



Northeast and Caribbean (HHS Region 2)

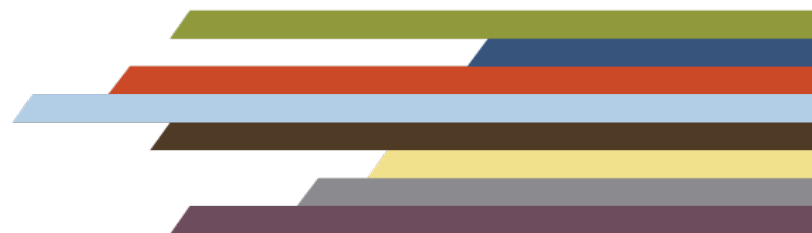
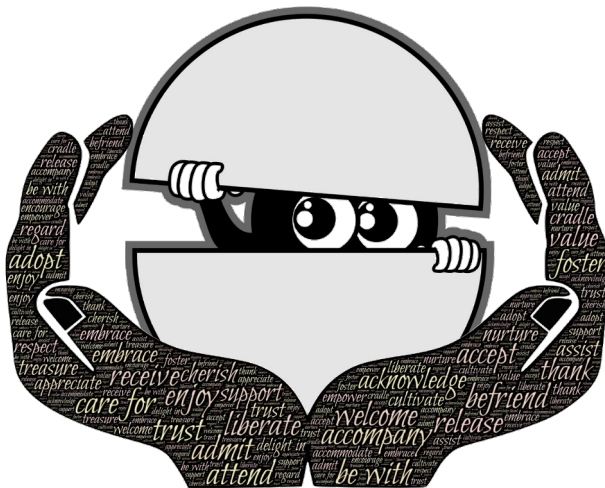
MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Peer Support Services:

Peer Providers Offer Understanding, Respect, Mutual Empowerment, and Support to Others Through Their Personal Experiences



# Northeast and Caribbean MHTTC

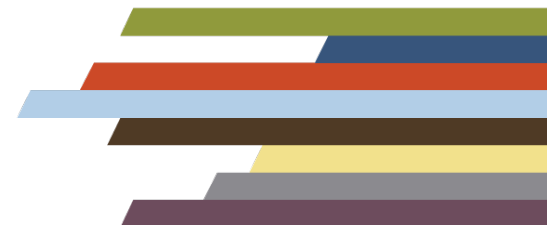
- Provides 5 years (2018 – 2023) of funding to:
  - Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses
  - Address full continuum of services spanning mental illness prevention, treatment, and recovery supports
  - Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Grow Your Knowledge and Skills



Keep up with the latest effective practices, resources, and technologies!

**Subscribe** to receive our mailings. All activities are free!

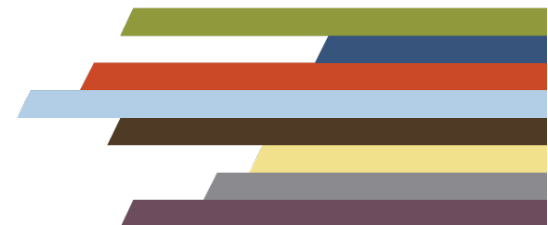
<https://bit.ly/2mpmpMb>



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Upcoming Webinars

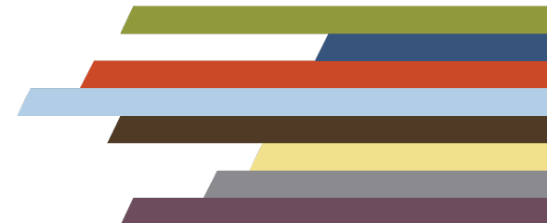
- Supervision of Peers by Non-Peer Supervisors  
Tuesday 4/7/20 1:00 – 2:30 ET
- Role of Health and Wellness in Recovery  
Thursday 4/23/20 1:00 – 2:30 ET
- Role of Religion and Spirituality  
Thursday 5/7/20 1:00 – 2:30 ET
- Recovery in the Hispanic and Latinex Community  
Thursday 5/21/20 1:00 – 2:30 ET



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Feedback

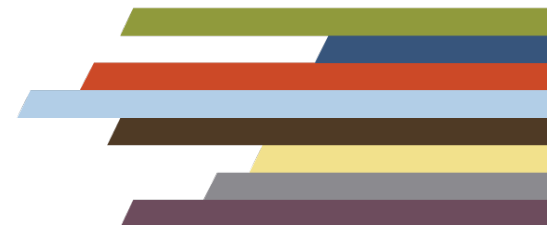
- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, **ANONYMOUS** feedback about this event, which will provide information to SAMHSA, **AND** assist us in planning future meetings and programs. Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. **Therefore, your feedback counts!**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Video Recording Information



- Please note that we will be recording this webinar and posting it to our website. Any information and input you provide during today's call will be recorded and posted on our website.

