



Scope of Practice

Peer support is a social emotional support, often coupled with instrumental support that is based on mutuality. Formalized Peer Support is provided by trained individuals who have lived experience of mental health and/or addiction and/or substance use challenges. Family Peer Support is provided by those with lived experience as a family member of someone with mental health and/or addiction and/or substance use challenges. Founded on the principles and values of respect, shared responsibility, hope, empowerment, and the belief in everyone's ability for recovery. Evidence shows that peer support can be a significant adjunct or complement to clinical care.

Peer Support

Professional Practice Leader (Charlton, King, West 5th):

Fiona Wilson

Number of Members of Discipline:

SITE	FTE	PTE	POSITION
Charlton		.93	Psychiatric Emergency Peer Support Provider
King		.5	Recovery Support Counsellor
West 5th	3.0	4.3	Peer Support Provider / Recovery Support Counsellor Peer Support Provider / youth Mentor
OFFSITE	8.2	.8	Community Support Counsellor Peer Specialist/Youth Mentor Youth Mentor

Clinical Practice Achievements

Quality & Safety

- Participation in and implementation of Outpatient Suicide Prevention Algorithm including training re: Columbia Screener and Safety Plans.
- Practice Member Strategic Ambassador.
- Multiple Peer Support staffs are involved in Quality Councils throughout the MHAP.

Change

- Participation and commitment to new SJHH Strategic Plan. Identified activities under 4 Pillars.
- Involvement in Accreditation 2019.
- Roll out and implementation of Peer Support in Psychiatric Emergency Services.
- PPAs involved in the redevelopment of Psychiatric Emergency Services.

Community

- Ongoing partnerships with Good Shepherd Homes program in the delivery of Skills for Safer Living.
- Peer Support staff linked with Consumer Survivor Network of the previous HNHB LHIN.
- Ongoing partnership with Hamilton Police Services to support mental health orientation to civilian and HPS staff.

Academic Pursuits

Integrity, Authenticity & Trust | Self-Determination | Life Long Learning & Personal Growth

St. Joseph's Healthcare Hamilton

Peer Support

Peer Support staff listen, collaborate, problem solve and support an individual and/or family member in making their own choices and defining their own paths in life.

What is the impact of Peer Support?

- Decreased hospitalization and mental health service usage
- Reduction of symptoms of mental distress
- Increased quality of life
- Improvements in social support and accommodation/housing
- Increased rate of volunteering and employment

Peer supports available for:
 Individual Family Group Inpatient Outpatient

For more information call 905 522 1155 ext. 36446

"Peer support provided me with the skills necessary to take charge of my illness."

Dignity, Respect & Social Inclusion | Health & Wellness | Empowerment & Equal Relationships

Formal Teaching:

- Multiple Peer Support Providers involved in providing Anti-Stigma Training at General Orientation.
- PPA offers peer support orientation at Mental Health Orientation on monthly basis.
- PPA provides family education in partnership with Anxiety Treatment Research Clinic.

Internal Teaching:

- PPL, Assistant Professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University.
- PPL, Longitudinal Facilitator, Professional Competencies, School of Medicine, Faculty of Health Sciences, McMaster University.
- 1 Social Work Student placement with PPAs at Youth Wellness Centre.

Clinical Teaching:

- PPL delivers Psychosocial Rehabilitation training to PGY3 Psychiatry Residents .



Continuing Education:

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- 5 PPAs received certificate in Peer Support from the Ontario Peer Development Initiative.
- 1 PPA completed her facilitation training in Skills for Safer Living.
- 3 PPAs completed CBT for psychosis training.

Scholarly Pursuits

Research:

PPL continued involvement in:

- Canada Norway Research Collaboration on Operationalizing Experience Driven Innovation through Integration of Peer Support in Health Systems, McMaster University. PPL is co-investigator.
- Thriving Together: Promising Practices in mental health peer support, Laurier University. PPL is Local Principal Investigator.

Publications:

- Mulvale, G., **Wilson**, F., Jones, S., Green, J., Johansen, K-J., Arnold, A., and Kates, N. (2019). Integrating Mental Health Peer Support in Clinical Settings: Lessons from Canada and Norway. Healthcare Management Forum. Pp. 1-5.

External Committees:

- PPL, Board of Directors, Rainbow's End Community Development Corporation.
- PPL, Past Chair and current member, Certification Committee, Peer Support Canada.
- PPL, Mentor, Peer Support Canada.
- PPL, Member, Peer Support Working Group, McMaster University Student Well-being Committee, McMaster.
- PPA, Brant Human Services Justice Committee.
- PPA, HOPE Board member (treasurer).

External Presentations:

- PPA, Peer Support Mental Health presentation to Brantford Police (new recruit officers).
- PPA, Talking About Mental Illness (TAMI) presentations.
- PPA Schizophrenia Society of Ontario – presentations.
- PPA, Hamilton Police Services – mental health training.
- 2 PPAs, Psychiatry Residents – sharing their recovery stories.
- PPA Monthly presentations to Brantford General Hospital Mental Health Inpatients.
- PPA, EPION conference.
- PPA, Crisis Workers Convention.
- PPA, Good Shepherd Centres.

Leadership:

- PPL, Anti-Stigma Initiative.
- PPL, Project Development and Implementation Leadership with Employee Peer Support Program.
- PPA, Developed training for Cleghorn Program Peer Advisory Council Recovery Mentors.

Discipline Goals 2020

Quality & Safety

- Improving access and engagement to both peer support and overall care/services.

Change

- Increase capacity to support Suicide Prevention and Intervention Initiatives.

Research & Education

- Creating and Increasing Opportunities for Peer Support Learner Placements.
- Ongoing development of education and promotion to SJHH staff.

