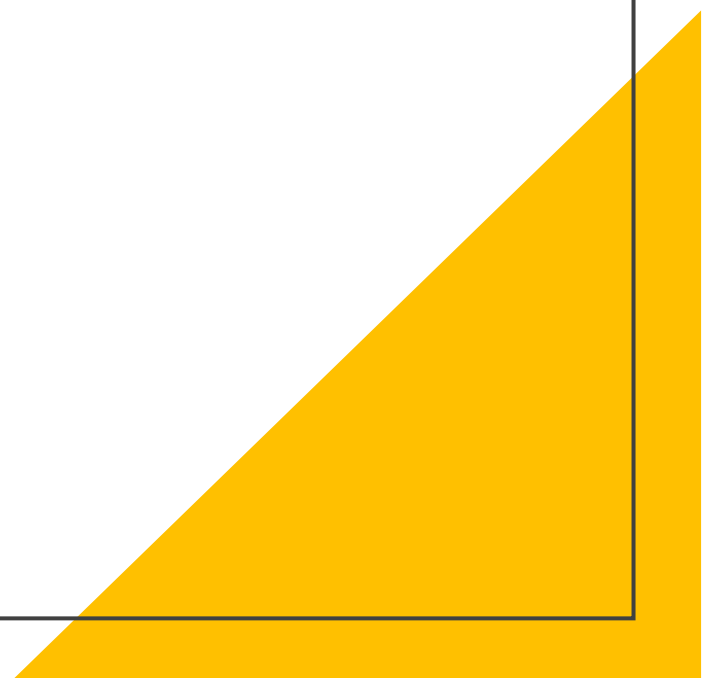


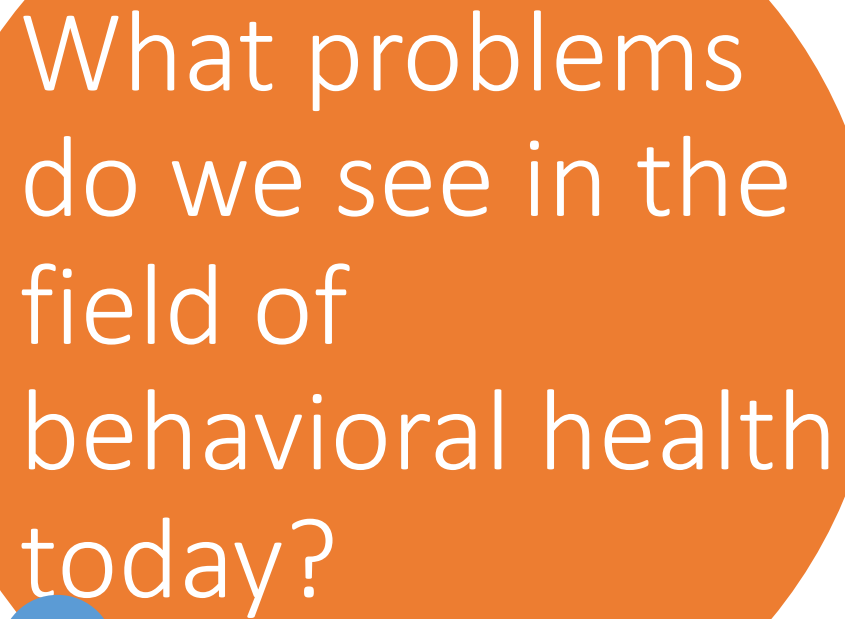
Peer Support in Behavioral Health Treatment

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What problems
do we see in the
field of
behavioral health
today?

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- There is a growing gap in the need for behavioral health service providers.
 - This is seen across settings, but it is especially relevant in the military behavioral health setting.
 - Peer support can be included to support those in the mental health care profession.



What is peer support?

- The literature is not precise.
- “A system of giving and receiving help founded on key principles of respect, shared responsibility, and an agreement of what is helpful.”
- A peer is defined as an equal, someone with whom one shares demographic or social similarities, whereas support refers to “the kind of deeply felt empathy, encouragement, and assistance that people with shared experiences can offer one another within a reciprocal relationship.”
- Four aspects of peer support: mutuality, connection, worldwide, and moving toward rather than moving away.

Mead S, Hilton D, Curtis L. Peer support: a theoretical perspective. *Psychiatr Rehabil J*. 2001;25(2):134–41. doi: 10.1037/h0095032.