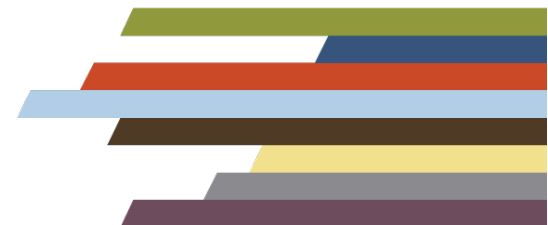
THANKS!



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Your Interactions with Us

## Question and Answers

- Q & A will occur at the end of the call.
- Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).

## Chat and Polls

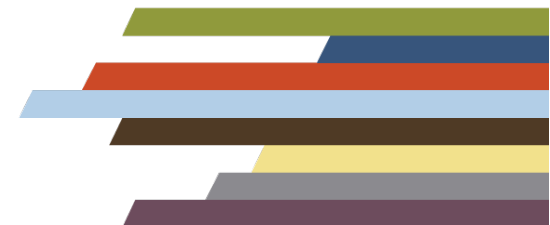
- Throughout the webinar, we will be asking for your input.
- Please use the Chat or Poll features in Zoom located on the task bar.



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

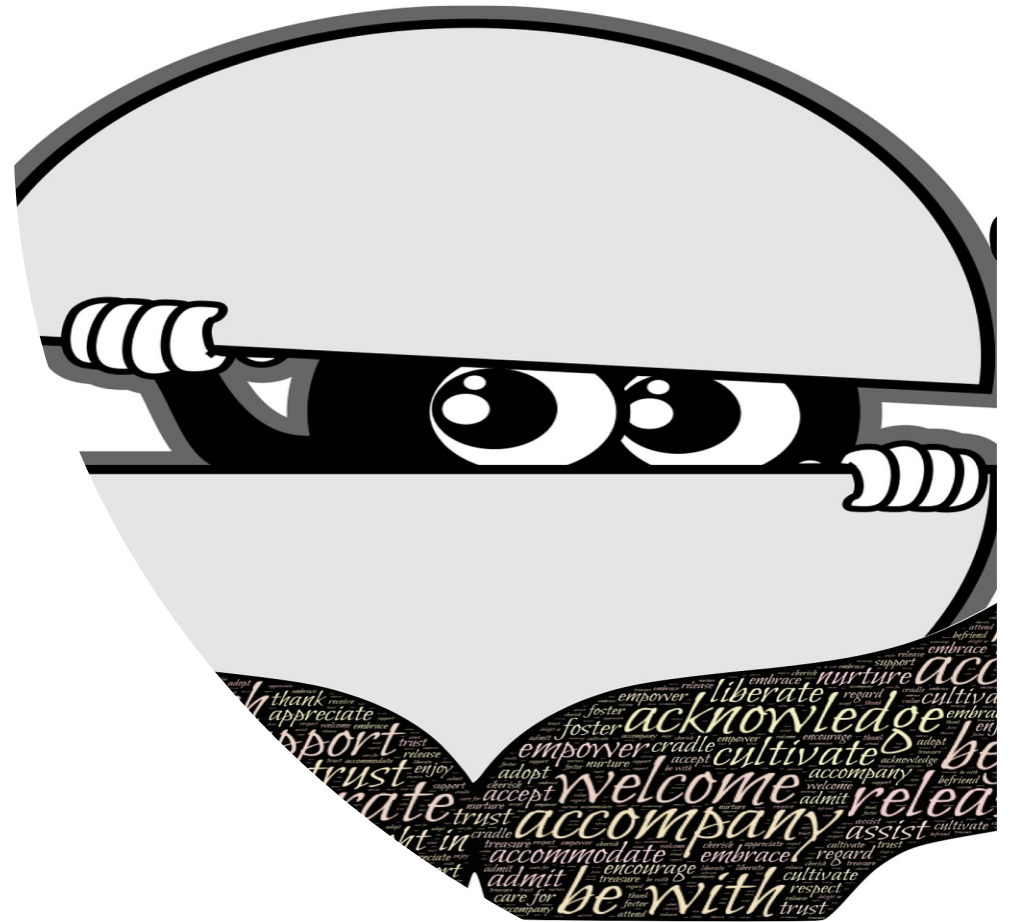


# Our Presenters

---

## Peer Support Services:

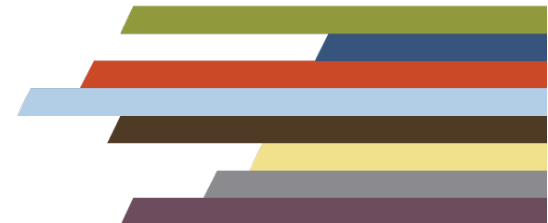
Peer Providers Offer Understanding, Respect, Mutual Empowerment, and Support to Others Through Their Personal Experiences



