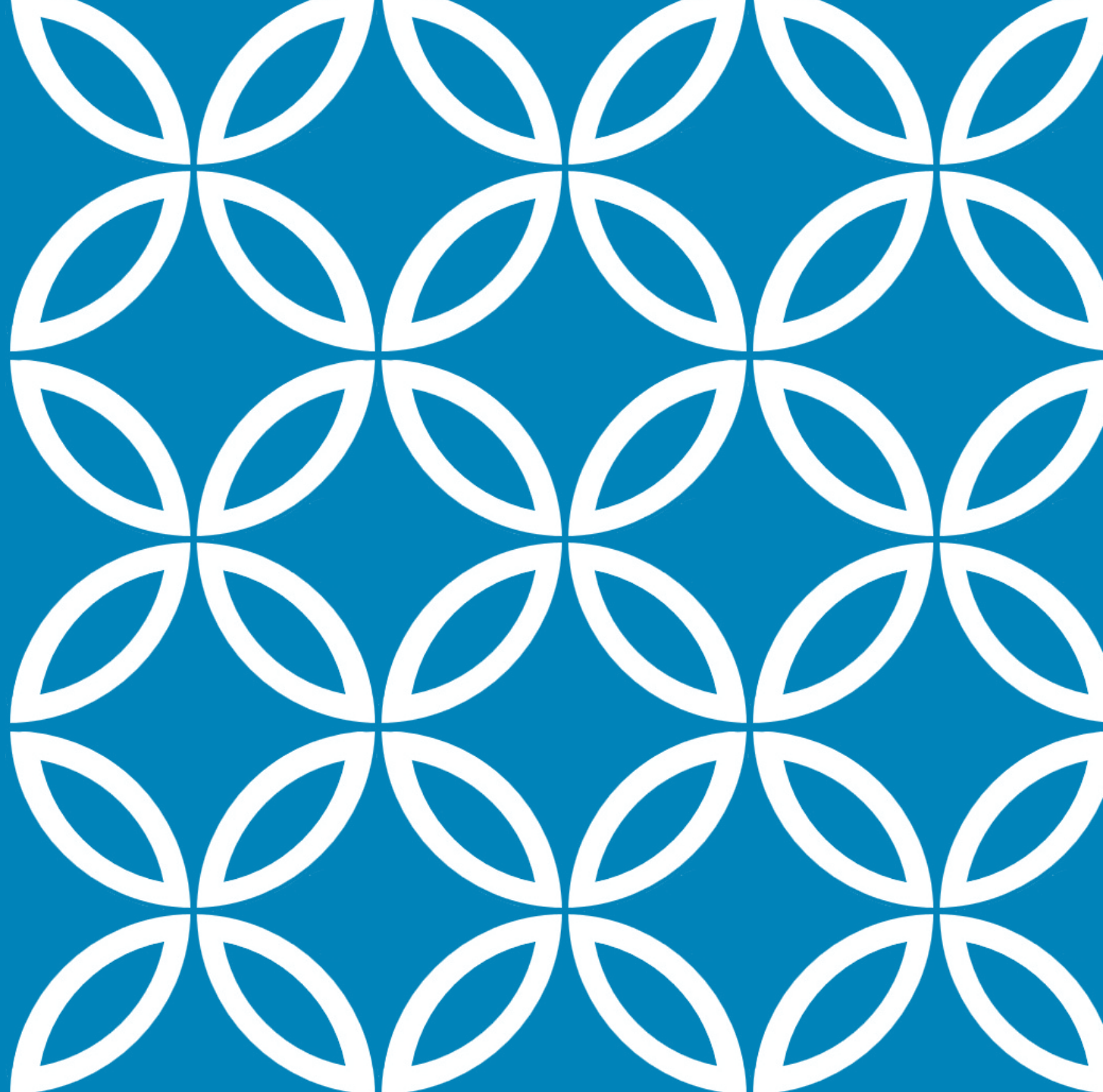


HELPING SELF AND HELPING OTHERS: PEER SUPPORT

Andrea Myers BS
Crosswinds Counseling and Wellness



OBJECTIVES:

1. Peer Support and the core competencies.

2. Hiring processes and supervision of Peer Support staff. Is it different that the management of other staff?

3. The integrated team member and utilization of Peer Support in mental health interventions.

CORE COMPETENCIES OF PEER SUPPORT

Recovery Oriented

Person-Centered

Voluntary

Relationship Focused

Trauma-Informed

https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tac/core-competencies_508_12_13_18.pdf

HIRING PEER SUPPORT

Requiring consideration:

-Engagement in some sort of mental health service

-Length of time stable(a bit more difficult to identify)

-Ability to prioritize self-care

-Problem solving skills

-Ability to meet clients served where they are

-Comfortable with their story

-Able to set healthy/strict boundaries

-Job descriptions should be very detailed.

SUPERVISION OF PEER SUPPORT

-Empathy

-Confidence building, empowering, motivating, validating

-Encouraging self-care

-Identifying triggers and assessing caseload regularly

-Consistent supervision

-Understanding the concepts of Peer Support

-Helping enhance skills for problem solving and boundary setting

-Knowing your Peer Support staff well can assist with morale and performance

-Individualized training and support

-Strengths Based focused for all employees

THE INTEGRATED TEAM MEMBER

-Referral for Peer Support is made almost immediately

-Becomes part of treatment planning for clients

-Group facilitation

-Job support and coaching

-Crisis support

-Residential Care Facility support

-Recovery education

-Resource experts

FOOD FOR THOUGHT:

“Fear is an obstacle which stands in way of forward movement in life. Overcome your fear & make way for progress more strongly & more wisely.” Anil Sinha

“It’s important that we share our experiences with other people. Your story will heal you and your story will heal somebody else.” Iyanla Vanzant

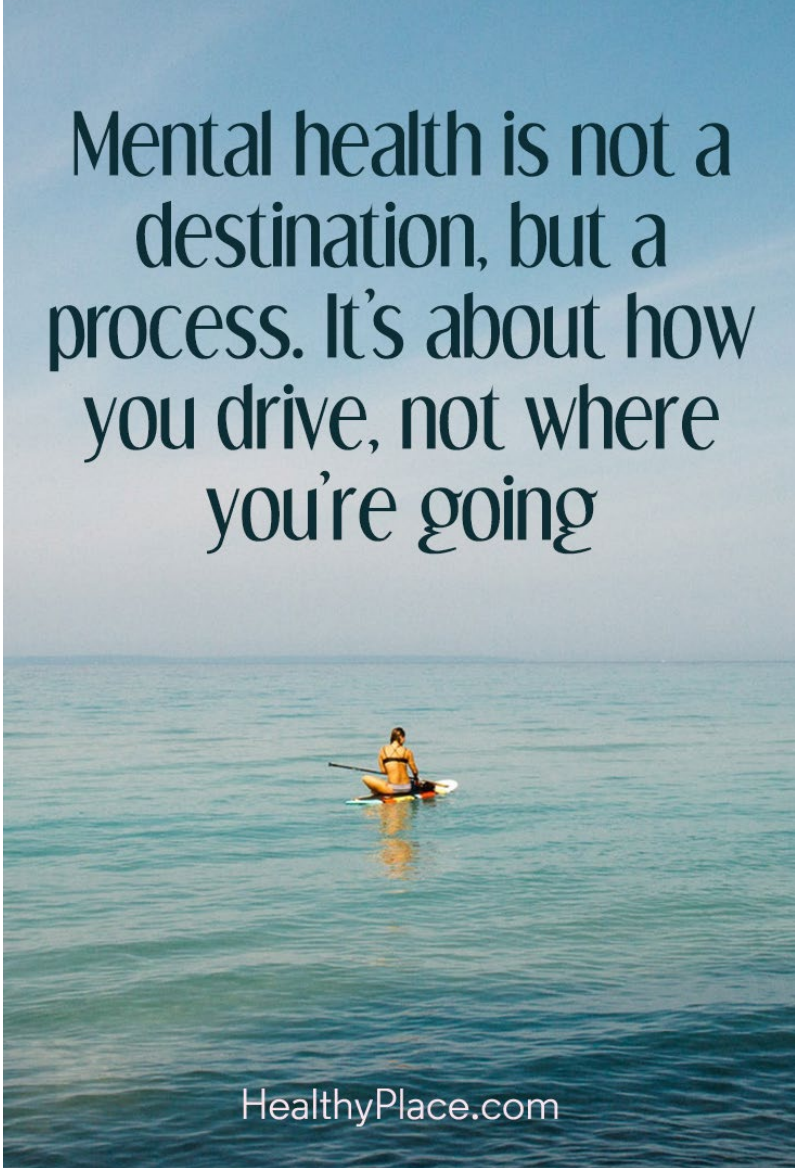
“Mental Illness is nothing to be ashamed of, but stigma and bias shame us all.” Bill Clinton

QUESTIONS?

THANK YOU!

Please email me with any questions. I would love to help!

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Mental health is not a destination, but a process. It's about how you drive, not where you're going

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