Advocacy:
Making a Difference Through Peer Support
What is Peer Support?

A mutual personal regard between two or more individuals with shared similar experiences in common in relation to mental health challenges and/or substance use (SAMHSA, 2018, Mead & McNeil, 2004).
What the Research tells us:

Recovery is possible for individuals that are affected by psychiatric, traumatic and/or substance use disorders.

Peer Support facilitates a valuable significant role in recovery retention and treatment success.
Social Validity of Peer Support

• Reduction in Re-hospitalization
• Reduction in health care cost
• Promotes a sense of inclusiveness and belonging within the community
• Develops self-efficacy
• Promotes sustain recovery from mental health and/or substance use disorder

Characteristics of Peer Support

• Person Center
• Acknowledges and accept that there are many paths to recovery
• Strength base
• Encourages autonomy
• Respects Diversity
• Non-judgmental
• Inspires hope

SAMHSA, 2011, 2015, 2018
KEEP CALM
ASK FOR
PEER SUPPORT
Motivational Interviewing (MI)

Motivational Interviewing is a well respected, evidence base practice technique use to guide positive change in individuals struggling with significant problems requiring change.

Motivational Interviewing is person centered, goal focused, autonomy directed, promotes an environment of mutual respect, acceptance, compassion and hope.

Wilkins, 2014, Levensky, Forcehimes, Donohue & Beitz, 2007
MI Techniques: OARS

• Open-Ended Questions
• Affirmation
• Reflections
• Summaries
The First Conversation...

- Establish roles
- Establish boundaries
- Discuss expectations
- Set goals
- Set up next encounter
Role Playing: First Scenario

Participant is overwhelmed with how to navigate Affinity/Spectrum. She immediately asks advocate what to do and if he/she knows anything about computers. She continues to interrupt Advocate before the advocate can even introduce herself. Additionally, participant states that she is low on money and needs money for gas.
Role Playing: Second Scenario

Participant is convinced that no one will hire them because they are in TPAPN and their Board Order is on the TX BON website for all employers to see.
Role Playing: Third Scenario

A Participant who is in the Mental Health track of the program, and is currently on medication for depression, struggles with why she cannot drink and believes it is not a big deal.
Ethics

What is ethic and why is it important?

Ethic refers to behaviors, practices, and decisions that address three basic fundamental decisions: What is the right thing to do? What is worth doing? What does it mean to be a good practitioner” (Cooper, et al, 2007).
Ethical Guidelines for Peer Support:

• Peer supporter is voluntary
• Peer supporter respects the rights of those they support to choose or cease support or change peer supporter
• Peer supporters are hopeful
• Peer supporters are open minded
• Peer supporters are empathetic
• Peer supporters are respectful
• Peer support is mutual and reciprocal
• Peer support is transparent

SAMHSA, 2011
References


