

Peer Support

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 Professional Practice Leader (Charlton, King, West 5th)

Scope of Practice

Peer support is social/emotional support, often coupled with instrumental support that is based on mutuality. Formalized Peer Support is provided by trained individuals who have lived experience of mental health and/or addiction and/or substance use challenges. Family Peer Support is provided by those with lived experience as a family member of someone with mental health and/or addiction and/or substance use challenges. Founded on the principles and values of respect, shared responsibility, hope, empowerment, and the belief in everyone's ability for recovery. Evidence shows that peer support can be a significant adjunct or complement to clinical care.

Number of Members of Discipline:

SITE	FTE	Fluctuating
Charlton	2	9
West 5th	6	8

Major Achievements

- Participated in the Development of Position Statement on Provincial Standards for Peer Support and Peer Drift
- Developed programming that meets the broad needs of a diverse community of clients.
- Peer Support Providers and PPL involved with Peer Support Canada contributing to ongoing national standards and strategic planning.

CARING Clinical Practice

Peer Support Providers have developed innovative programming including:

- Support around Gender Experience Group
- Development of Queer+ programming via True Colours Program at Youth Wellness Centre
- 16 Week Recovery Workshop Series for individuals with lived experience
- Skills for Safer Living, Suicide Prevention and Intervention Group
- Poetry Anthology by People with Lived Experience



LEARNING

Education:

Formal Teaching

- PPL, Assistant Professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University
- PPL, Longitudinal Facilitator, Professional Competencies, Undergraduate Program, DeGroot School of Medicine, Faculty of Health Sciences, McMaster University
- Peer Support Providers offered Peer Support Education, Child and Youth Care Program, Mohawk College



Publications:

- Peer Support Providers at Youth Wellness Centre published poetry anthology “I Hope You Feel Something”
- Peer Provider at Youth Wellness wrote: <https://stjoesfoundation.ca/cultivating-a-smoother-transition-for-young-adults-receiving-mental-health-care>

BUILDING

Staff:

- 1 Peer Support Provider completed Peer Support Training Certificate, Peer Works
- 7 Peer Support Providers completed ASIST training
- 3 Peer Support Providers completed Skills For Safer Living Facilitator training
- PPL completed micro-credential in Anti-Black Racism & Critical Race Theory
- 1 Peer Support Provider completed Level 2 Motivational Interviewing; and DBT Essentials certification
- 1 Peer Support Provider completed Acceptance Commitment Therapy (ACT) training
- 1 Peer Support Provider completed Solution Based Counselling Practitioner course
- 1 Peer Support Provider completed 2SLGBTQ Found Course; and 2SLGBTQ Trauma Informed Care
- 1 Peer Support Provider completed Centering Black Youth Wellbeing certificate

Internal Education:

- Peer Support Providers provide workshop on Lived Experience and Recovery to Psychiatry Residents
- Peer Support Provider leads Mindfulness Meditation for interprofessional team
- Peer Support Provider provided overview of Acceptance, Commitment Therapy (ACT) model to professional practice group

LEADING

Peer Support Providers are involved in leading:

- Development of a Peer Support/lived experience developed and led Acceptance Commitment Therapy (ACT) group
- Ongoing implementation of an interprofessional run (Peer Support and Social Work) Skills for Safer Living Suicide Prevention/ Intervention Group.



Committees

Peer Support Providers sit on the following committees:

- Human Services and Justice Coordinating Committee
- Board of Directors, Mental Health Rights Coalition of Hamilton
- Peer Works, Provincial Standards Advisory Group
- Peer Support Canada Advisory Committee
- Professional Advisory Committee for Mohawk College, Child and Youth Care Program
- Professional Advisory Committee for Mohawk College

Major Initiatives for 2024/25:

CARING

- Capacity building around co-design with peers (patients) and families and reviewing ongoing opportunities to expand efforts within practice group

LEARNING

- Review and implement Provincial Standards of Practice
- Develop professional practice education plan for 2024/25 year

BUILDING

- Develop Peer Support Provider Orientation Package

