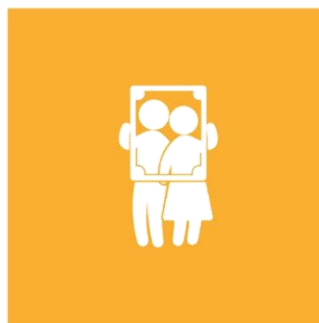


Peer Partnership In Recovery & Social Inclusion (Part 2)



Recovery Essentials ???



It's My Life ~ Peer Partners is a program of Mental Health America

MHA is the nation's oldest advocacy organization addressing the full spectrum of mental health and substance use conditions and the profound impact they have on public health and our society. MHA was established in 1909 by a mental health peer, Clifford W. Beers.

We focus on: prevention for all; early identification and intervention for those at risk; integrated health and behavioral health care for those who need it; and recovery as a goal. The National Headquarters for MHA successfully launched the It's My Life ~ Social Explorations Program in the Northern Virginia area and subsequently created the new Peer Partners model.



Presented By:

Shavonne G. Carpenter, CPRS

Shavonne has had extensive training as a Certified Peer Support Specialist and in Counseling. She also has experience dealing with co-occurring disorders and working with individuals with intellectual disabilities. She takes a personal and individualized approach to peer support. Shavonne takes pride in having the Spirit to hold the space for others to discover and show their greatness.



Senior Associate of Peer
Advocacy, Supports &
Services

As a Peer Life Coach, she led program participants through social skill development, community involvement and self-direction. She also contributed to the writing of the Program Manual, the Peer Life Coach Handbook and the Participant Handbook. Shavonne currently serves as the It's My Life: Social Self-Directed Care Head Life Coach Trainer, conducting the trainings now being offered by Mental Health America to equip organizations to operate the IML Program and teach their Peer Specialists to become IML Peer Life Coaches.

Program Director: Patrick Hendry



Vice President
Peer Advocacy,
Supports, & Services

Patrick has worked as a mental health advocate for over twenty-five years and has been with Mental Health America for eight. His areas of expertise include peer provided services, peer workforce development, certification, self-directed care, social inclusion, and recovery-based trainings. He has led MHA's development of the first national advanced level peer certification and has championed the introduction of peer support into private healthcare.

Patrick was the Director of one of SAMHSA's national TA Centers, NCSTAC, and the Associate Director of the Statewide Consumer Network TA Center. He is the former Executive Director of the Florida Peer Network and has assisted in the development of numerous peer-run programs and organizations across the country. Patrick is a strong supporter of the inclusion of mental health peers in all aspects of the behavioral health system

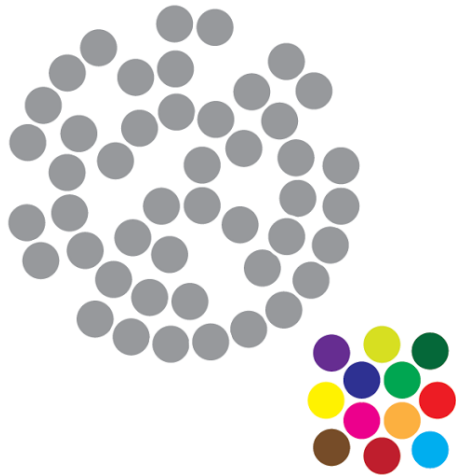
IML's Purpose

- ▶ Mental Health America realizes that social exclusion and isolation contribute to ill health. So, to advance recovery and improve the lives of individuals with severe mental health conditions IML assists people in finding their power to reclaim their place in the community.
- ▶ Participants are accompanied on their recovery journeys by trained Life Coaches who help them bridge the gap to a larger social world.
- ▶ IML provides a safe place for individuals to learn and practice skills to prepare themselves as they move forward on their chosen recovery path.