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Rita Cronise

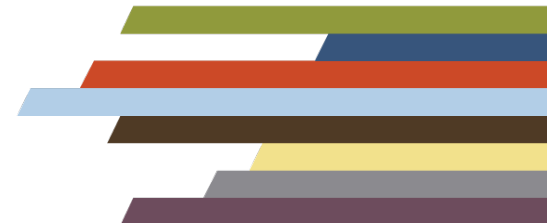
Distance Faculty,  
Rutgers University  
Academy of Peer  
Services



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Martha Barbone

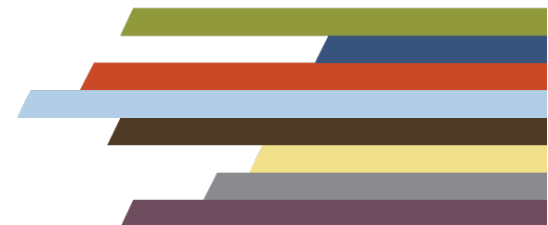
Interim Director of Operations,  
National Association of Peer  
Supporters (iNAPS)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Session Objectives

Mutual support  
and self-help

What makes  
peer support  
unique

Support vs.  
service

Challenges in  
adapting support  
to service

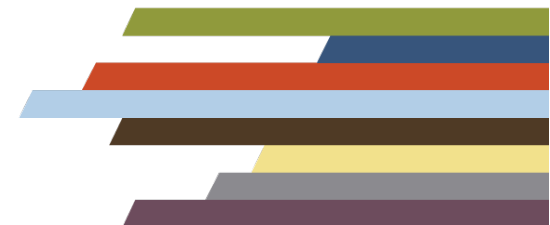
National  
Practice  
Guidelines

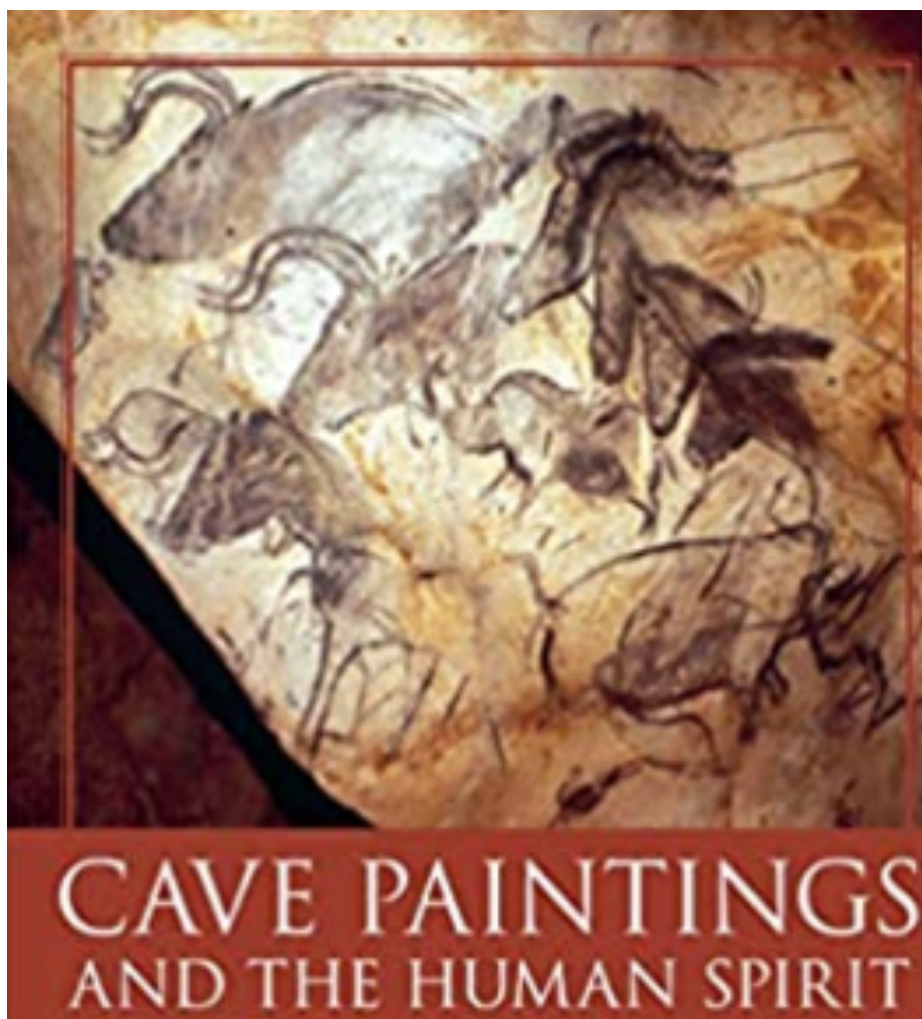


Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





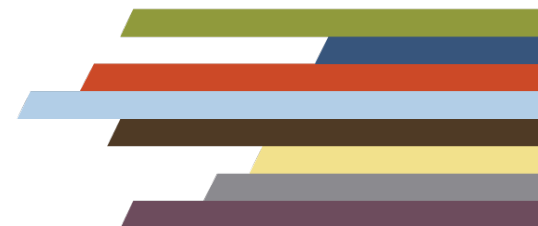
# Peer Support



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



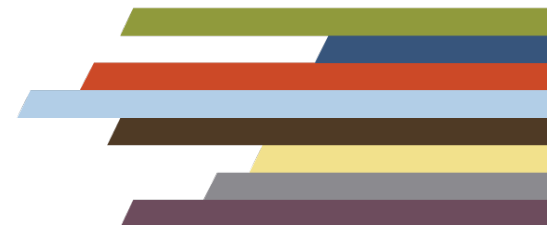
# Our Early Experiences



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



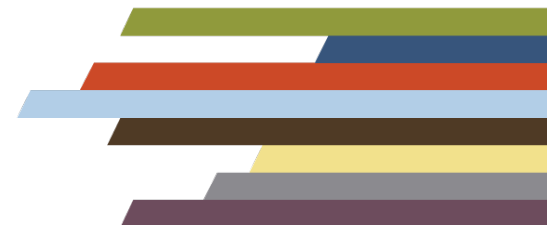
# Support Groups



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Mutual Peer Support

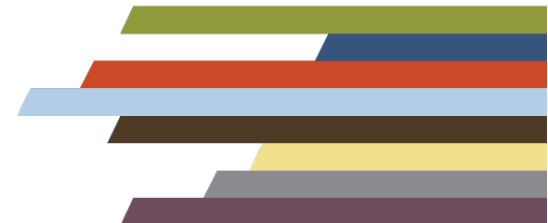
Human  
