



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Implementing Peer Support Specialists in a First Episode Psychosis Program

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS



You should be able to...

- Understand the impact of having peer specialists in your program
- Construct a framework for identifying someone to become a peer specialist
- Gain knowledge on how to build skills and confidence of a peer specialist

How many Peer Support Specialists do you currently employ in your program?



STILL
HIRING FOR
ONE



1-3
SPECIALISTS



MORE
THAN 3

Erikson's Psychosocial Stages

Stage	Basic Conflict	Virtue	Description
Infancy 0-1 year	Trust vs. mistrust	Hope	Trust (or mistrust) that basic needs, such as nourishment and affection, will be met
Early childhood 1-3 years	Autonomy vs. shame/doubt	Will	Develop a sense of independence in many tasks
Play age 3-6 years	Initiative vs. guilt	Purpose	Take initiative on some activities—may develop guilt when unsuccessful or boundaries overstepped
School age 7-11 years	Industry vs. inferiority	Competence	Develop self-confidence in abilities when competent or sense of inferiority when not
Adolescence 12-18 years	Identity vs. confusion	Fidelity	Experiment with and develop identity and roles
Early adulthood 19-29 years	Intimacy vs. isolation	Love	Establish intimacy and relationships with others
Middle age 30-64 years	Generativity vs. stagnation	Care	Contribute to society and be part of a family
Old age 65 onward	Integrity vs. despair	Wisdom	Assess and make sense of life and meaning of contributions

Figure 1: Erickson's Psychosocial Stages, retrieved from simplypsychology.com

Hope



Peer Support is...

- “Hope agents”
- Mentors
- Role Models
- Advocates

• *“If I can be a sounding board or someone to listen or to share, I think it's useful. And so, in whatever capacity, I'm willing to do that for people. People have done it for me...it's better to give than to receive.”*

• *Quote from a peer supporter*



How to identify peer support

- What things do you look for when identifying someone to serve in a peer support role?



person
champion,
advocate. no
supporter,
promote

Transitions

- Understand the shift from youth to adult
- Youth advocate to advocate for youth

The Road to become an advocate for youth



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Next month

- Connecting in the Community- Primary Health
 - Jan 23, 2024





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