



## Webinar References

### **Peer Support Services: Peer Providers Offer Understanding, Respect, Mutual Empowerment, and Support to Others Through Their Personal Experiences, Martha Barbone and Rita Cronise, March 31, 2020**

#### References

- Borkman, T. (1976). Experiential Knowledge: A New Concept for the Analysis of Self-Help Groups *Social Service Review*, 50(3), 445-456.
- Borkman, T. (1990). Self-Help Groups at the Turning Point: Emerging Egalitarian Alliances with the Formal Health Care System? *American Journal Community Psychology*, 18(2), 321-332
- Deegan, P. (1998). Recovery and the Conspiracy of Hope. "There's a Person in Here." *The Sixth Annual Mental Health Service User Conference of Australia and New Zealand*, Brisbane, Australia.
- Harding, C., Brooks, G., Takamaru, A., Strauss, J. & Breier, A. (1987). The Vermont Longitudinal Study of Persons With Severe Mental Illness, I: Methodology, Study, Sample, and Overall Status 32 Years Later. *American Journal of Psychiatry*. 144:6, June 1987, pp 718-726.
- Mead, S. & McNeil, C. (2004). [\*Peer Support, What Makes It Unique?\*](#) Intentional Peer Support.
- Mead, S., Hilton, D., & Curtis, L. (2001). Peer Support: A theoretical perspective. *Psychiatric Rehabilitation Journal*, 25. 134-141.
- Rogers, S., Teague, G. Lichenstein, C., Campbell, J., Lyass, A., Chen, R. & Banks, S. (2007). Effects of Participation in consumer-operated service programs on both personal and organizationally mediated environment: results of a multisite study (Report). *Journal of Rehabilitation Research and Development*, 44(6), 785-799.

#### Prior MHTTC Webinar Series on Peer Support

- Fortuna, K. (2020). *Part 1: The Role of Technology in Peer Support Services. Landscape of Digital Peer Support Services Across the Globe*. [Webinar, Broadcast February 13, 2020]. Central East (HHS Region 3) Mental Health Technology Transfer Center (MHTTC).
- Wolf, J. (2019). *Part 1: Is the Past Prologue? From Insane Asylums to Peer Support Workforce*. [Webinar, Broadcast June 25, 2019]. Central East (HHS Region 3) Mental Health Technology Transfer Center (MHTTC).
- Wolf, J. (2019). *Part 2: The Logic of Scientific Revolutions: Peer Support Workforce and Mental Health System Transformation* [Webinar, Broadcast July 16, 2019]. Central East (HHS Region 3) Mental Health Technology Transfer Center (MHTTC).

Wolf, J. (2019). *Part 3: Chop Wood, Carry Water: Key Elements in Progressive Peer Workforce Practice* [Webinar, Broadcast July 16, 2019]. Central East (HHS Region 3) Mental Health Technology Transfer Center (MHTTC).

For more: Mental Health Technology Transfer Center Network (MHTTC) (2020). [Peer Support Workforce](#).

## Recent Articles

Harris, L. (2020). [“Not Fragile”: Survivor-Led Mutual Aid Projects Flourish in a Time of Crisis](#). Mad in America Blog, March 30, 2020.

Howard, G. (2018). [What Makes an Online Peer Support Group Helpful?](#) Psych Central. Blog, July 8, 2018.

Spector, N. (2018). [Struggling to cope? An online ‘mental health peer’ can lend support](#). NBC News, August 2, 2018.

## Websites for Online Peer Support

Academy of Peer Services, Virtual Community of Practice:

[Online peer support groups](#) | [Online groups for peer support providers and supervisors](#)

Alternatives to Suicide (Sarah Knutson Blog Spot and Support Groups): [Peerly Human](#)

Asheville, NC: [Sunrise Community for Recovery and Wellness](#)

Association for Mental Health and Wellness: [Healing Connections Peer Support Groups](#)

DBSA: [Depression and Bipolar Support Alliance](#)

For Like Minds: [For Like Minds](#)

NAMI Connection: [Find a Support Group](#)

Oregon Peer Support: [Peer Galaxy, Oregon’s Peer Support Directory](#)

RPLYT: [Robyn Priest Live Your Truth – Support for Supporters](#)

SCG: [Support Groups Central](#)

Western Mass RLC: [Western Mass. Recovery Learning Community](#)

## For Further Study

[Academy of Peer Services](#), free online courses through the state of New York, relevant to the topic of Peer Support Services:

- The Goal is Recovery
- The Historical Roots of Peer Support Services
- Peer Delivered Service Models

