

# INTENTIONAL PEER SUPPORT & CRISIS

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Welcome  
&  
Overview



Intentional  
Peer  
Support



Keep  
Connected !

We would like to acknowledge the original people of the land we all are on across the world, and pay respect to the elders who steward this land, both past and present.

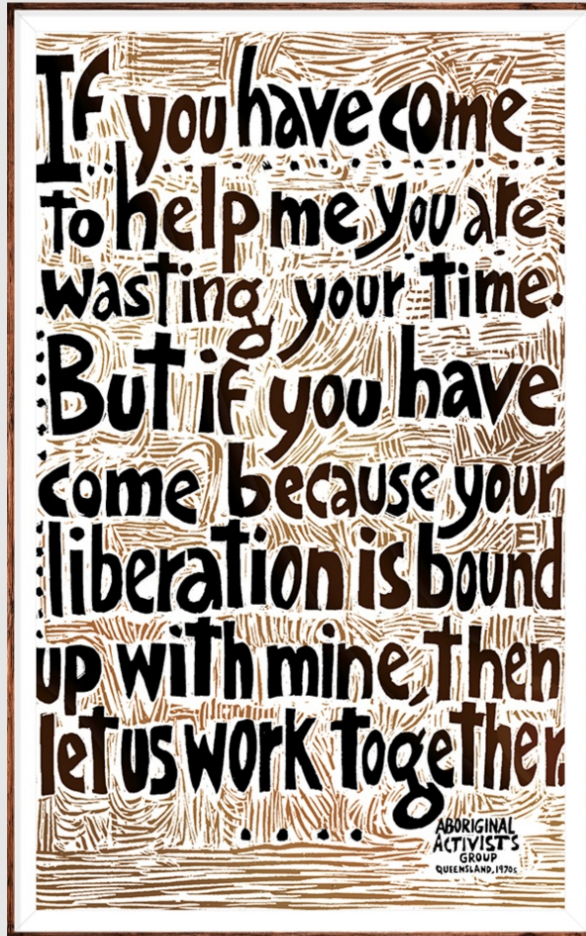
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Intentional Peer Support stands with all marginalized peoples, especially people of color experiencing harm from systematic and institutional power imbalances.

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As an organization working primarily in mental health, IPS is committed to confronting white dominance and working towards the eradication of systemic injustice wherever encountered.