The Need For IML

- ▶ Social Connection Fits Into The Overall Goal and Journey of Recovery
- ▶ “Traditional approaches such as medications, hospitalization, and dynamic psychotherapy have had limited effectiveness when applied to the socialization and work aspects of individuals with psychiatric disabilities” (Chan et al., 1998)
- ▶ The It’s My Life Program is designed to help build networks of friends and intimate relationships, thus creating a strong social support system which is essential to achieving and maintaining recovery.
- ▶ It also helps to increase self-esteem and self-worth to improve overall social functioning.

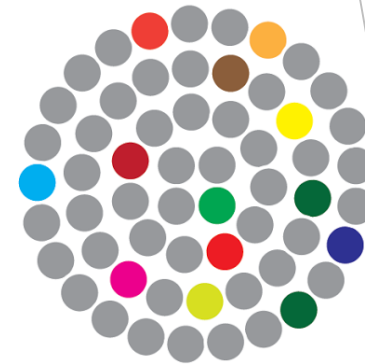
The Need For IML



Separation



Integration



Inclusion

- ▶ The It's My Life Programs uses person-centered outcomes to measure the success of the services provided
- ▶ People need to be more than just residents in the community, thus IML asserts that completing activities does not indicate/reflect positive outcomes

The Need For IML

- ▶ While many programs attempt to provide people with social skills training, most have very limited success in really connecting people to friends and community. The It's My Life Program is designed to fill that gap that exists in current systems
- ▶ Participants benefit from having creative ways to increase self-esteem and self-worth, improving overall functioning with networks that include supportive and sustainable relationships that will increase their quality of life
- ▶ IML also provides financial support to participate in activities they would not otherwise be able to afford

Definition of Community Inclusion

- ▶ The opportunity to live in the community and be valued for one's uniqueness and abilities, like everyone else (Salzer, 2006)
- ▶ To promote inclusion, we need pathways from segregated service provision into mainstream services: groups or activities solely for persons with mental health problems may reinforce segregation unless they are part of a supported pathway into mainstream services accessed by everyone (www.socialinclusion.org.uk)

Principles of Community Inclusion

1. Rights - Shifting from 'least restrictive' to 'most inclusive' is a growing federal mandate
2. Roles - Rights and responsibilities must be viewed across a wide range of 'life domains'

Principles of Community Inclusion

3. Responsibilities - Community inclusion implies the consumers' assumption of varied responsibilities
4. Choice - responding to each individual's set of community inclusion priorities and concerns about the pace of change

IML in Review

- ▶ The program is an integrated skill support strategy and emphasizes that autonomy and self-management are not just for those who are “doing well”.
- ▶ Innovation in IML includes:
 - ✧ Evidence based – Peer Support and Psychiatric Rehabilitation
 - ✧ Emerging Best Practice – Self-Directed Care
 - ✧ Individualized, Person-Centered, Strength-Based
- ▶ IML also provides financial support to participate in activities they would not otherwise be able to afford

IML in Review



Application of the Peer Partner Model

- ▶ It's My Life is designed to be a year-long program
- ▶ The Peer Life Coach meets with the group of participants weekly
- ▶ Initial meetings include working on goal setting, skill building and budget planning.
- ▶ Each month the meetings will focus on a different theme/skill category.

Application of the Peer Partner Model

- ▶ Each 90-minute meeting consists of the lesson on the skillset in the focal category followed by a group discussion on experiences with that skill
- ▶ Participants will have opportunities to give and receive feedback from the Life Coach and other peers
- ▶ Between meetings, participants are tasked with trying out the skills they have learned about

Application of the Peer Partner Model

- ▶ The Peer Life Coach selects lesson plans for each meeting that focus on the specified theme based upon the theme schedule and tailored to meet the needs of the group.

Month	Focal Theme
1st	Introduction & Goal Setting
2nd	Self-Care
3rd	Social Interaction
4th	Communication
5th	Coping Strategies
6th	Thoughts & Beliefs
7th	Social Interaction
8th	Self-Care
9th	Coping Strategies
10th	Social Interaction
11th	Communication
12th	Coping Skills & Goal Setting (Transitioning Out)

Application of the Peer Partner Model

- ▶ During each meeting, it is essential that the Peer Life Coach is attentive and in tune with the needs of the group and individual group members.
- ▶ Participants are to journal about their experiences and share them during the support group portion of the meetings.
- ▶ By listening for overarching themes and common threads, the Coach will be able to select the lesson each week that will most benefit the group.

