

**Linking
Systems of Care**
for Children and Youth Project



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Linking Systems of Care Montana

Trauma-Informed Approaches

Participant Workbook

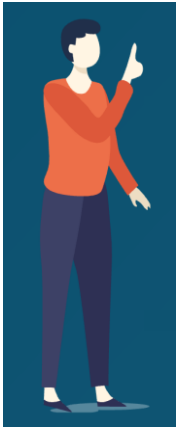
Module 4



Module 4

Peer Support

Learning Objectives



- Compare and contrast formal and informal types of peer support
- Identify effective components of peer support
- Develop strategies to facilitate peer support for staff and clientele

Key Definitions

- Peer support providers are individuals who have personally faced the challenges of coping with serious mental health conditions, either as a consumer or a caregiver, providing support, education, skills training, and advocacy in ways that are both accessible and acceptable.
- The National Center for Trauma-Informed Care defines peer support as “a flexible approach to building healing relationships among equals, based on a core set of values & principles.”

May 2013 Joint CMCS and SAMHSA Informational Bulletin on Coverage of Behavioral Health Services for Children, Youth, and Young Adults with Significant Mental Health Conditions.

Informal Peer Support

Formal Peer Support

Helpful Resources

- For more on the May 2013 Joint CMCS and SAMHSA Informational Bulletin on Coverage of Behavioral Health Services for Children, Youth, and Young Adults with Significant Mental Health Conditions – <https://www.medicaid.gov/sites/default/files/federal-policy-guidance/downloads/CIB-05-07-2013.pdf>

- For more on how other states are using Medicaid to support youth peer support, see “Providing Youth and Young Adult Peer Support through Medicaid,” – https://youthmovenational.org/wp-content/uploads/2019/09/YPS_Medicaid_Financing_Guide_2017.pdf

Research Base and Outcomes

Helpful Resources

For evaluations of Parent Cafes, see:

- Reichert, J. (2014). Evaluation of the 2013 Community Violence Prevention Program’s Parent Program. Chicago, IL: Illinois Criminal Justice Information Authority.
- California Project LAUNCH. (2014). Evaluation Results for the Parent Café, A family support program presented by Oakland Parents Together, with funding and support from Project LAUNCH and First 5 Alameda County, 2011-2014.
- Café Para Padres Parent Café Presentation. Retrieved March 20th, 2020 from <https://static1.squarespace.com/static/5a6f6b879f8dce21e144cab7/t/5ce6d6dc6e9a7f62a094f88e/1558632171442/Best+Start+PCN+Building+Stronger+Families+1-17+-+8-17+summery.pdf>.

- For an evaluation of the Let’s Talk program, see, “Preventing Suicide in Montana: A Community-Based Theatre Intervention,” which can be found here:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5731785/>

Effective and compelling elements of peer support programs

Helpful Resources

Let’s Talk handouts:

Let’s Talk Billings articles from the Billings Gazette

- https://billingsgazette.com/news/local/education/students-put-on-plays-addressing-suicide/article_48894878-5064-57fd-a198-389d161b97c8.html
- https://billingsgazette.com/news/local/american-indian-youth-address-suicide-through-innovative-media-project/article_fb8c7422-53f1-58e7-bbef-79fbc7f75428.html
- Abstract “Preventing Suicide in Montana: A Community-Based Theatre Intervention”

Sarah N. Keller, Professor and Tim Wilkinson:

“A comparison of means within groups from pre- to post-test showed *increases* in self-efficacy for communicating about suicidal concerns with a teacher, school counselor or social worker; *increases* in self-efficacy for helping others; and increases in response-efficacy of interpersonal communication about suicide with a teacher, school counselor or social worker.”

Peer Support for Adults:

- Parent to Parent in King County – http://www.opd.wa.gov/documents/00417-2016_ParentsforParents.pdf
- Parent Café articles:
 - <https://6abc.com/parent-cafes-philadelphia-parentings-edmonds-school-department-of-human-services/5867450/>
 - <https://www.wcexaminer.com/news/h-a-n-d-s-introduces-parent-cafe-1.2615877>
- For more on NAMI offerings: <http://www.namimt.org/nami-support-groups.html>
- For more on peer support through the Children with Special Health Care Needs program: <https://dphhs.mt.gov/publichealth/cshs/covid19resources/familiescaregivers>
- For more information on Parent Cafes: <https://cssp.org/resource/cafe-overview-2015/>.
- More on Parent Cafes: <https://www.beststrongfamilies.org/parent-cafes>
- For more on the national Parent to Parent Program: <https://www.p2pusa.org/>