Penney D. *Advocates for Human Potential*. 2018. [2019-03-30]. Defining 'Peer Support': Implications for Policy, Practice, and Research https://www.ahpnet.com/AHPNet/media/AHPNetMediaLibrary/White%20Papers/DPenney_Defining_peer_support_2018_Final.pdf.

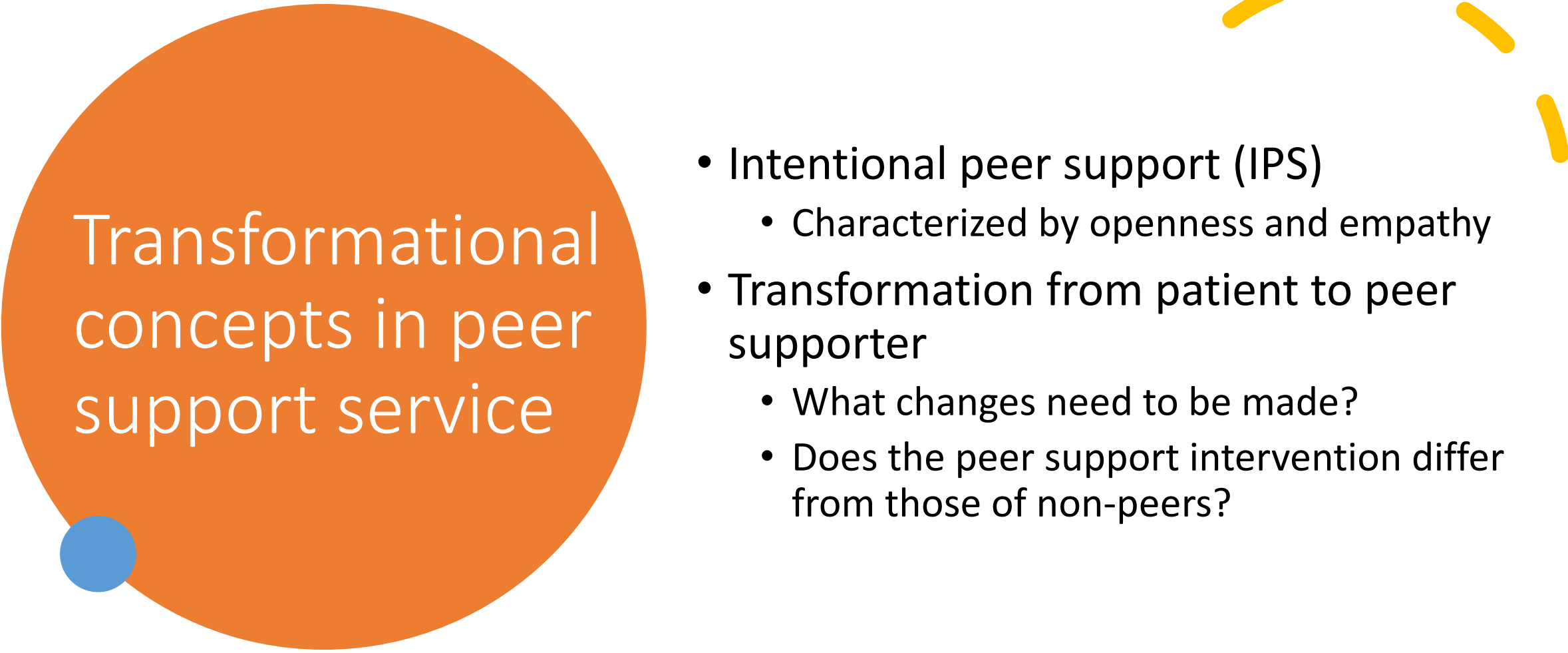


Peer support incorporated into the medical model

- 18th Century France
- 19th Century England
- Early 2000's in the United States

Weiner DB. The apprenticeship of Philippe Pinel: a new document, 'observations of Citizen Pussin on the insane'. Am J Psychiatry. 1979 Sep;136(9):1128-34. doi: 10.1176/ajp.136.9.1128.

Sunderland K, Mishkin W, Peer Leadership Group. Mental Health Commission of Canada Mental Health Commission of Canada. 2013. [2020-02-29]. Guidelines for the Practice and Training of Peer Support https://www.mentalhealthcommission.ca/sites/default/files/peer_support_guidelines.pdf.pdf.