Application of the Peer Partner Model

- ▶ Each participant will partner with another and go together into the community on outings of mutual interest so they can practice their skills and receive feedback from one another as well as support from their Coach.
- ▶ As participants begin to build new relationships, the Peer Life Coach slowly and through discussion begins to lead participants to decrease their reliance on their peer partner, the group and the coach.
- ▶ The end goal is for peer partners and Coaches to be supporters who are available when needed, but not the only persons participants build friendships with.

Benefits of the Peer Partner Model

Exponential increase in the provision of peer support

- ▶ The shared experience of social challenges promotes a strong sense of compassion
- ▶ Meanwhile, observing others as they face those challenges tends to normalize the experience

Benefits of the Peer Partner Model

- ▶ Participants will be giving and receiving feedback from each other.
- ▶ Oftentimes, this generates discussions where participants will highlight the successes of their peers, but overlook their own progress.
- ▶ As the awareness of this practice increases, participants will learn to recognize and celebrate all of their victories.
- ▶ Generally, the group naturally and gently provides accountability and encouragement in this area.

Benefits of the Peer Partner Model

There are also positive financial implications to using the support group model.

- ▶ The costs of operating the program are greatly reduced by allowing the Peer Life Coach to work with multiple people at the same time.
- ▶ The time and expenses of funding the Coach's travel and participation in outings are nearly eliminated.

Benefits of the Peer Partner Model

- ▶ The monetary benefit also potentially extends to participants as they are able to share the costs of transportation with their Peer Partner, or even receive group discounts if several members attend the same event.

Challenges of the Peer Partner Model

Group size

- ▶ The group needs to have an even number of participants so each person will have a peer to partner with
- ▶ Having at least six, but no more than twelve is the recommended group size

Challenges of the Peer Partner Model

Logistics for Meetings

- ▶ Location
- ▶ Scheduling
- ▶ Maintaining a physically and emotionally safe environment

Challenges of the Peer Partner Model

Peer Partner and Group Dynamics

- ▶ There may be times when a Peer Partner team is not working well together
- ▶ Peer Life Coaches must also be aware and prepared to address the potential impact of these issues on the group
- ▶ The male/female dynamic should also be taken into consideration to avoid transference and counter-transference whenever possible.

Challenges of the Peer Partner Model

Peer Partner and Group Dynamics

- ▶ **Progression-rate differences:** As participants begin to progress and grow in confidence, they are encouraged to try going out on their own (without their Peer Partner). If there are teams where an individual's Peer Partner has reached this stage, it may be appropriate in these instances to have them pair up with someone else in the same situation

Challenges of the Peer Partner Model

Fidelity to person-centered approach

- ▶ Decreased one-on-one contact
- ▶ Relationship building
- ▶ Selecting lesson plans
- ▶ Learning and Communication styles