Peer Support for Youth:

- The Boys and Girls Club fosters peer support through a variety of programs, there are locations around the state
- Big Brothers Big Sisters matches adult volunteers (“Bigs”) and young people (“Littles”), ages 5 through young adulthood in communities across Montana, locations in multiple communities.
- Brightways Learning, which is based in Missoula, offers additional peer support programs in Montana communities.
<https://www.brightwayslearning.org/>

Peer Support for Organizational Staff:

- https://sph.unc.edu/files/2015/09/CCRWH_Linnan_Peer-Support-in-Workplace-Interventions.pdf

Facilitating support groups:

- Mental Health America’s “Support Group Facilitation Guide”(2016)
<https://www.mhanational.org/sites/default/files/MHA%20Support%20Group%20Facilitation%20Guide%202016.pdf>

Moving from informal to formal

- The Office for Victims of Crime Training and Technical Assistance Center has a good set of guidelines for the provision of organizational peer support:
https://vtt.ovc.ojp.gov/ojpasset/Documents/PS_Peer_Support_for_a_VT_Informed_Organization-508.pdf
- A good resource that lays out the fundamentals of peer support from the National Association of State Mental Health Program Directors:
https://www.nasmhpd.org/sites/default/files/PeerEngagementGuide_Color_CHAPTER3.pdf

Peer Support Examples

Helpful Resources

- Ansell, D.I. (2013) Youth Peer-to-Peer Support: A Review of the Literature. Youth Move National
<https://gucchdtacenter.georgetown.edu/resources/Webinar%20and%20Audio%20Files/YouthPeertoPeerLiteratureReviewFINAL.pdf>
- Karakos, H. (2014) Positive Peer Support or Negative Peer Influence? The Role of Peers among Adolescents in Recovery High Schools. *Peabody J Educ.* Jan 1; 89(2): 214–228.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4019403/>
(Cautionary guidance about peer support for youthful drug and alcohol users)
- Mitchell J. Prinstein, PhD, Julie Boergers, PhD, Anthony Spirito, PhD, Adolescents' and Their Friends' Health-Risk Behavior: Factors That Alter or Add to Peer Influence, *Journal of Pediatric Psychology*, Volume 26, Issue 5, July 2001, Pages 287–298, <https://doi.org/10.1093/jpepsy/26.5.287> (Research on how adolescent peers influence risky health behaviors)

- Mental Health America’s “Support Group Facilitation Guide”(2016)
<https://www.mhanational.org/sites/default/files/MHA%20Support%20Group%20Facilitation%20Guide%202016.pdf>

Helpful Resources on the Pillars of Formal Support:

- Council on Accreditation of Peer Recovery Support Services (CAPRSS) program accreditation manual, which spells out specific criteria for effective peer support services (2015):
<https://facesandvoicesofrecovery.org/wp-content/uploads/2019/06/Accreditation-Manual.pdf>
- Daniels, A., G, E., et al. (2010) Pillars of Peer Support: Transforming Mental Health Systems of Care Through Peer Support Services,
http://164.156.7.185/parecovery/documents/Pillars_of_Peer_Support.pdf;
- Simons, D. et al. (2016) Providing Youth and Young Adult Peer Support Through Medicaid. Center for Health Care Strategies and Youth M.O.V.E. International.
<https://www.chcs.org/media/Providing-Youth-and-Young-Adult-Peer-Support-through-Medicaid.pdf>

Authentic Voice and Choice from Youth and Families

Listen:

Embrace:

Create:

Staff Peer Support Considerations

Policy Development:

Peer Supervision:

Buddy System:

LSOC Montana Organizational Trauma-Readiness Self-Assessment

If your organization does a good job in this category, please provide an example of the mechanism used to accomplish this principle.

