

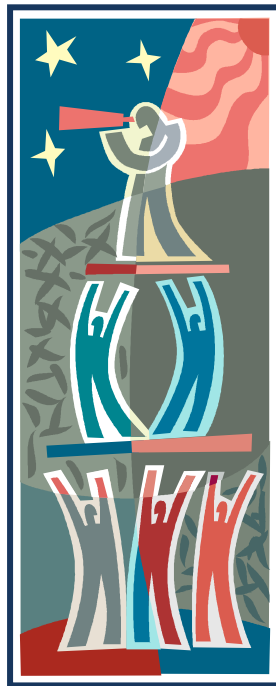
What is Peer Support and Self-Help?

Peer Support is people connecting to each other as people - coming together to exchange ideas and to support each other in an environment of mutuality and respect.

Peer Support and Self-Help Works!

There is a growing body of evidence that shows that peers can help peers by sharing what has helped or not helped their own recovery. This collective wisdom presents us with different perspectives, expands our range of options and can help us to make more informed choices.

It is also inspiring to role model for our peers that we can recover by facilitating these peer support groups.



Why “Peer Facilitators?”

Peer Facilitators are unique because:

- We have the “lived experience” of mental health recovery.
- We are continuing our recovery journey with a sense of pride and accomplishment
- We model an openness that encourages others to share their journeys.

Are you interested in becoming a Peer Facilitator?

- We recommend experience as a group leader **and/or** experience as a member of a peer support group before you take the Peer Facilitator training.
- Have you reached a stable point in your recovery?
- Are you dependable?
- Do you work well with others?
- Do you have a desire to “give back” to others also on a journey?

The Peer Facilitator Training

Consists of:

One day workshop followed by two “practice session” days.

Workshop Topics include:

- What is Peer Support?
- What is the role of a Peer Facilitator?
- What are the responsibilities of a Peer Facilitator?
- Keeping your personal boundaries and the group’s boundaries intact.
- Communication Nuts and Bolts

The Practice Sessions

During the practice sessions we will further discuss and role play:

- Reflective listening
- Strategic questioning
- Ground rules for dialogue

During the Internship everyone will have opportunities for acting as a facilitator, a co-facilitator, and an active group participant.

After completing the training Peer Facilitators are expected to participate in the monthly Peer Workers Support Group.

The Focus Is On Recovery!

“I feel recovery changes people by giving them a language in which everyone can relate.

I think that most people are recovering from something in their life – perhaps a disaster, a death, divorce, a financial or a job loss. Most importantly, the message of recovery challenges consumers not to define themselves exclusively within a framework of an illness.”

I believe recovery gives my peers and me the simple message...enough is enough of the same old stigmas and beliefs, It is time to take charge of our lives...

It is time for us to
‘GET A LIFE!’

Cherie Bledsoe
Kansas Consumer Provider

Principles of Recovery

- * Self-Direction
- * Individualized and Person-Centered
- * Empowerment
- * Holistic
- * Non-Linear
- * Strengths-Based
- * Peer Support: when you help someone else you help yourself
- * Respect
- * Responsibility
- * Hope
- * Trust
- * Someone who believes in you
- * There is always meaning in what people say
- * Discovering meaning in life by making a difference in the lives of others
- * Being able to enter into genuine dialogue, on a heart to heart level

PEER FACILITATOR TRAINING



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