## Starting with Inspiration

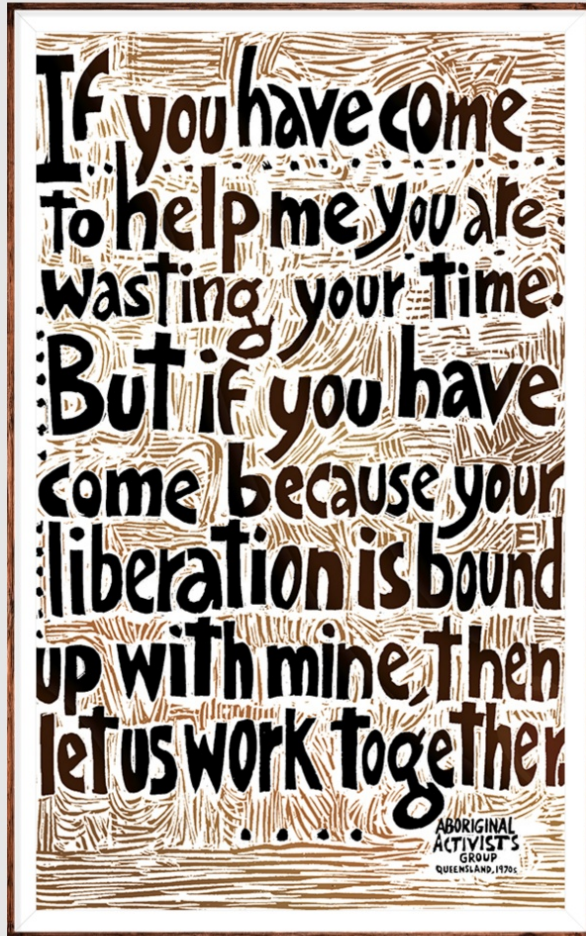


*Facilitator Introduction:*

Danielle Grondin  
she/her/hers



## Starting with Inspiration



### Facilitator Introduction:

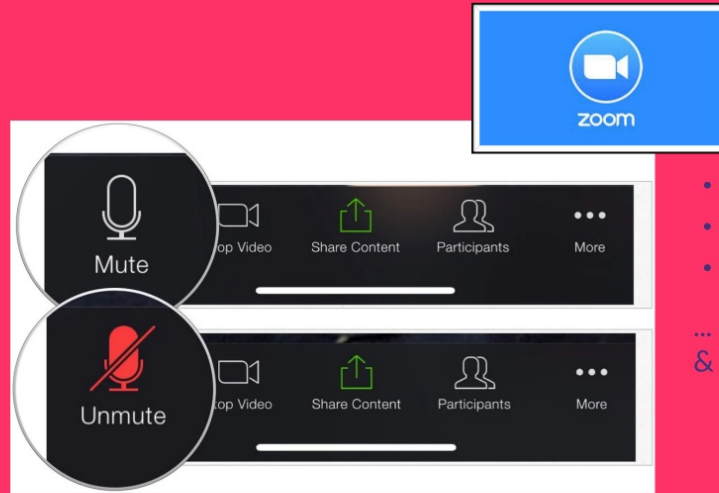
Danielle Grondin  
she/her/hers



### You're invited to share in the chat box:

- Your name, pronouns (if you'd like), where you're from, and your relationship to peer support

# USING ONLINE PLATFORMS



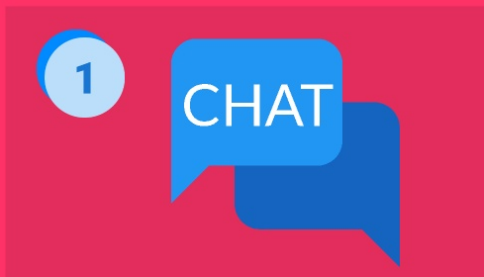
- Mute/Unmute (Alt+A)
- Stop/Start Video (Alt+V)
- Chat (Alt+H)

... = Invitation to change your name & add pronouns, if desired.

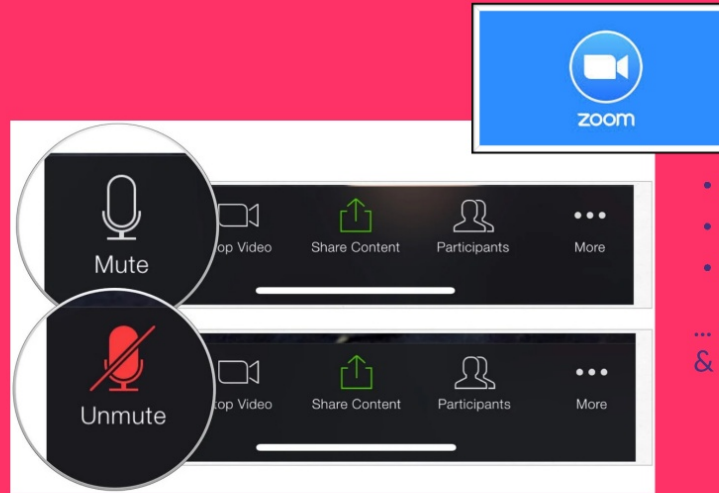
Pronoun Examples:

- She/Her/Hers
- He/Him/His
- They/Them/Theirs

*Prompts for Interaction:*



# USING ONLINE PLATFORMS



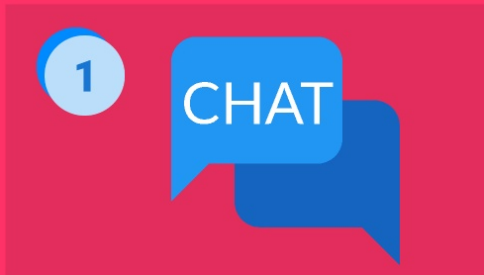
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Pronoun Examples:

- She/Her/Hers
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*Prompts for Interaction:*



**Participation  
is always  
optional!**



## *Agenda*

- **Inspiration & Introductions**
- **Overview of IPS Principles & Tasks**
- **Crisis as Opportunity**
- **Keep in Touch**