- Bassman, R. (2010). The Evolution from Advocacy to Self-Determination in Swarbrick (Ed), *People in Recovery as Providers of Psychiatric Rehabilitation: Building on the Wisdom of Experience*, p 20. Linthicum, MD. United States Psychiatric Rehabilitation Association
- Beers, C. W. (1923). *A Mind that Found Itself: An Autobiography*. Garden City, NY: Doubleday.
- Bluebird, G. (2007). *History of the Consumer/Survivor Movement*. National Empowerment Center.
- Campbell, J. & Leaver, J. (2003). *Emerging New Practices in Organized Peer Support. U.S.: A Report from NTAC's National Experts Meeting on Emerging Practices in Organized Peer Support*. Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services, National Association of State Mental Health Program Directors (NASMHPD), Alexandria, VA.
- Campbell, J. (2009). Federal Multi-Site Study Finds Consumer-Operated Service Programs are Evidence-Based Practices. A Report from the Program in Consumer Studies and Training, Missouri Institute of Mental Health.
- Chamberlin, J. (1998). Confessions of a noncompliant patient. *Psychosocial Nursing*, 36(4), 49-52.
- Chamberlin, J. (1990) *The Ex-Patients' Movement: Where We've Been and Where We're Going*. National Empowerment Center.
- Chamberlin, J. (1978). *On our own. Patient controlled alternatives to the mental health system*. New York: McGraw-Hill.
- Chinman, M., Preethy, G., Dougherty, R., Daniels, A., Ghose, S., Swift, A. & Delphin-Rittmon, M. (2014). Peer Support Services for Individuals with Serious Mental Illnesses: Assessing the Evidence. *Psychiatric Services*. 65(4), 434-438, 439.
- Cook, J., Steigman, P. Pickett, S., Diehl, S. Fox, A., Shipley, P. Macfarlane, R. Grey, D. & Burke-Miller, J. (2012). Randomized controlled trial of peer-led recovery education using Building Recovery of Individual Dreams and Goals through Education and Support (BRIDGES). *Schizophrenia Research*, 136(1-3), 36-42.
- Cook, J. (2011). Peer-Delivered Wellness Recovery Services: From Evidence to Widespread Implementation. *Psychiatric Rehabilitation Journal*, 35(2) 87-89.
- Cook, J., Copeland, M. E., Corey, L., Buffington, E., Jonikas, J., Curtis, L., Grey, D., & Nichols, W. (2010). Developing the evidence base for peer-led services: Changes among participants following Wellness Recovery Action Planning (WRAP) education in two statewide initiatives. *Psychiatric Rehabilitation Journal*, 34(2), 113–120
- Daniels, A., Grant, E., Filson, B., Powell, I., Fricks, L., & Goodale, L. (Eds). (2009). *Pillars of Peer Support: Transforming Mental Health Systems of Care Through Peer Support Services*. The Carter Center, Atlanta, GA.
- Davidson, L., Chinman, M., Sells, D. & Rowe, M. (2006). Peer Support among Adults with Serious Mental Illness: A Report from the Field. *Schizophrenia Bulletin*. 32(3): 443-450.

- Deegan, P. (2006). [The Legacy of Peer Support](#). Blog, dated July 24, 2006. Retrieved from
- Deegan, P. (2004). [History and Self-Directed Recovery](#). Blog, dated June 8, 2004. Retrieved from
- Deegan, P. (1996). [Recovery as a Journey of the Heart](#). (Transcript) Presented at Recovery from Psychiatric Disability: Implications for the training of mental health professionals. Massachusetts State House, Gardner Auditorium. 5/10/95. Retrieved from
- Emerick, R. (1990). Self-help groups for former patients: Relations with mental health professionals. *Hospital and Community Psychiatry*, 41, 401–407.
- Fortuna, K., Storm, M., Naslund, J., Chow, P., Aschbrenner, K, Lohman, M., & Bartels, S. (2018). Certified Peer Specialists and Older Adults with Serious Mental Illness' Perspectives of the Impact of a Peer-Delivered and Technology-Supported Self-Management Intervention. *The Journal of Nervous and Mental Disease*, 206(11), 875-881.
- Fukui, S., Davidson, L. J., Holter, M. C., & Rapp, C. A. (2010). Pathways to Recovery (PTR): Impact of peer-led group participation on mental health recovery outcomes. *Psychiatric Rehabilitation Journal*, 34(1), 42–48
- Jackson, V. (2001). [In Our Own Voice: African-American Stories of Oppression, Survival and Recovery in Mental Health Systems. Part 3 of the "It's About Time: Discovering, Recovering and Celebrating Psychiatric Consumer/Survivor History](#). National Empowerment Center Archive.
- Miyamoto, Y. & Sono, T. (2012). Lessons from Peer Support Among Individuals with Mental Health Difficulties: A Review of the Literature. *Clinical Practice and Epidemiology in Mental Health*, 8, 22-29.
- National Council on Disability (NCD). (2000). [From Privileges to Rights: People Labeled with Psychiatric Disabilities Speak for Themselves](#). National Council Repository.
- O'Hagan, M. (2011). [Peer Support in Mental Health and Addictions: A Background Paper](#). Kites Trust.
- Ostrow, L. & Adams, N. (2012). [Recovery in the USA: From politics to peer support](#). Int. Rev. Psychiatry.
- Penney, D. (2018a). [Who gets to define "Peer Support?"](#) Mad in America Blog February 10, 2018.
- Penney, D. (2018b). [Defining "Peer Support": Implications for Policy, Practice, and Research](#). Advocates for Human Potential, Inc. Retrieved from
- P. Swarbrick, L. Schmidt & K. Gill (Eds.). (2010). *People in Recovery as Providers of Psychiatric Rehabilitation*. (Book) Linthicum, MD. United States Psychiatric Rehabilitation Association (USPRA). p. 3
- Pocklington, S. (2006). [On What Distinguishes Peer Support from Peer Support Services](#). Mental Health Recovery Newsletter. Volume 7(2).
- Rogers, S. (2010). *Chapter 12: Consumer and Consumer-Supporter National Technical Assistance Centers: Helping the Consumer Movement Grow and Transform Systems*. In L. Brown & S. Wituk (Ed).

