

Empower Yourself with Peer Support

Consumer Education and Support Statewide Call-In:
October 22, 2009

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Welcome!

Thank you to all who have joined in for today's call!

Instructions for CEU's for today's call:
Fax Sign-In Sheets after the call has ended, to:
Josephine Brodbeck, FAX (309) 693-5101

Date and Topic for Next Call-In:
January 28, 2010
Topic: Consumer Advisory Councils

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Objectives for Today's Call

- You will learn what Peer Support is
- You will hear a personal story of Peer Support
- You will learn a brief history of Peer Support
- You will learn some of the hallmarks and benefits of Peer Support

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Objectives for Today's Call (Continued)

- You will learn about different examples of how Peer Support is provided
- You will learn how you can provide peer support to others
- You will learn where to find more information

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Guidelines for Today's Call

- All Speakers Will Use **Person-First** Language
- All Acronyms Will Be **Spelled Out** and **Defined**
- **Diverse Experiences** Will Be **Heard** and **Validated**

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Meet the Presenters

- **Juan Rivera, Recovery Support Specialist**
Department of Human Services/Division of Mental Health
- **Gloria Centeno, BS, PRCP, WRAP Facilitator**
Community Speaker
- **Patrick Hayes, Peer and Family Support Specialist**
Illinois Mental Health Collaborative for Access and Choice
- **Alisa Lichtenfeld, Peer and Family Support Specialist**
Illinois Mental Health Collaborative for Access and Choice

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What is Peer Support?

- Using one's personal recovery to support the recoveries of others and make a difference.
- "Peer support ...creates common ground and the opportunity for inclusion. ...it is a human response rooted in compassion..." (Pat Deegan, Ph.D.)

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A Personal Account of Recovery and Peer Support

Shared by Gloria Centeno, BS, PRCP,
WRAP Facilitator

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A Brief History of Peer Support

- Grew out of personal accounts of recovery in the early 18th century that helped to inspire improvement in mental health services.
- Rooted in the idea that helping oneself enables one to help others.
- Persons partnered with therapists/psychiatrists to form organizations whose goals started with activism and evolved to goals of self-help.
- Eventually more organizations became entirely consumer-run.
- Some Past Key Figures in the Peer Support Movement:
Clifford Beers, Elizabeth Packard, Isaac Hunt
- Some Current Key Figures in the Peer Support Movement
Patricia Deegan, Mary Ellen Copeland, Daniel Fisher

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Hallmarks and Benefits of Peer Support

Peer Support Involves:

- Finding Support with someone with similar life experience and having an equal relationship
- The notion that being helpful with someone else is also self healing
- Finding hope and believing recovery is possible

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Hallmarks and Benefits of Peer Support

- People who have like experiences can better relate and consequently offer more empathy and validation
- Peer support is crucial in helping people rebuild their sense of community when they have had a disconnecting experience
- Peer support is not case management, advice or therapy, although it has therapeutic value

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Different Examples of How Peer Support is Provided

Sometimes Peer Support is provided informally from friend to friend. Other times it may be provided more formally through an organization. Here are some examples of peer support:

- Peer to Peer Sharing/Counseling
- Mutual Support Groups
- Respite Centers
- Warm Lines
- Drop In Centers

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Peer Support: A Basic How To

- Two people who like and trust each other spend an agreed amount of time together.
- They divide the time equally, paying attention to each other's issues
- Content of discussions is confidential

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Peer Support: A Basic How To (cont'd)

- Judging, criticizing and giving of advice are not allowed
- One person talks while the other listens
- Talker can talk about anything they want and use their time anyway they want

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Peer Support: A Basic How To (cont'd)

- Peer support may help when difficult symptoms come up or if trying to cope with stress of daily life
- Talker may want to focus on one issue or change subjects
- Talker may want to focus on goals

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Peer Support in Motion

- Role Play by Alisa Lichtenfeld and Patrick Hayes

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Where to Find More Information

National Empowerment Center

- www.Power2U.org

What a Difference a Friend Makes

- www.WhataDifference.org

The Certified Recovery Support Specialist (CRSS) Credential

- www.IAODAPCA.org/Certifications/CRSS

Patricia Deegan's Online Recovery Journal

- www.PatDeegan.com/Blog/Archives/000018.php

The Illinois Warm Line

- Call 1 (866) 359-7953, Press 2, then Press 5

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Guidelines for Questions And Answers

- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated
- Limit to One Question per Person, then Pass to the Next Person
- Saying "Thank You" Indicates You Are Finished With Your Question

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Thank You!

- Written Questions Can Be Sent To:

E-mail:

- ILEmpowerment@ValueOptions.com

Fax:

- **Bryce Goff, Director of Recovery and Resilience**
Illinois Mental Health Collaborative for Access and Choice
FAX: (217) 801-9189

- **Nanette Larson, Director of Recovery Support Services**
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