

Nothing About Us Without Us!

DIVERSITY AND INCLUSION  
 PRESENTER TINA E SIMPSON, CPS, PSS, ALF, RSPS

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Who are Peers and what do they do

PEERS ARE PEOPLE WITH LIVED EXPERIENCE AND BY SHARING THAT HELP PEOPLE TO DEVELOP THEIR OWN GOALS, CREATE STRATEGIES FOR SELF EMPOWERMENT AND TAKE CONCRETE STEPS TOWARDS BUILDING FULLING AND SELF DIRECTED LIVES FOR THEMSELVES. MOST IMPORTANTLY WE MEET PEOPLE WHERE THEY ARE!

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Why is Peer recovery support effective  
 Research to date suggest that Peer recovery support could result in...

<p>Decreased Hospitalization</p> <p>Increase in social function</p> <p>Increased empowerment and hope</p>	<p>Increase in community</p> <p>Increases quality of life and life satisfaction</p>	<p>Decreased cost to the mental health system</p> <p>Reduced use of inpatient services</p> <p>Increased engagement and activation in treatment</p>
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Peers are the people who help other peers put the pieces of their lives back together



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WE SPEAK AND ENCOURAGE FROM THE THINGS WE'VE EXPERIENCED  
WHO BETTER TO REACH A PERSON SUFFERING FROM MENTAL ILLNESS THAN A PERSON WHO HAS RECOVERED.....  
HAVING PEERS IN THE RIGHT PLACES INCREASE THE CHANCES FOR RECOVERY FOR THE PEERS WE SERVE  
NOTHING ABOUT US WITHOUT US, WE'RE VALUABLE AND OUR PAST MAKES US ASSET NOT A LIABILITY

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What Peers are not....

PEERS ARE NOT THE DESIGNATED COFFEE MAKERS  
PEERS ARE NOT TAXI OR UBER DRIVERS  
PEERS ARE NOT CASEWORKERS SPONSORS, COUNSELORS OR DR'S  
PEERS ARE NOT DAMAGED OR BROKEN PEOPLE

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What peers are..

- PEERS ARE ADVOCATES
- PEERS ARE MOTIVATORS
- PEERS ARE TRUTH TELLERS
- PEERS ARE ROLE MODELS
- PEERS ALLIES AND CONFIDANTES

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The most valuable aspect of being a Peer Specialist is your lived experience

- LIVED EXPERIENCE IS BETTER THAN TAUGHT WISDOM
- PEER BASED RECOVERY SUPPORT IS PROVIDED BY PEOPLE WHO ARE EXPERIENTIALLY CREDENTIALLED (BEEN THERE DONE THAT) AND CAME OUT!
- SHARING OUR EXPERIENCE STRENGTH AND STRUGGLES GIVES OUR PEERS HOPE THAT THEY TOO CAN RECOVER

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In closing I want to stress how vital and valuable it is to have peer support as a part of the recovery treatment process in all aspects of recovery.

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