



### Scope of Practice

Peer support is 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 (West 5th and Offsite):**

**FIONA WILSON, MSc., CPRP**

**Number of Members of Discipline:**

SITE	FTE	PTE	POSITION
Charlton	0	0	
King	0	0	
West 5th	3	9	FTE West 5th provides services at ERMHS Peer Support Provider / Recovery Support Counsellor
		1	Peer Support Provider / youth Mentor
OFFSITE	5	2	Youth Mentors
	3	1	Community Support Workers: Peer Specialists

## Major Achievements

### CARING

#### Clinical Practice:

- Creation of "A Day in the Life of a Peer Support Provider" short film. Released on Global Peer Support Day.
- Waitlist group for individuals referred to any outpatient program and on a waitlist;
- 2SLGBTQ peer support groups (YWC/Cleghorn/PFCSS).
- Utilization of the Peer Support Integrity Survey to evaluate programs and services.



## LEARNING

### Education:

#### Clinical Education

- PPA supervised Child and Youth Care student at Youth Wellness Centre.

#### Formal Teaching

- PPL is Assistant Professor with the Dept of Psychiatry and Behavioural Neurosciences, McMaster University.
- PPL is Longitudinal Facilitator, Professional Competencies Program, DeGroote School of Medicine, Faculty of Health Sciences, McMaster University.
- PPA is Teaching Assistant at Redeemer University.
- PPA is Professional Advisor, Child and Youth Care Program, Mohawk College.

#### Internal Education

- PPA's involved in Medical Student bootcamp in partnership with Psychiatry Residents.
- PPL trains SJHH colleagues in Peer Support (Employee Peer Support Ally Program) in partnership with Human Resources and Organizational Development.

#### Research

- **Peer Support Providers are critical participants in;**
  - "Lived Experience Perspectives for EPI Services" Learning Collaborative Grant

#### Publications

- PPL Co-authored "Patients' and Family Members' Experiences of Recovery in Forensic Psychiatry Program". 2022. Ivana Furimsky, Michelle Chan, Fiona Wilson, Gary Chaimowitz, *International Journal of Risk and Recovery*, 5(2), 3-13.
- PPA creating Workshops and Workbooks for Transition Clients waiting for BPDS services.

## BUILDING

### Professional Practice Development:

- 7 PPAs participated in Peer Support Group Facilitation Training, RPLYT Training.
- PPA participated in CBT Essentials Training.
- PPA participated in 2SLGBTQ Foundations Course.
- 1 PPA completing Peer Support Canada, Peer Support Certification.
- PPA, Level 3 Accreditation with Association of Psychological Therapies: Motivational Interviewing
- PPA completed DBT Essentials.
- PPA completed Work Place Mental Health training.
- PPA completed Peer Support and the Forensic System training.

## Leading

- PPL Co-leading, Indigenous Care Prioritization Initiative.
- PPL Collaborating on MHAP Essential Care Partner Pilot.
- PPA involved in Discharge Planning working group.
- PPA involved in Values Working Group.
- PPA supports Youth Advisory Council (YWC).
- PPA supports Youth Advisory Council (Cleghorn).
- PPA involved in Everyone Threads Social Enterprise.
- PPA involved in Compassion Fatigue group.



## External Activities:

### Presentations

- PPA presentation – Child and Youth Care & the Intersection of Peer Support.
- PPA presentation – Mental health through a lived experience lens. Mohawk College Recreation Therapy students.
- PPA presentation – Peer Support: We all have stories to tell. MHAP Rounds.
- PPL presentation – Peer Support: Increasing Access to After Care, Meta:Phi Conference.

### Committees

- PPL, Advisory Committee member, Peer Support Canada.
- PPL, Advisory Committee for Professional Standards, Peer Works (previously Ontario Peer Development Initiative).
- PPL, Board Member, Rainbow's End Community Development Corporation.
- PPL, Board Member, Mental Health Right's Coalition.
- PPA, Member, Certification Review Committee, Peer Support Canada.
- PPA, Member, Human Services and Justice Committee (Brant).

## Major Initiatives for 2023:

### CARING

- Continue to work in collaboration with individuals who use services to drive innovative practices.

### LEARNING

- Professional Development priorities including: Wellness Recovery Action Plan (WRAP) facilitation training; Acceptance Commitment Therapy overview; DBT skills.
- Develop Peer Support Orientation package for all new SJHH Peer Support Providers.

### BUILDING

- Create capacity to run more peer specific support groups e.g., WRAP
- Build awareness around peer support for colleagues – address stigma.
- Build awareness around the intersections of peer support and equity, diversity and inclusion.

### LEADING

- Development of a Peer Support specific group evaluation tool.