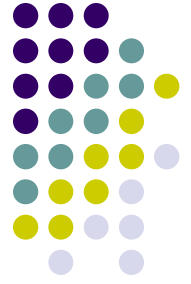


- Symptom improvement
- Reduced use of crisis services
- Decrease hospitalizations
- Improved quality of life
- Reduced substance use

# How do Peer Providers benefit?



- Sense of empowerment
- Increased self confidence
- Improved coping skills
- Improved quality of life



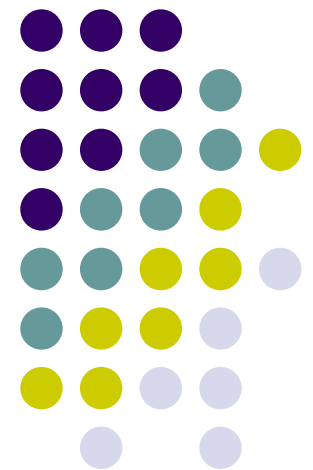
# How do clinicians benefit?

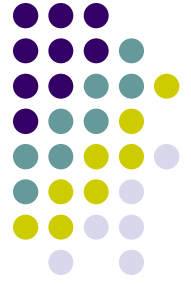
- Peers provide living proof that recovery is possible
- Peers can represent hope to consumers
- Peers can provide insight and assist in developing new ways of providing services
- Peers free up staff to focus on tasks only clinicians can perform.

# WRAP: Wellness Recovery Action Plan

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Helps those in the process of  
recovery focus on  
strengths and wellness.



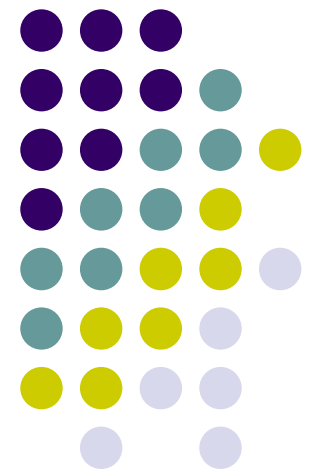


# 7 components

- Develop a wellness toolbox
- Have a daily maintenance plan
- Know your triggers
- Early warning signs
- Recognize when things are breaking down
- Develop a crisis plan
- Post crisis plan

# Case Presentations

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# Helpful Resources:

- Mentalhealthrecovery.com
- [www.floridapeernetwork.org](http://www.floridapeernetwork.org)
- [www.mhselfhelp.org](http://www.mhselfhelp.org)
- [www.stigmanet.org](http://www.stigmanet.org)
- Theicarusproject.net
- [www.nami.org](http://www.nami.org)
- [www.mhrecovery.org](http://www.mhrecovery.org)
- [www.samhsa.gov](http://www.samhsa.gov)