Shery Mead

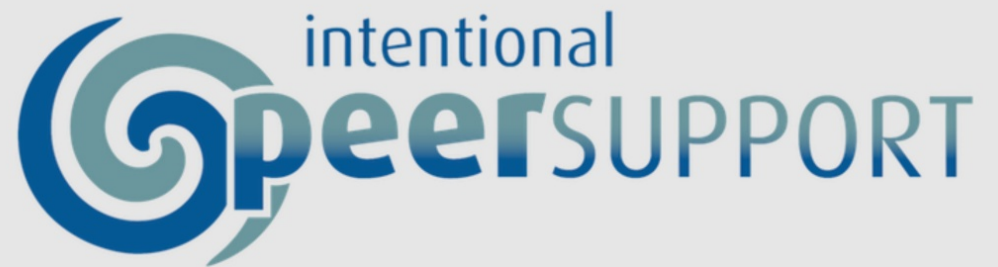
*"Peer support is about social change."*

3 Principles

4 Tasks

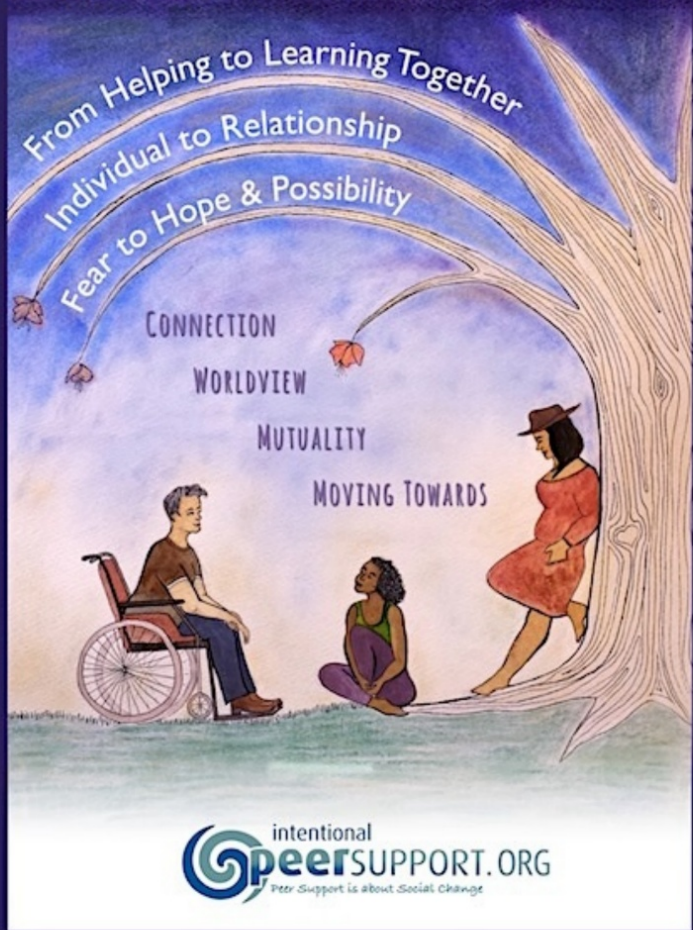
Crisis as Opportunity

Our framework





3 principles and 4 tasks of Intentional Peer Support

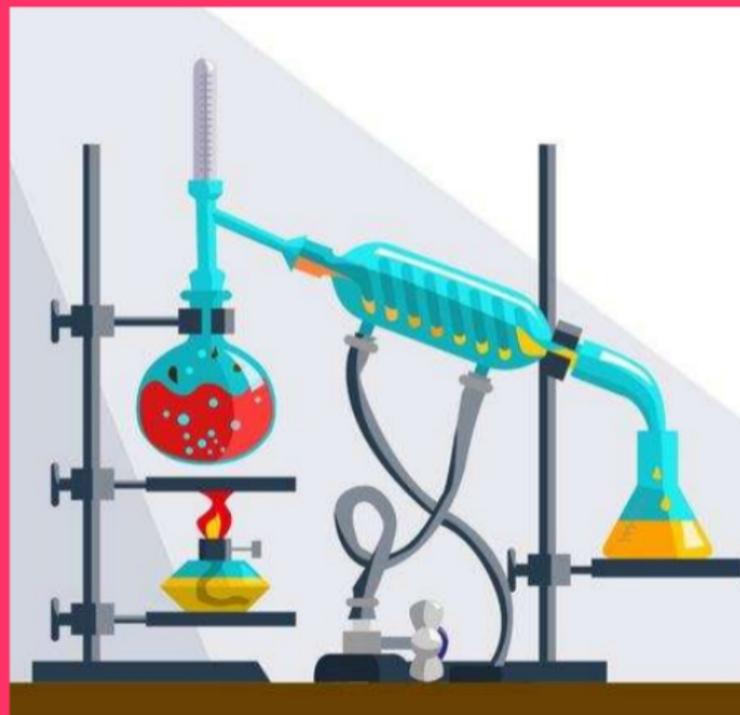


Disclaimer

40  
hour  
curriculum



*20 minutes*



**SHIFTING THE  
FOCUS FROM**

**HELPING**

**INDIVIDUAL**

**THROUGH FEAR**



**TO LEARNING & GROWING  
TOGETHER**

