



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



## Keeping and Building Peer Connections through Online Peer Support

Friday, April 17, 2020  
1:00 - 2:30 PM ET

Presented by Roslind Hayes & Chris Johnson

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### Description

The next frontier of peer support services started quickly. The rapid deployment of digital media tools to provide peer support services has created a new set of ongoing technical hurdles, but when people do get past those, what do they find? This webinar will focus not on the technical how-to of online peer support, but how to provide meaningful support and keep people connected within that digital space. We will explore how to move traditional in-person activities to online activities, including how to adapt, and when adaptation is not practical or possible. Participants will also learn how to use traditional and social media to engage and expand peer participation in online wellness and support activities. By the end of the webinar, participants will be able to:

- Schedule diverse and meaningful support and wellness activities for peers
- Identify online wellness and support activities that can replace traditional activities
- Transition traditional peer engagement to online engagement
- Maintain existing relationships with peers
- Build new relationships with peers

### About the Presenters

**Roslind D. Hayes**, BS, CPS-AD, CARES, WHWC has been an employee of the Georgia Mental Health Consumer Network since 2010. Her current position is that of Statewide Coordinator of the Peer Support, Wellness, and Respite Centers. She supports GMHCN as a trainer/facilitator, including Certified Peer Specialist, Peer Zone, and Intentional Peer Support. **Chris Johnson**, MFA, CPS, CPS-AD is the Director of Communications for the Georgia Mental Health Consumer Network, where he is responsible for disseminating information about recovery and wellness opportunities to behavioral health peers and providers across the state. Since joining GMHCN, Chris has overseen the expansion of the outreach and impact of GMHCN at the local, state, and national level.