response to  
those who are  
“like us”  
in spite of our  
differences



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



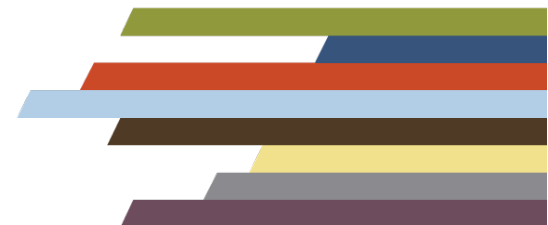
# What Makes It Unique



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration







# **Intentional Peer Support**

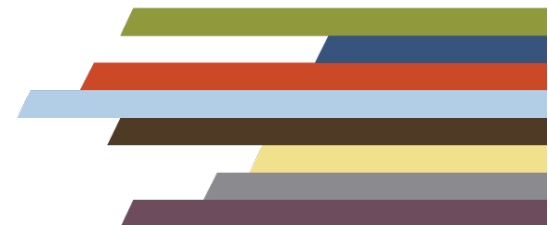
- \*Connection
- \*Worldview
- \*Mutuality
- \*Moving Toward



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# SAMHSA's WORKING DEFINITION OF RECOVERY



# Recovery

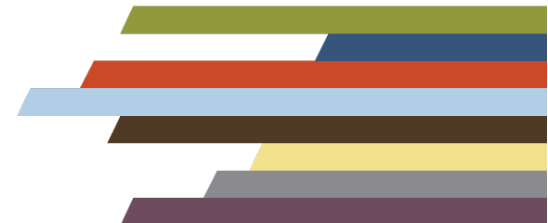
A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Recovery is the Goal



Pat Deegan

*We are the evidence that recovery is real and our very presence scrambles decades of academic theories about the course of mental disorders.*

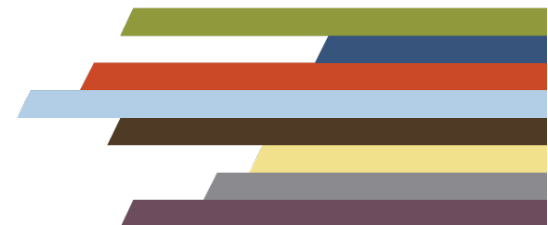
*We are the evidence that it is possible to **live our lives**, not just our diagnoses.*



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





*Just by showing up at work  
we raise the bar on service  
outcomes.*

*Mere maintenance in the community or a life in  
**handicaptivity** is not a good outcome  
and represents systemic failure, not success.*

