Mid-America (HHS Region 7)

TC 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

Marla Smith, MS, LMHP, LMHC





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INVITING TO INDIVIDUALS PARTICIPATING IN THEIR OWN JOURNEYS

PERSON-FIRST AND FREE OF LABELS

STRENGTHS-BASED AND HOPEFUL

INCLUSIVE AND ACCEPTING OF DIVERSE CULTURES, GENDERS, PERSPECTIVES, AND EXPERIENCES NON-JUDGMENTAL AND AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR AND UNDERSTANDABLE

HEALING-CENTERED/ TRAUMA-RESPONSIVE

CONSISTENT WITH OUR ACTIONS, POLICIES, AND PRODUCTS

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

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

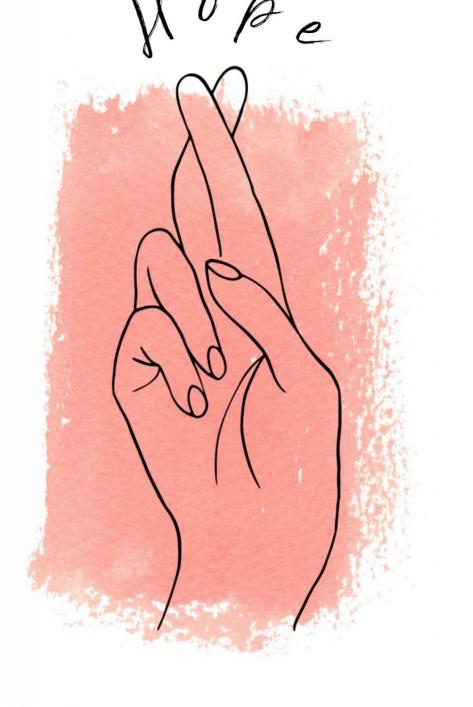
How many Peer Support Specialists do you currently employ in your program?



Erikson's Psychosocial Stages

Stage	Basic Conflict	Virtue	Description
Infancy 0–1 year	Trust vs. mistrust	Норе	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
Mid dle 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



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?



LD champion, advocate. nc supporter,

nrom

Transitions

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

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The Road to become an advocate for youth



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