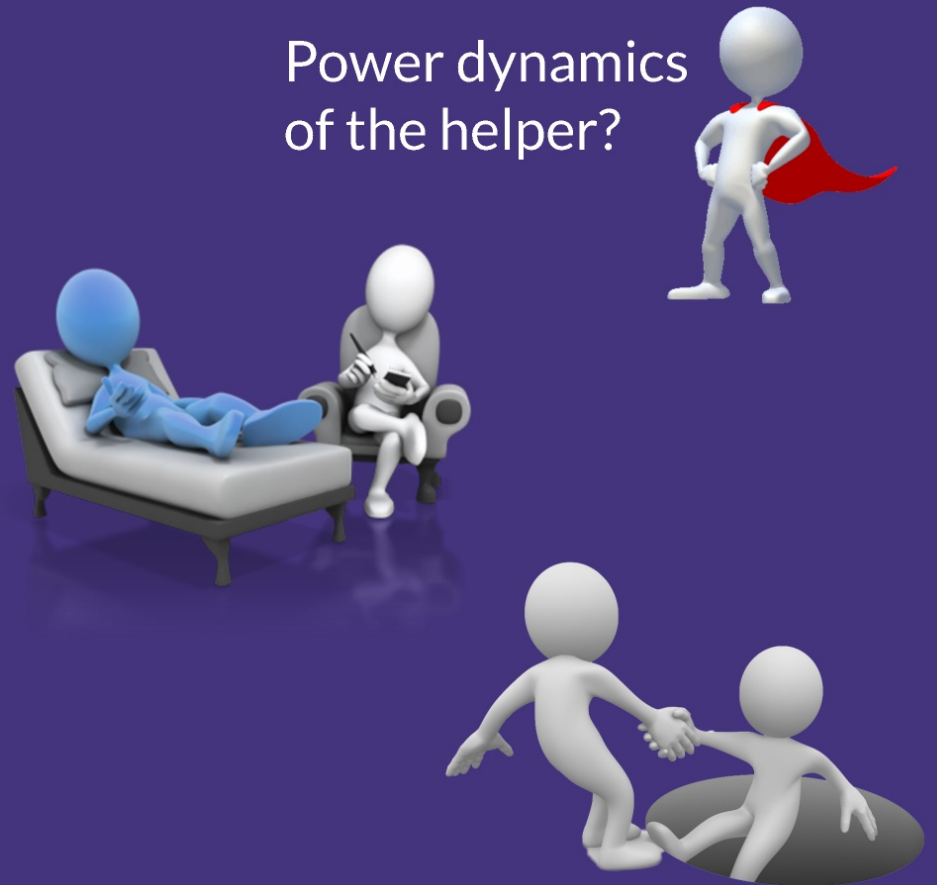
**TO RELATIONSHIP**

**TO HOPE & POSSIBILITY**

"Moving from helping to learning is a shift from 'doing to' people to 'being with'. It's a shift from 'me and you' to 'us'. It's about thinking, "What can we create and learn together?" So, even when doing tasks with people, our focus and intent is still on building relationship, thus learning; the task itself is just the **vehicle** for doing so."



Power dynamics of the helper?