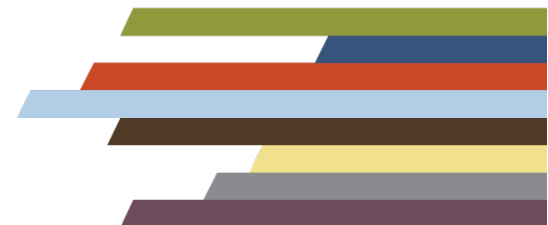
***Recovery is the goal.***



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



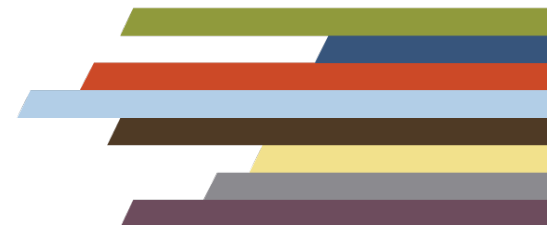
# Clinical Services



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



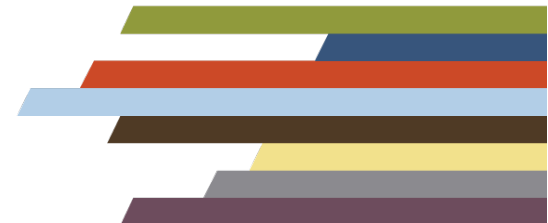
# Mutuality



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





**We ARE the Evidence!**

**Peers are the experts at NOT being the experts and that takes expertise.**

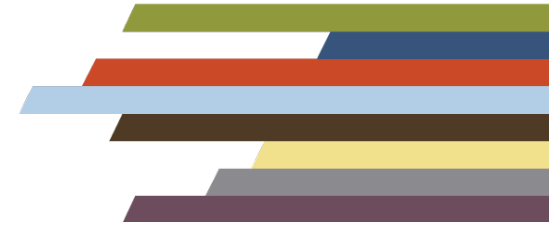
Source: Chris Martin, Recovery Innovations



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Self Determination

We are experts only on ourselves.

We listen—we do not fix.

We facilitate, we do not direct or provide advice

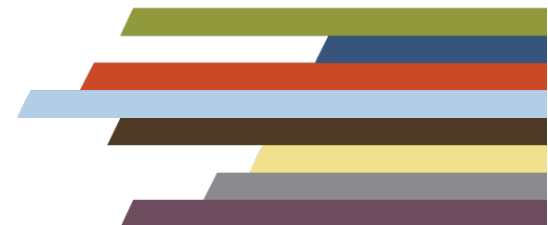
We do WITH people we support, do not do FOR.



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration







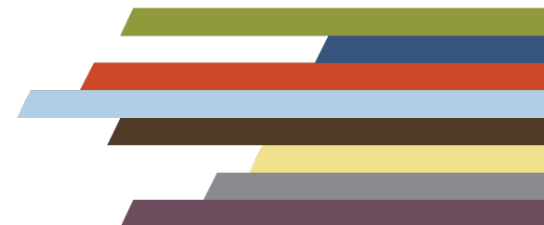
# Empowerment



Northeast and Caribbean (HHS Region 2)

