



## **LEARNING MODULE I**

### **Seminar # 29**

Peer to Peer Service's

#### **Learning Objectives**

1. What is the issue.
2. How can the issue impact the Family.
3. What are the options.

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### *What is the issue?*

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This Study Guide introduces how to become empowered throughout a family's journey with Substance Use Disorder. The course material includes: The Solution Finder Study Guidebook, also an accompanying The Solution Finder Workbook which provides worksheets, exercises, Forms and Templates. And the book Substance Use Disorder Journey, It is Time to get Organized. The topics covered by The Family Solution Finder Learning Seminars are 32 Key Issues a family will likely have to address in their journey.

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### *How can the issue impact the family?*

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Peer support workers engage in a wide range of activities. These include:

- Advocating for people in recovery
- Sharing resources and building skills
- Building community and relationships
- Leading recovery groups
- Mentoring and setting goals
- Peer support roles may also extend to the following:
- Providing services and/or training
- Supervising other peer workers
- Developing resources
- Administering programs or agencies

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### *What are the options?*

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Core competencies for peer workers reflect certain foundational principles identified by members of the mental health consumer and substance use disorder recovery communities. These are:

**Recovery-oriented:** Peer workers hold out hope to those they serve, partnering with them to envision and achieve a meaningful and purposeful life. Peer workers help those they serve identify and build on strengths and empower them to choose for themselves, recognizing that there are multiple pathways to recovery.

**Person-centered:** Peer recovery support services are always directed by the person participating in services. Peer recovery support is personalized to align with the specific hopes, goals, and preferences of the people served and to respond to specific needs the people has identified to the peer worker.

Voluntary: Peer workers are partners or consultants to those they serve. They do not dictate the types of services provided or the elements of recovery plans that will guide their work with peers. Participation in peer recovery support services is always contingent on peer choice.

**Relationship-focused:** The relationship between the peer worker and the peer is the foundation on which peer recovery support services and support are provided. The relationship between the peer worker and peer is respectful, trusting, empathetic, collaborative, and mutual.

**Trauma-informed:** Peer recovery support utilizes a strength-based framework that emphasizes physical, psychological, and emotional safety and creates opportunities for survivors to rebuild a sense of control and empowerment.

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### *Recovery and Recovery Support*

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Recovery-oriented care and recovery support systems help people with mental and substance use disorders manage their conditions successfully.

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. There are four major dimensions that support recovery:

**Health**—overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.

**Home**—having a stable and safe place to live.

**Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.

**Community**—having relationships and social networks that provide support, friendship, love, and hope.

**Hope** - the belief that these challenges and conditions can be overcome, is the foundation of recovery. The process of recovery is highly personal and occurs via many pathways. Recovery is characterized by continual growth and improvement in one’s health and wellness that may involve setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.

The process of recovery is supported through relationships and social networks. This often involves family members who become the champions of their loved one’s recovery. Families of people in recovery may experience adversities that lead to increased family stress, guilt, shame, anger, fear, anxiety, loss, grief, and isolation. The concept of resilience in recovery is also vital for family members who need access to intentional supports that promote their health and well-being. The support of peers and friends is also crucial in engaging and supporting individuals in recovery.

Recovery services and supports must be flexible. What may work for adults may be quite different for youth or older adults. For example, the nature of social supports, peer mentors, and recovery coaching for adolescents is different than for adults and older adults. Supporting recovery requires that mental health and addiction services:

- Be responsive and respectful to the health beliefs, practices, and cultural and linguistic needs of diverse people and groups.
- Actively address diversity in the delivery of services.
- Seek to reduce health disparities in access and outcomes.

SAMHSA established recovery support systems to promote partnering with people in recovery from mental and substance use disorders and their family members to guide the behavioral health system and promote individual, program, and system-level approaches that foster health and resilience (including helping individuals with behavioral health needs be well, manage symptoms, and achieve and maintain abstinence); increase housing to support recovery; reduce barriers to employment, education, and other life goals; and secure necessary social supports in their chosen community.

SAMHSA demonstrates that behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders.