

Peer Support in mental health has recently gained significant attention. There is increasing talk about funding and credentialing, standards and outcomes. But what is peer support and how is it different than clinical services, even delivered by people who identify themselves as peers?

Peer Support for people with similar life experiences (e.g., people who've lost children, people with alcohol and substance abuse problems, etc.) has proven to be tremendously important towards helping many move through difficult situations (Reissman, 1989; Roberts & Rappaport, 1989). In general, peer support has been defined by the fact that people who have like experiences can better relate and can consequently offer more authentic empathy and validation. It is also not uncommon for people with similar lived experiences to offer each other practical advice and suggestions for strategies that professionals may not offer or even know about. Maintaining its non-professional vantage point is crucial in helping people rebuild their sense of community when they've had a disconnecting kind of experience.

Peer Support in mental health however has a more political frame of reference. Whereas some support groups form around the shared experience of illness, peer support in mental health grew out of a civil/human rights movement in which people affiliated around the experience of negative mental health treatment. In other words, the shared experience has had more to do with responses to treatment than the shared experience of mental illness. The Independent Living Movement has been the quintessential guide to this way of thinking.

What is Peer Support

“Peer Support is a naturally occurring, mutually beneficial support process, where people who share a common experience meet as equals, sharing skills, strengths and hope, learning from each other how to cope, thrive and flourish.”

Formalized Peer support begins when persons with lived experience, who have received specialized training, assume unique, designated roles within the mental health system, to support an individual's expressed wishes.

Specialized peer support training is peer developed and delivered, endorsed by Consumer/Survivor Initiatives, Peer Support Organizations and Patient Councils, and is rooted in principles of recovery, hope and individual empowerment.”*

(*Consumer Survivor Initiatives and Peer Support Organizations are community-based, self-help)



PEP

People for Equal Partnership In Mental Health | Pour l'égalité des partenariats en santé mentale

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Ontario

North East Local Health Integration Network
Réseau local d'intégration des services de santé du Nord-Est

Supported by: / Financé par :

Peer Support Week

October 15-October 19, 2018

Planning Committee Members:

People for Equal Partnership in Mental Health (PEP)

Nipissing Family Program

PEP Employment Centre

Supportive Housing Program

CCC CTS

True-Self Debwewendizwin

North Bay Recovery Home

People for Equal Partnership in Mental Health

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website: www.pepplace.org

Peer Support Week

Oct. 15–19, 2018



Let's Celebrate

Peer Support Week

Monday - Oct. 15, 2018

Community Embrace

Location: PEP-351 Ferguson Street, 3rd Floor

10:00 a.m. Welcome: Jack Jones, Chair, Board of Directors
Agenda for the week: John Bowcott, Executive Director, PEP

10:15 a.m. Mental Health and Addiction

Presenters: Julie Desgrosseilliers AMH Program Coordinator & Lead Instructor and AMH Class, CTS Canadian Career College

12:00 p.m. Lunch at 2nd Floor

1:00 p.m. Employment Panel Discussion

March of Dimes

Yes! Employment

PEP Employment Centre

Ontario Works

True-Self Debwewendizwin



2:30 p.m. Nutritional Break

2:45 p.m. Musical afternoon with Jonathan Collins

3:45 p.m. Special Draw

Tuesday - Oct. 16, 2018

Peer Support and Community.

Location: PEP-351 Ferguson Street, 3rd Floor

10:00 a.m. Welcome and Agenda: Donna Forget, Manager, True Self Debwewendizwin

10:05 a.m. True-Self Debwewendizwin -A Community Partner
Presenters: Donna Forget

10:30 a.m. "Domestic Violence "

Presenters: Maureen Lebeau - Support Service Counsellor
True-Self Debwewendizwin

12:00 a.m. Lunch at 2nd Floor

1:00 p.m. "Men's Healing Circle" (3rd floor)

Presenter: Marc Jodoin, Support Services Worker
True-Self Debwewendizwin

1:00 p.m. "Women's Healing Circle" (2nd Floor)

Peer Support : A discovery of the value of Peer Support

Presenter: Julia Roche –Outreach Worker
True-Self Debwewendizwin

2:30 p.m. Nutritional Break

2:45 p.m. Drumming with Stephen Leroux

3:45 p.m. Special Draw

Wednesday – Oct. 17, 2018

Peer Support and Addictions

Location: PEP-351 Ferguson Street, 3rd Floor

10:00 a.m. Welcome & Agenda : Wendy Prieur
Executive Director North Bay Recovery Home.

10:05 a.m. "Introduce for NBRH– Residential and ASH Programs"

Presenter: Lori St-Pierre & Karen Bell
North Bay Recover Home, North Bay

11:00 a.m. "The DO's & DON'T's of Peer Support"

Presenter: Tanya Roy & Tyler Turcotte
North Bay Recover Home, North Bay

12:00 p.m. Lunch at 2nd Floor

1:00 p.m. "Recovery is Possible: We are the Evidence!"

Presenter: Joel Johnson, Program Manager
Nipissing Family Program

2:30 p.m. Nutritional Break

2:45 p.m. Musical Event from NBRH " Dan and Friends"

3:45 p.m. Special Draw

Thursday – Oct. 18, 2018

Peer Support & Awareness

Location: PEP-351 Ferguson Street, 2nd Floor

10:00 a.m. Welcome and Agenda: Arif Majeed, Manager PEP

10:00 a.m. "Self-Esteem & Mental Health"

Presenter: Jamie-Lynn Sluman
Community Counselling Centre of Nipissing

11:00 a.m. "Post-Traumatic Stress Disorder -PTSD"

Presenters: Kevin Thompson BSW,
Mark Hurley MSW, Family Liaison Officer
North Bay Military Family Resource Centre



12:00 p.m. Lunch at 2nd Floor

1:00 p.m. " Mental Health and Wellness"

Presenter: Lise Ritter
Owner/Operator of A Passion for Life

1:45 p.m. Positive Spaces

Presenter: Candace Ghent, Research Coordinator,
North Bay & District Multicultural Centre

2:30 p.m. Nutritional Break

2:45 p.m. Musical Event from North Bay Ukulele Group

3:45 p.m. Special Draw

Friday – Oct. 19, 2018

Peer Support and Celebration

Location: PEP-351 Ferguson Street, 3rd Floor

10:00 a.m. Welcome, Agenda and Special message from
Jack Jones

10:10 a.m. "Brain Injury & Mental Health"

Presenter: Teena Curtiss & Donnalyn Coyne
Peer Support Coordinator, BIANB

11:10 a.m. "Gossip & Mental Health"

Presenter: Diane Market & Alanah Swietek
Peer Support Specialist, PEPEC

12:00 p.m. Lunch at 2nd Floor

1:00 p.m. Community Celebration: Cake Cutting
Recognition of Peer Support Leader Award

Anthony Rota, M. P. Nipissing- Timiskaming
Victor (Vic) Fedeli, Finance Minister of Ontario,
Al McDonald , Mayor, City of North Bay
Megan Waqué, NELHIN

2:15 p.m. Success of Peer Support Week 2018

Presenter: Jack Jones

2:45 p.m. Special Draw

3:00 p.m. Closing : Thank you for your participation