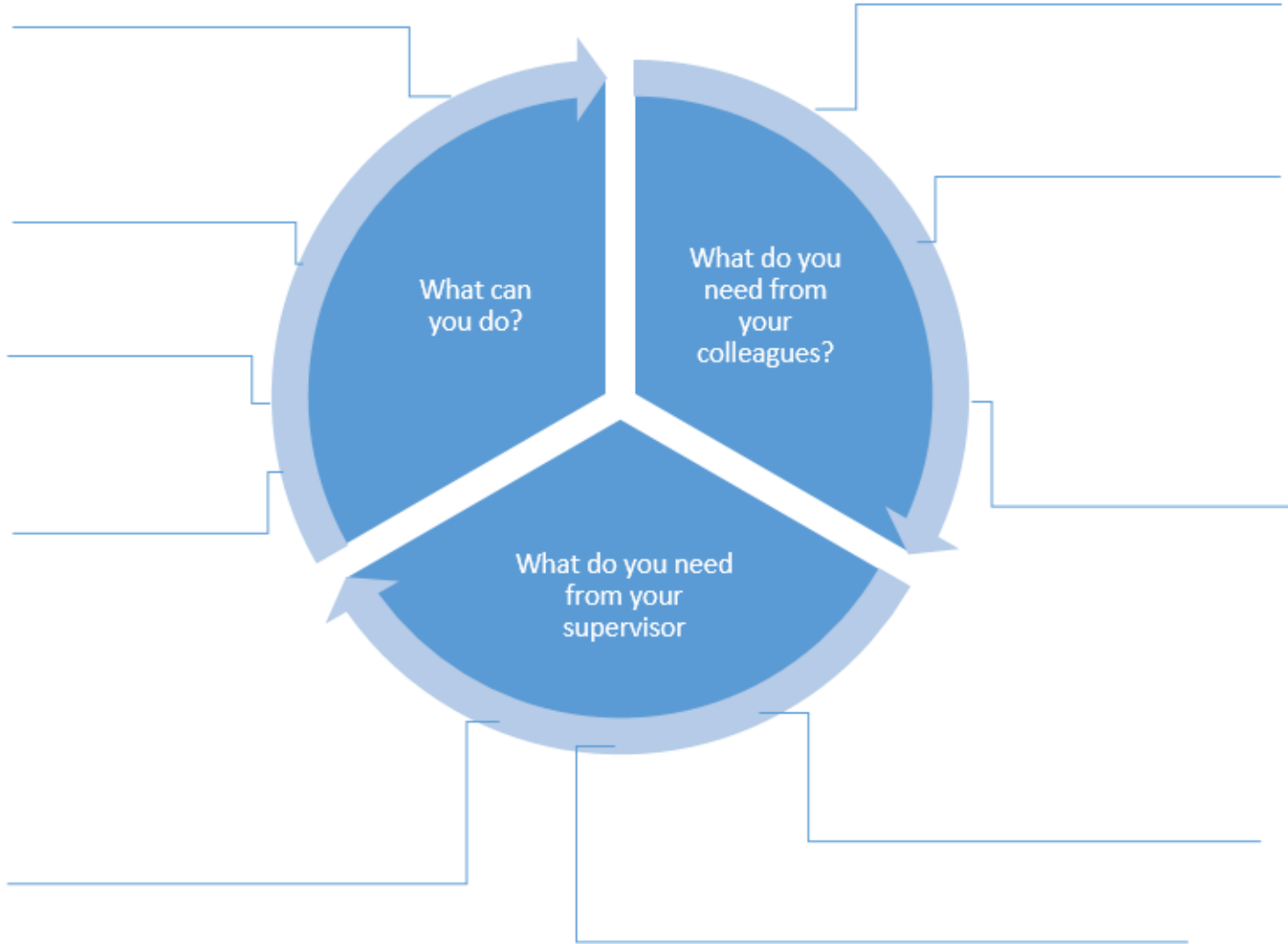
What could be different in your organization for a ranking one number higher?

What is the next step to increase rankings in this category?

Document the next steps your organization will take.

Individual Action Planning

Zone of Control



Test your knowledge



Question 1

Examples of informal supports include (check all that apply):

- A. Twelve Step Programs
- B. Parent Cafes
- C. Any instance in which peers support each other
- D. Peer support recovery specialist certified by the state of Montana

Question 2

What are some benefits of peer support among organizational staff? (choose any that apply)

- A. Assisting with the transfer of rules, responsibilities and job expectations
- B. Easing the impact of secondary traumatic stress
- C. Ensuring managers will be supportive staff
- D. Decreasing burnout, leading to increased job performance

Question 3

What are some benefits of effective peer support programs?

- A. Better relationships between parents and children
- B. Increased ability for parents to handle stressful situations with their children
- C. Advocacy for youth voice
- D. Increased comfort level among teenagers with communicating about suicidal concerns
- E. All of the above