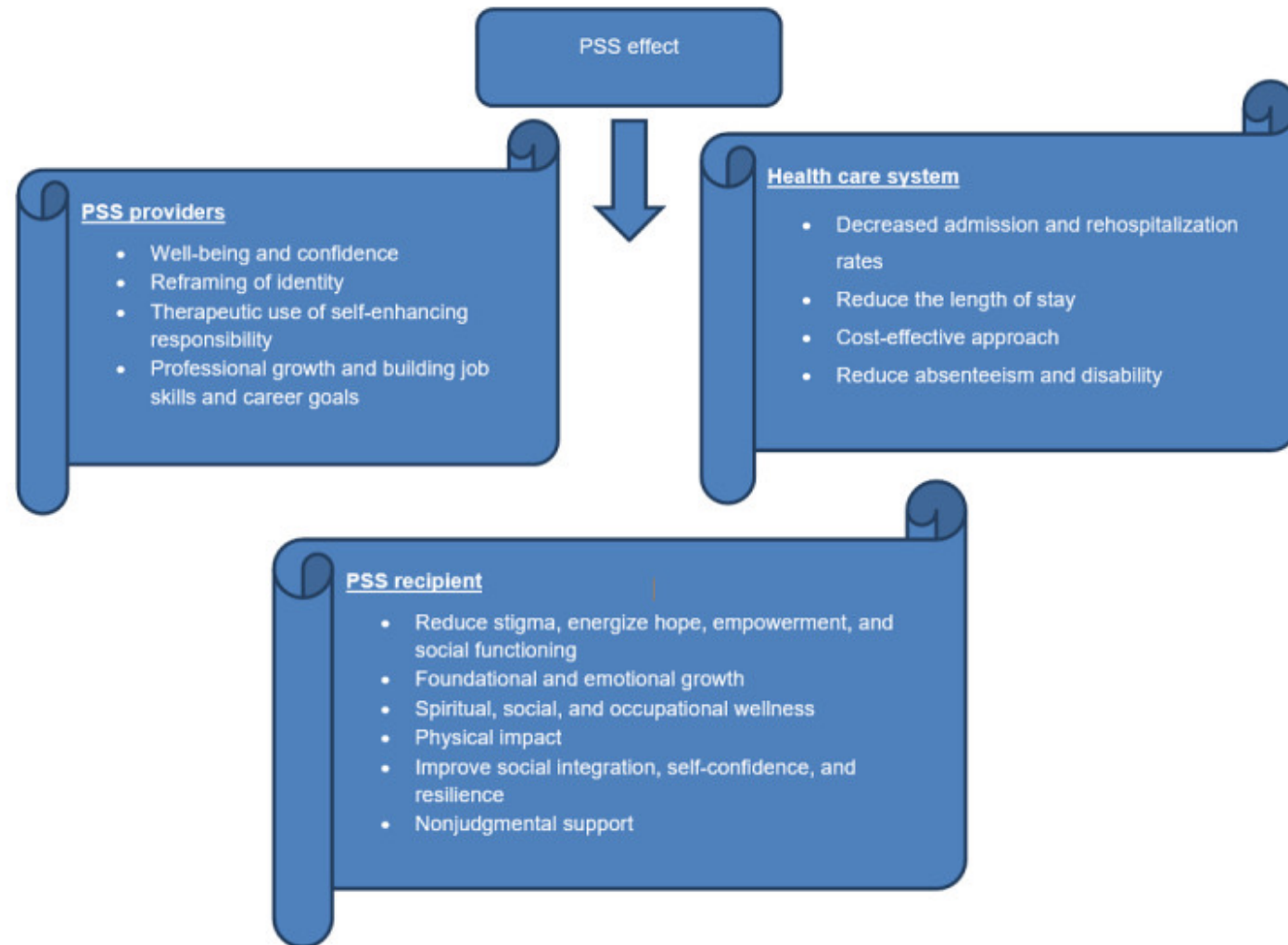
Transformational concepts in peer support service

- Intentional peer support (IPS)
 - Characterized by openness and empathy
- Transformation from patient to peer supporter
 - What changes need to be made?
 - Does the peer support intervention differ from those of non-peers?

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Framework for peer support





Effectiveness of peer support

- Positive effects for peer support as an intervention in many contexts
 - Serious mental illness, addiction and drug users, forensic, adolescents and young people, families.
- What does peer support look like in the military treatment setting? What could it look like?

QUESTIONS