Implementing IML: Peer Partners

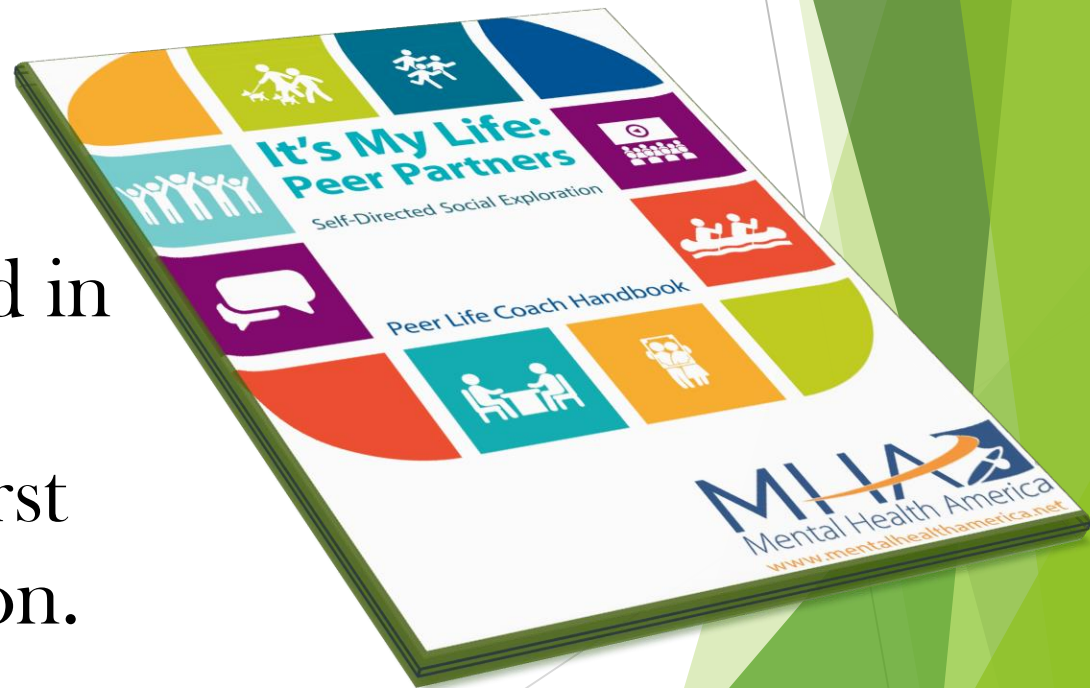
The It's My Life Program is suitable to be operated by:

- ▶ Peer-Run Organizations
- ▶ State Mental Health Establishments
- ▶ Community Service Boards or Mental Health Centers
- ▶ Church Organizations
- ▶ MHA Affiliates
- ▶ NAMI Groups, etc.

Implementing IML: Peer Partners

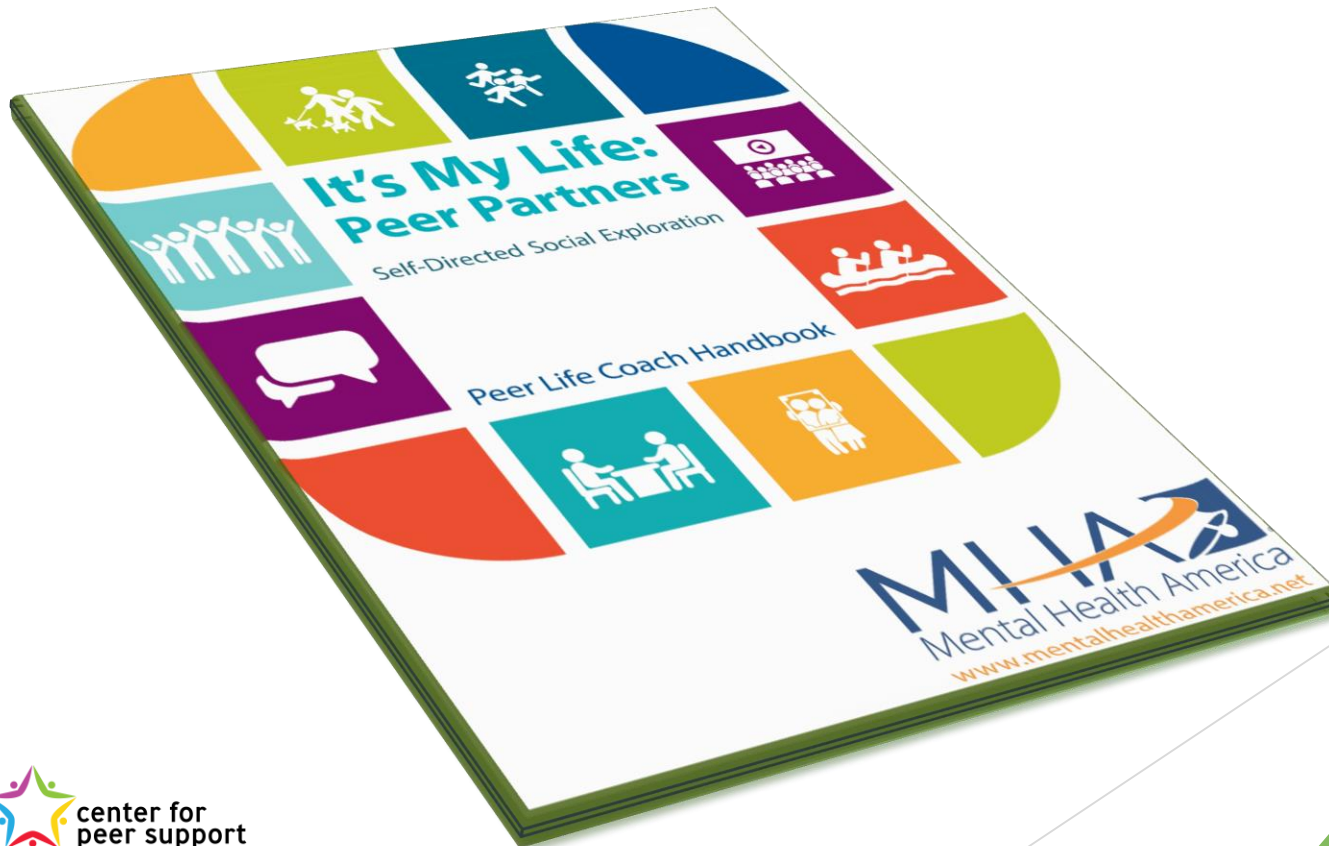
Mental Health America's experienced IML Team is available for individual or group training in-person, by phone or video calls.