## From the individual:

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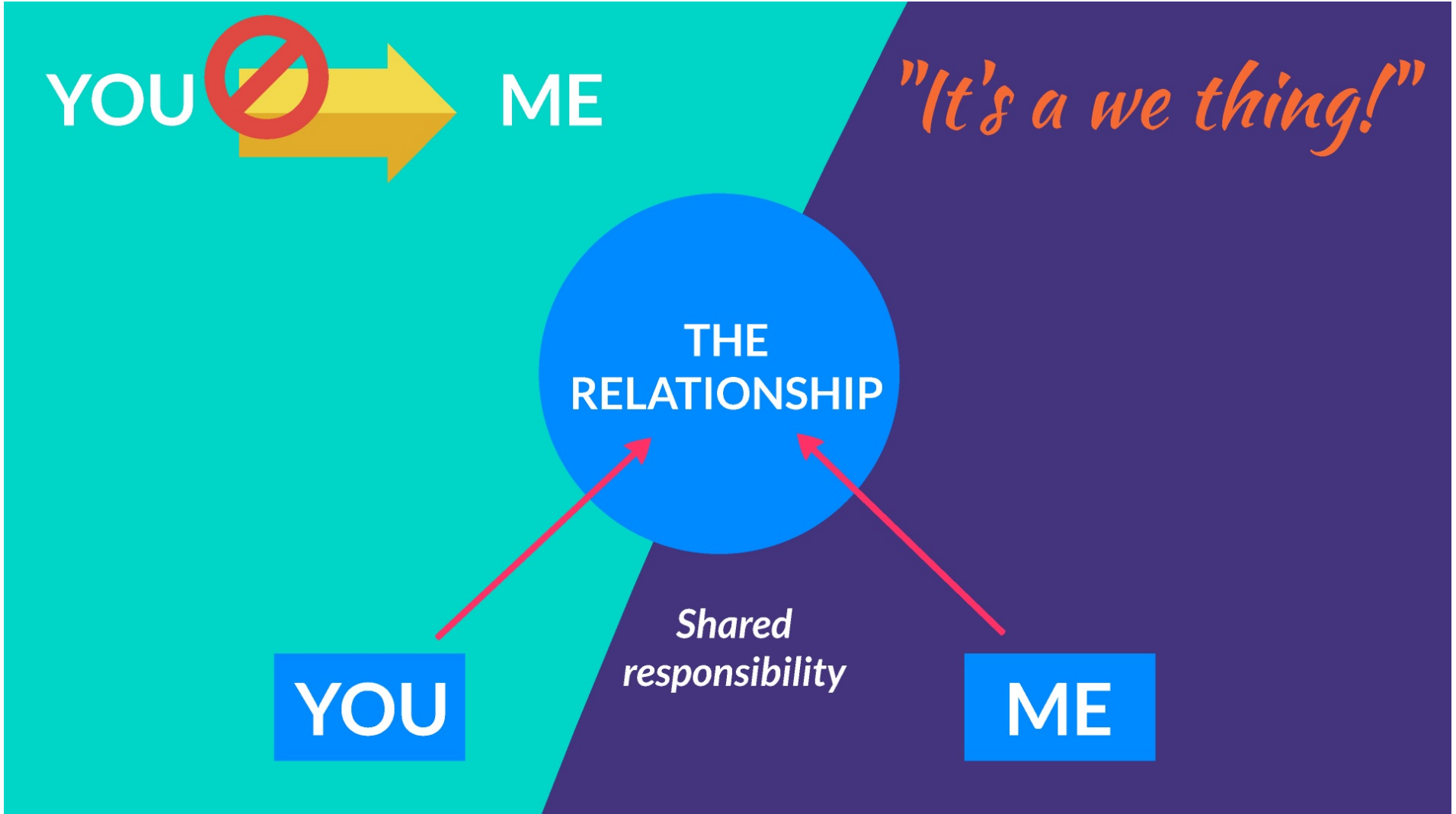
- Change is one-way
- Outcomes are pre-determined
- Conversations get stuck on solving problems
- Co-learning stops



## To the relationship:

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- We both change
- We risk honesty, openness, and courage
- No one is “*the problem*”
- Our relationship becomes a model for other relationships



## Through fear to HOPE & POSSIBILITY

Fear-based relationships are based on what is wrong and what we are afraid is going to happen