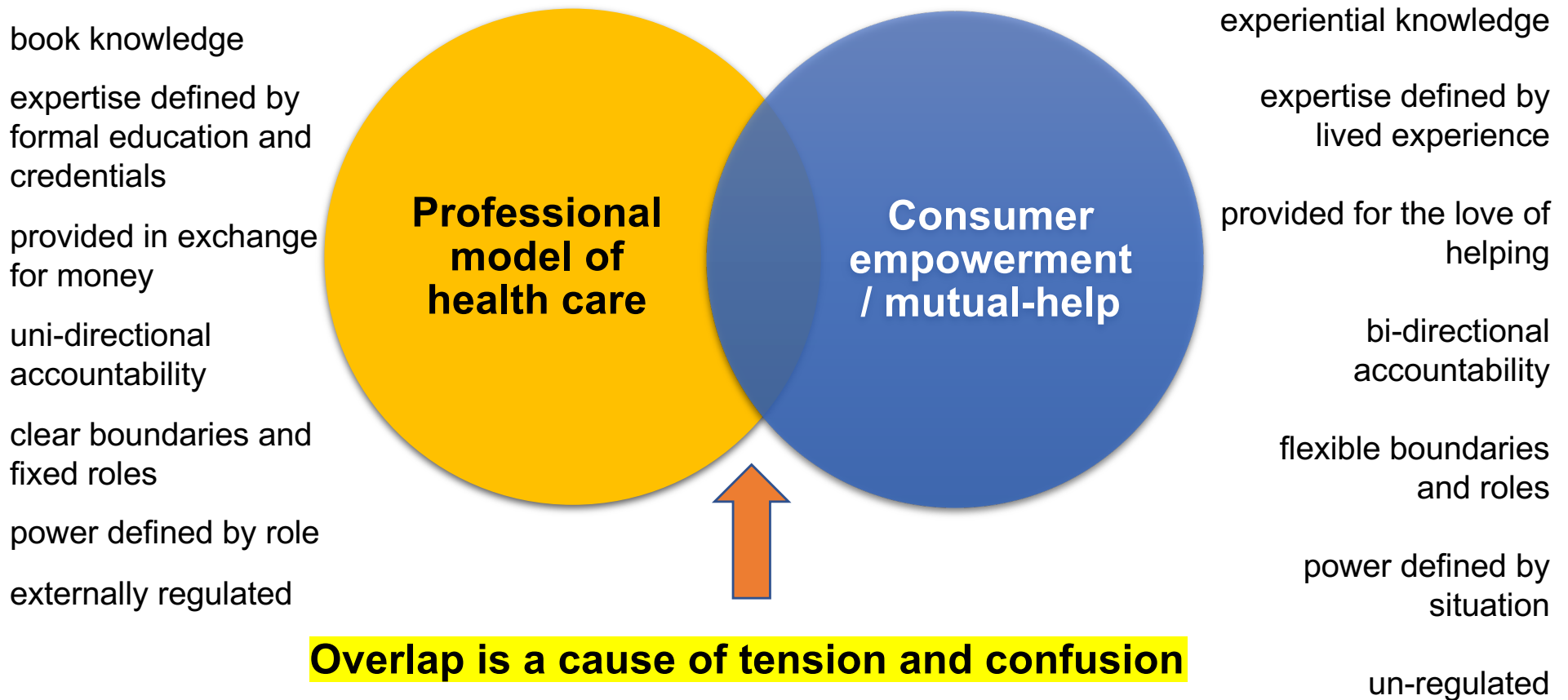
**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Peer Support in Clinical Systems

## Two different worldviews on helping



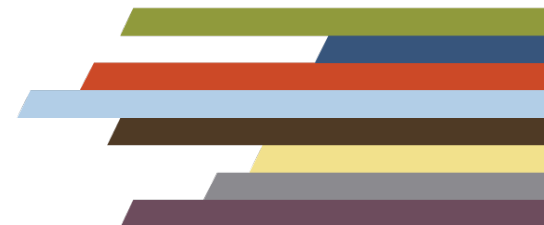
Bernstein, 2015



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# JOB

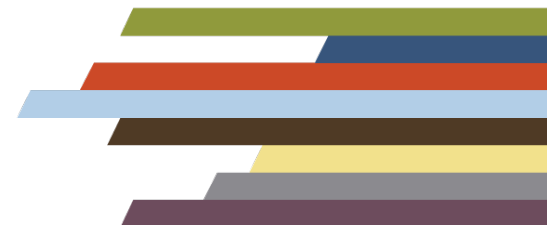
**Support vs. Service**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Let's Chat

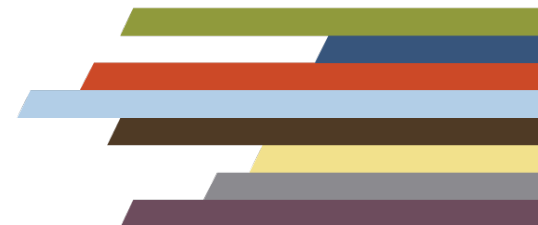
**What challenges have you seen (or experienced) with peer support in clinical service?**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# INAPS

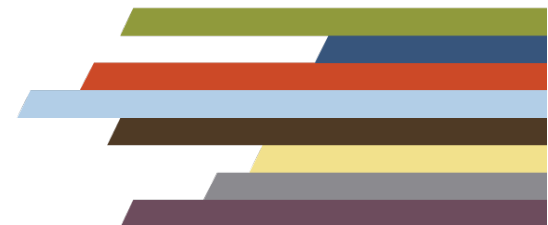
## National Association of Peer Supporters



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# National Practice Guidelines

(NAPS, 2013)

## National Ethical Guidelines and Practice Standards

### National Practice Guidelines for Peer Supporters

*Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.*

~~SAMHSA Working Definition of Recovery  
(Last updated in 2011).

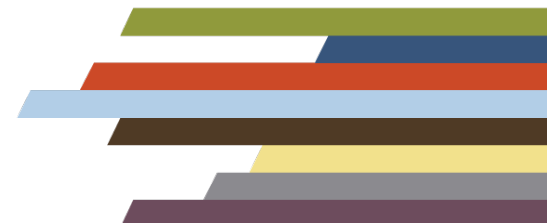
The belief that **recovery is possible** for all who experience psychiatric, traumatic, or substance use challenges is fundamental to the practice of peer support. The likelihood of long-term recovery is increased with effective support. Peer support has been demonstrated through research and practical application to be highly effective.

