

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

Charitable Registration Number
13782-4348-RR0001



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 16-October 20, 2017

Planning Committee Members:

People for Equal Partnership in Mental Health (PEP)

Nipissing Family Program

PEP Employment Centre

Supportive Housing Program

People for Equal Partnership in Mental Health

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Peer Support Week

Oct. 16–20, 2017



Let's Celebrate

**Peer Support Week
10th Anniversary**

Peer Support : A discovery of the value of Peer Support

Monday - Oct. 16, 2017

Community Embrace

Location: PEP-351 Ferguson Street, 3rd Floor

10:00 a.m. Welcome: Jack Jones, Co-Chair Board of Directors

Agenda for the week: John Bowcott, Executive Director, PEP

10:15 a.m. Mental Health and Addiction: Relapse

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. Mental Health and Youth

Presenter: Sherri Pinder

Mental Health & Wellness Navigator, Canadore College of Applied Arts & Technology

1:45 p.m. Mental Health and Street Drugs

Presenter: John St. Jacques, Registered Nurse
NBRHC Mobile Crisis Team

2:30 p.m. Nutritional Break

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

3:45 p.m. Special Draw

Tuesday - Oct. 17, 2017

Peer Support and Addiction.

Location: PEP-351 Ferguson Street, 3rd Floor

10:00 a.m. Welcome and Agenda: Carey Husband, Finance Manager PEP

10:00 a.m. "Co-Dependency"

Presenters: Marc Jodoin, Support Services Worker
True-Self Debwewendizin

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

1:00 p.m. Mental Health and Cannabis Misuse

Presenter: Michael Taylor, Counsellor,
Alliance Centre, Sturgeon Falls.



2:30 p.m. Nutritional Break

2:45 p.m. "Harm Reduction"

Presenter: Tanya Roy, Addictions Counsellor, NDSAP.

3:45 p.m. Special Draw

Wednesday - Oct. 18, 2017

Peer Support and Awareness

Location: PEP-351 Ferguson Street, 3rd Floor

10:00 a.m. Welcome & Agenda : Joel Johnson, Nipissing Family Program Manager PEP

10:00 a.m. i) "The Role of NBRH"

Presenter: Dan Billingsley, Counsellor
North Bay Recover Home, North Bay

ii) "Cognitive Distortions"

Presenter: Jocelyne Gagnon, Counsellor
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!
"Success Stories"**

2:30 p.m. Nutritional Break

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

3:45 p.m. Special Draw

Thursday - Oct. 19, 2017

Peer Support & Family

Location: PEP-351 Ferguson Street, 2nd Floor

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

10:00 a.m. "Grandfathers Teaching"

Presenter: Kirby Mianscum
North Bay Indigenous Friendship Centre

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

1:00 p.m. "The Counsel of GAIA"

Presenter: **Joel Johnson**
Program Manager, Nipissing Family Program, North Bay



2:30 p.m. Nutritional Break

2:45 p.m. "Respect and Healthy Relationship"

Presenter: Brigitte Lebel, Social Worker
Community Counselling Centre of Nipissing, North Bay

3:45 p.m. Special Draw

Friday - Oct. 20, 2017

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. "Mental Health and Recovery"

Presenter: Michael Fagg, Public Speaker

11:10 a.m. "Professional Support & Change in Mental Health and Addiction"

Presenter: Dr. Ralph Dell'Aquila M.D., C.C.F.P., M.R.O
Nurture North, Mar Clinic, North Bay

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

1:00 p.m. Open House:

**PEP Employment Centre, 2nd Floor,
Ribbon Cutting and Cake Cutting
Anthony Rota, M. P. Nipissing- Timiskaming
Victor (Vic) Fedeli, M.P.P., Nipissing
Al McDonald, Mayor, City of North Bay
Megan Waqué, NELHIN
Luc Desbiens, Ministry of Advanced
Education and Skills Development**

2:00 p.m. Recognition of Peer Support Leader

2:15 p.m. Success of Peer Support Week 2017

Presenter: Jack Jones

2:45 p.m. Special Draw

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