Hope-based relationships are based on what is possible, where we are going, and how we can together create something new



# 4 TASKS of IPS



- CONNECTION



- WORLDVIEW



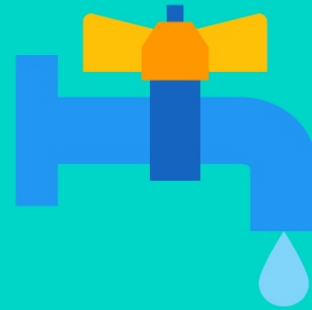
- MUTUALITY



- MOVING TOWARDS



CONNECTION



- VALIDATE



- RELATE

# WORLDVIEW

- **CURIOSITY**
  - **AWARENESS of ASSUMPTIONS**
    - **LISTENING FOR THE UNTOLD STORY**

# MUTUALITY

- **NEGOTIATE & NAME POWER**

- **SAY WHAT WE  
SEE - FEEL - NEED**



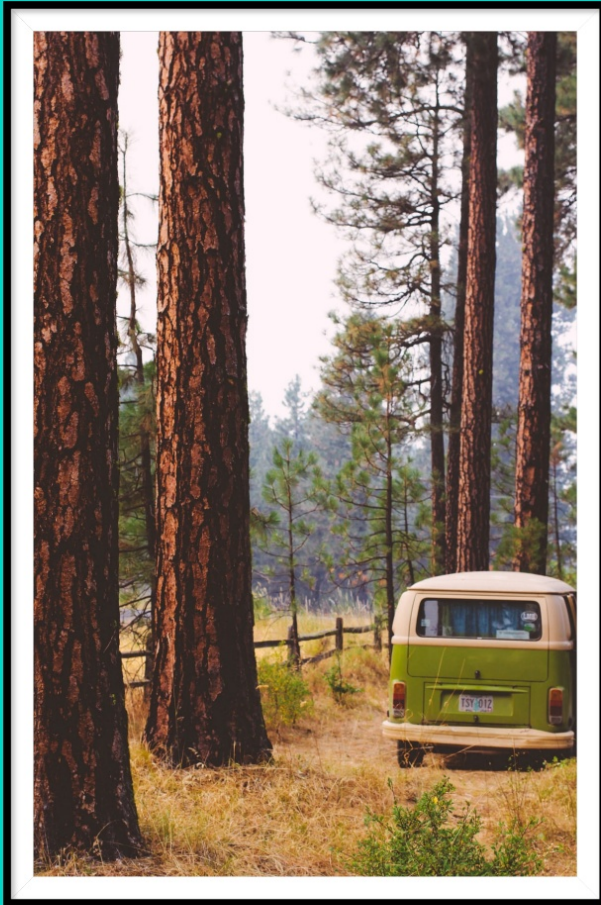
# MOVING TOWARDS

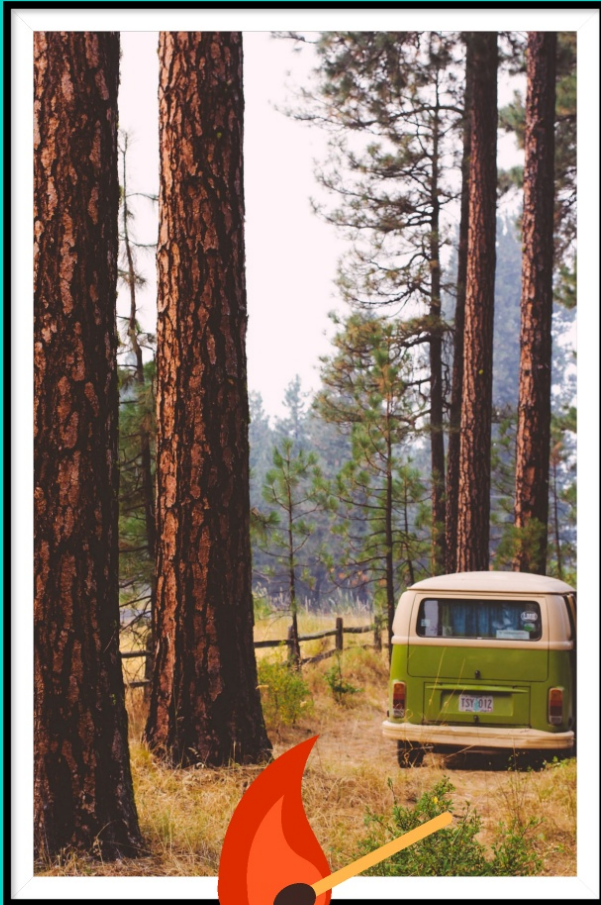
- FOCUS ON WHAT IS POSSIBLE  
(Not 🔍n problems)