*Mental Health Self-Help: Consumer and Family Initiatives.* (p.256). Springer Science+Business Media, LLC. Springer New York.

SAMHSA (2011). *Consumer-Operated Services: The Evidence.* HHS Pub. No. SMA-11-4633, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, Rockville, MD.

SAMHSA (2011). *Consumer-Operated Services Evidence-Based Practices (EBP) Kit.* Substance Abuse and Mental Health Services Administration, Rockville, MD

Swarbrick, M. (2009). Historical perspective: From institution to community. *Occupational Therapy in Mental Health, (25), 201-223.*

The National Empowerment Center and the Recovery Consortium. (2007). *Voices of Transformation: Developing Recovery-Based Statewide Consumer/Survivor Organizations,* Lawrence, MA.

The National Empowerment Center (n.d.). [Evidence That People Recover from Schizophrenia](#). A Summary of the Research. National Empowerment Center Archive.

Unzicker, R. (1984) [To Be a Mental Patient](#) a poem by Rae Unzicker. Antipsychiatry Coalition Archive.

Unzicker, R. (1980) [Mental Health Advocacy Then to Now](#). National Association of Rights Protection and Advocacy (NARPA) Archive.

Van Tosh, L. and del Vecchio, P. (2000). *Consumer-Operated Self-Help Programs: A Technical Report.* U.S. Center for Mental Health Services, Rockville, MD.

Wolf, J., Lawrence, L., Ryan, P., Hoge, M. (2010). Emerging Practices in Employment of Persons in Recovery in the Mental Health Workforce. *American Journal of Psychiatric Rehabilitation, 13,* 189-207

## Video Resources

Mental Health America (2017) [From Asylums to Recovery](#). [Video 23:38 min.]

Harding, C., Anthony, W., Chamberlin, J., & Farkas, M. (Presenters) (2001). [The Recovery Vision: New paradigm, new questions, new answers. An event for World Health Day 2001](#). [Video 66:24 min.] Boston University Center for Psychiatric Rehabilitation Webinar. April 7, 2001.

Harris, L. (2010). [Judi Chamberlin: Her life, our movement](#). [Video 5:18 min.] National Coalition of Mental Health Consumer/Survivor Movement.

The Politics of Memory (2010). [Why a Politics of Memory for People with Disabilities?](#) [Video 14:29 min.] Available through Pat Deegan's Recovery Library.



# What is Peer Support?

## What is Peer Support?

“Peer Support” is a relationship between people with similar experiences. It is a mutually valuable exchange of hope, encouragement, connection, understanding, information and/or assistance. *“I’ve been there”* is one of the most validating and useful things a person can say or hear. In recovery movement, peer support relationships are among people who have experienced emotional distress, trauma, substance use, and/or been given a mental health diagnosis.

## What is a Certified Peer Support Specialist?

Certified Peer Support Specialists (CPSS) attend a specialized training to prepare for a role in the community or behavioral health service system. Peer relationships change lives and foster recovery anywhere that people seek and give support based on shared experiences.

A CPSS has been trained to share their experiences of recovery, services and supports and to carry the message of recovery to those they support, staff, and the community. In sharing our wisdom, strength and hope with others (including people using services, behavioral health professionals and policy makers) CPSSs can significantly impact peoples’ beliefs about their own capacity to recover and the capacity of others to recover.

The term peer supporter is an umbrella for many different peer support titles and roles, such as peer advocate, peer counselor, peer coach, peer mentor, peer educator, peer navigator, peer support group leader, peer wellness coach, recovery coach, recovery support specialist, family partner, and many more...

Those who provide authentic peer support believe in recovery and work to promote the values that:

- Recovery is a choice.
- Recovery is unique to the individual.
- Recovery is a journey, not a destination.
- Self-directed recovery is possible for everyone, with or without professional help (including the help of peer specialists or peer providers).

## The National Practice Guidelines detail the core values for peer supporters.

International Association of Peer Supporters (2013). National Practice Guidelines for Peer Supporters. <https://www.inaops.org/values>

National Association of Peer Supporters (Revision in 2019). National Practice Guidelines for Peer Specialists and Supervisors <https://www.inaops.org/supervision>