All of the challenges covered in today's webinar are addressed in the training. We also provide TA for the first year of implementation.



Implementing IML: Peer Partners

- ▶ Virtual trainings are **FREE!**
- ▶ In-person training is also available.



Implementing IML: Peer Partners

Training provided by MHA also includes:

- ▶ Flexible scheduling to meet the needs of your team
- ▶ Training Kit
- ▶ Individual instruction sessions for the Program Director
- ▶ Additional resources relating to support groups and facilitating

Implementing IML: Peer Partners

Training provided by MHA identifies key parts of:

- ▶ Peer Support
- ▶ Shared Decision-Making
- ▶ Center for Psychiatric Rehabilitation from Boston University Online
(<http://www.bu.edu/cpr/training/distance/courses>)
- ▶ Life Coaching: Becoming a Professional Life Coach: Lessons from the Institute of Life Coach Training by Patrick William and Diane Menendez
- ▶ Motivational Interviewing:
(<http://www.motivationalinterviewing.org>)

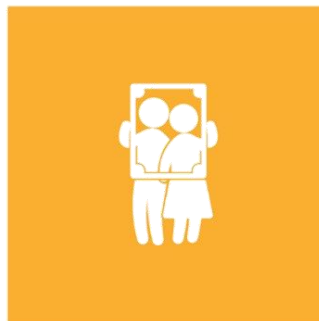
Implementation Training

For additional information on the programs or training, please contact:



Shavonne G. Carpenter, CPRS
Senior Associate of Peer Advocacy, Supports and Services
scarpenter@mentalhealthamerica.net
(703)946-0529

Recovery Essentials ???



Save the Date

- ▶ Part 3 of this webinar series will take place at **2:00pm EST on Thursday, December 7, 2017**
- ▶ Webinar participants will:
 - ❖ Take a closer look at the tools and innovation involved in the It's My Life Program
 - ❖ Learn more about the Training MHA offers to organizations desiring to implement the program
 - ❖ Learn how to get started with implementation of the Peer Partner model



Thank You



would like to thank our program's sponsor



for providing the grants to train other organizations to end social exclusion and isolation through the “It's My Life: Social Explorations” and “It's My Life: Peer Partners” Programs.

Peer Partnership In Recovery & Social Inclusion (Part 2)



Thank you for attending!

For additional information on the programs or training, please contact:



Shavonne G. Carpenter, CPRS
Senior Associate of Peer Advocacy, Supports and Services
scarpenter@mentalhealthamerica.net
(703)946-0529