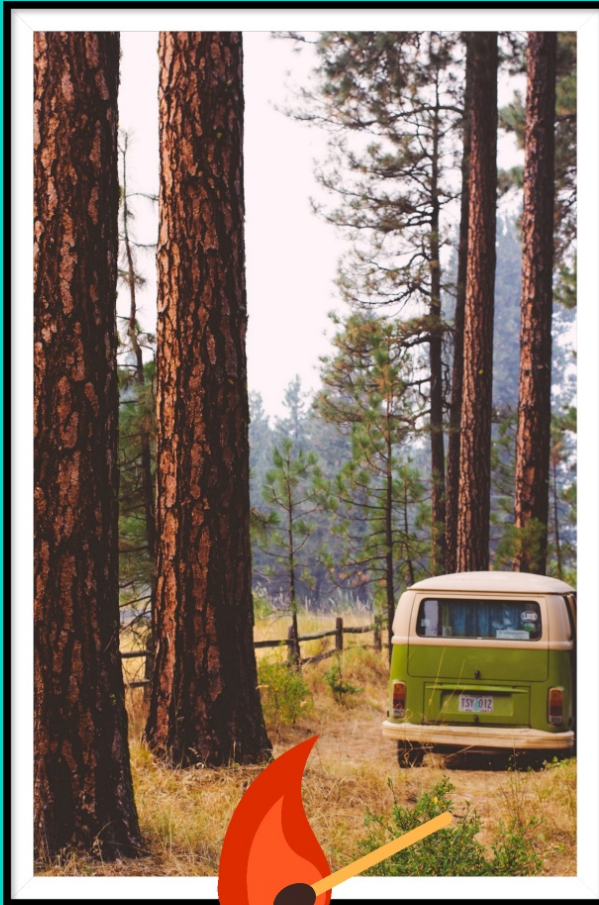


## Reflect on the principles and tasks:

- What are some of the areas you already do well?
- What are some areas that feel new to you?





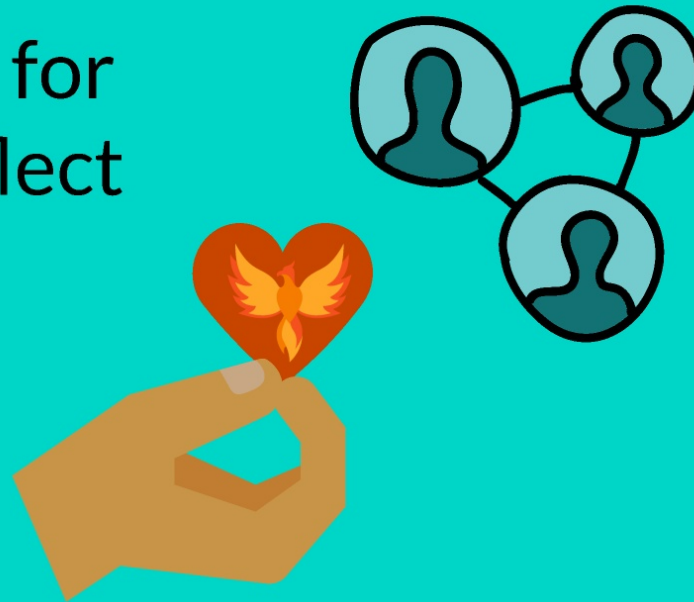


The metaphor between fire and forest can also serve in re-thinking our relationship to what's called "crisis".



# "Crisis" as an Opportunity for Growth

- An opportunity for everyone to reflect and change



# Takeaways?

We invite you to share any takeaways you may have had today in the chat box!





*Thank  
you!*



*Keep in touch:*

IPS Central website:  
[www.intentionalpeersupport.org](http://www.intentionalpeersupport.org)

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