In addition to the SAMHSA Working Definition and Guiding Principles of Recovery, the following core values have been ratified by peer supporters across the country as the core ethical guidelines for peer support practice:

1. Peer support is voluntary
2. Peer supporters are hopeful
3. Peer supporters are open minded
4. Peer supporters are empathetic
5. Peer supporters are respectful
6. Peer supporters facilitate change
7. Peer supporters are honest and direct
8. Peer support is mutual and reciprocal
9. Peer support is equally shared power
10. Peer support is strengths-focused
11. Peer support is transparent
12. Peer support is person-driven

The peer support workforce is at a critical time in its development. Research reveals that peer support can be valuable to those overcoming mental health and substance addiction challenges and their families. Thousands of peers have been trained and are working in a wide variety of settings, but questions remain regarding peer roles, duties and philosophies.

In an effort to create broader understanding, reduce workplace tensions and frustrations and develop effective peer support roles, a universal set of practice standards is necessary. Such standards will enable peer support workers, non-peer staff, program administrators and developers, systems

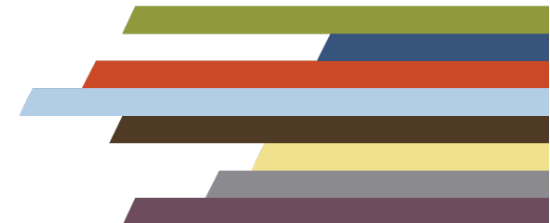




# Voluntary

---

## Guideline: Support Choice



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



**Hopeful**

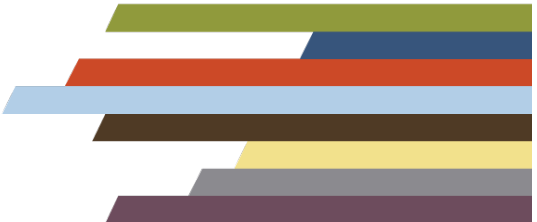
**Guideline:  
Share Hope**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration







# Open Minded

---

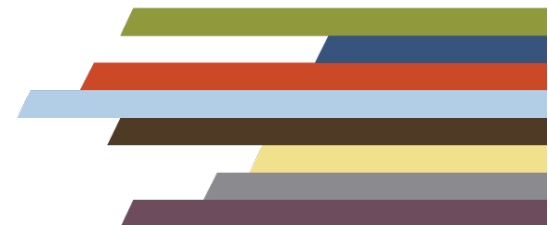
**Guideline:** Withhold Judgment About Others



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Empathetic

**Guideline:** Listen with Emotional Sensitivity

Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another

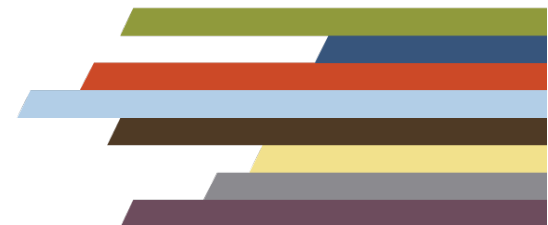
**Alfred Adler**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Respectful

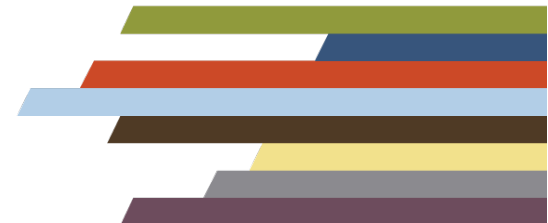
**Guideline: Be Curious and Embrace Diversity**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





# Facilitate Change

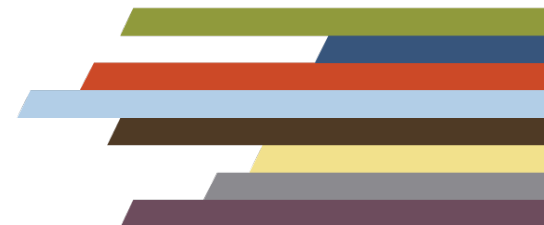
## Guideline: Educate and Advocate



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Honest and Direct

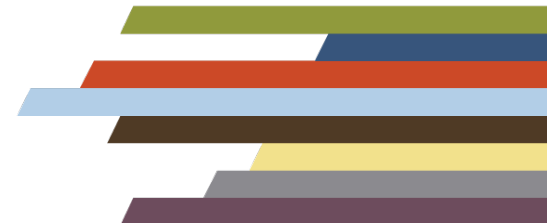
**Guideline:**  
Address  
Difficult  
Issues  
with Caring



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Mutual and Reciprocal

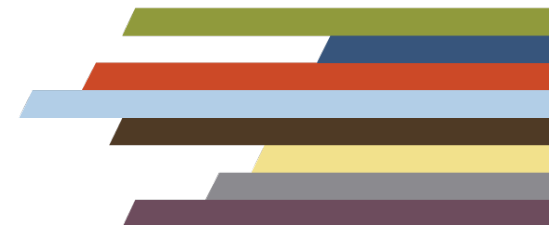
**Guideline:**  
Encourage giving  
and receiving



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Equally Shared Power

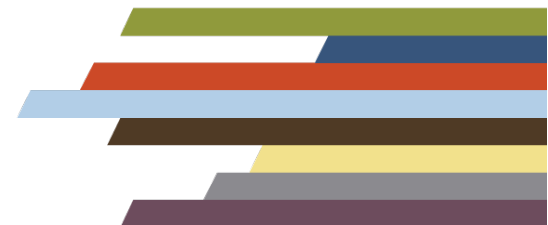
Guideline:  
Embody Equality



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Strengths-Focused

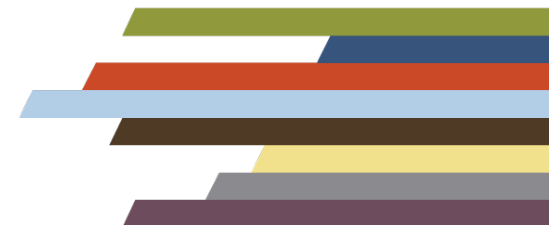
Guideline:  
What's  
Strong,  
Not What's  
Wrong



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration







# Person-Driven

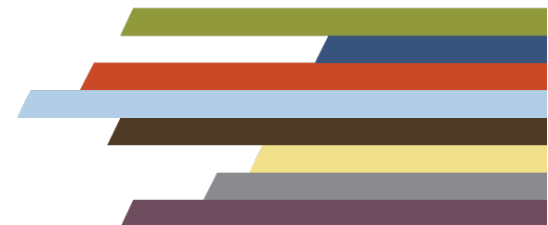
**Guideline:**  
Focus on the  
Person, not  
the Problems



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration





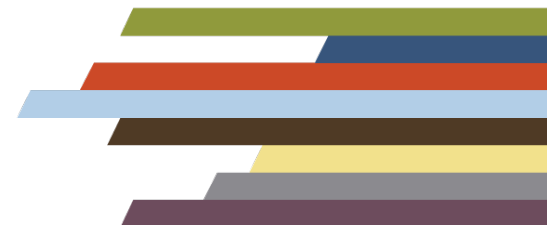
THANK YOU!



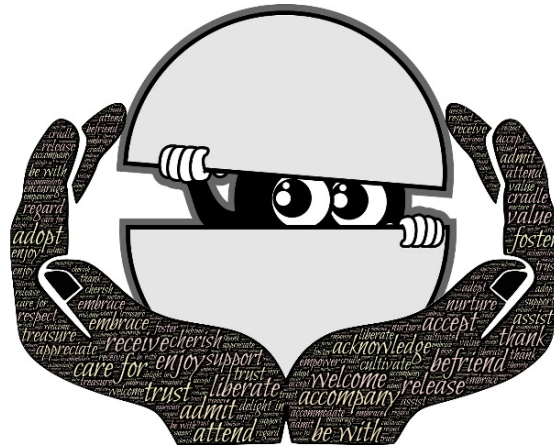
Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Contact Information



**Rita Cronise,**  
Rutgers University, Academy of Peer Services  
[rita.cronise@rutgers.edu](mailto:rita.cronise@rutgers.edu)

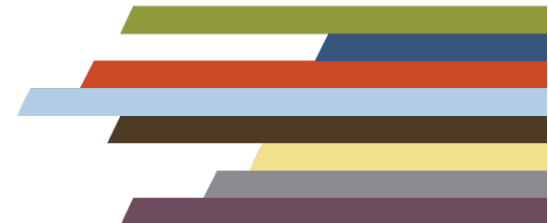
**Martha Barbone,**  
National Association of Peer Supporters  
[mbarbone@inaops.org](mailto:mbarbone@inaops.org)



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Contact us!

By phone: (908) 889-2552

Email:

[northeastcaribbean@mhttcnetwork.org](mailto:northeastcaribbean@mhttcnetwork.org)

Website:

<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

Like and follow us on Facebook and Twitter!



Find us at

**Northeast & Caribbean MHTTC**



**@necmhttc**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

