

## What is PEER SUPPORT

**Peer support** in mental health grew out of the innate social nature of people and the supportive relationships built within their communities. It embodies the belief that people living with mental health and addictions challenges can play a significant role in their own recovery, as well as significant potential for helping their peers on the road to increased wellness. This philosophy operates on the understanding that current services provided in the field of mental health and addictions are not meeting the broad range of experiences identified by service users, and the need to fill those gaps.

**Peer support** is the practice of community members that have lived experience, in the area of mental health and addictions, providing aid to their peers with exposure to similar problems such those living with alcohol and substance abuse problems or who've lost a loved one. Peer support is recognized as empowering and destigmatizing because of its diversion from a traditional diagnosis and illness-based framework to one that highlights the value of experiential expertise (Boschma & Devane, 2019). This expertise creates space for authentic empathy, validation and practical advice that goes beyond what professionals can provide. Maintaining a peer-to-peer dynamic is essential in re-building a sense of community among people who've experienced a previous disconnect from theirs.

**Peer Support** creates an atmosphere that fosters open communication, vulnerability and the sharing of stories among those who have been there. This kind of atmosphere has been shown to assist in developing better coping skills and community engagement instead of isolation, as well as reaching life goals with a sense of accomplishment (Cyr, Mckee, O'Hagan, & Priest, 2016). According to the Mental Health Commission of Canada, some of the most important factors for successful peer-run initiatives include a passion and commitment for making a difference in people's lives, independence from mainstream services and a peer understanding of ethics and boundaries (Mental Health Commission of Canada, 2016).

## 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 21-October 25, 2019

Planning Committee Members:

People for Equal Partnership in Mental Health (PEP)

Nipissing Family Program

PEP Employment Centre

Supportive Housing Program

Lived Experience Network LERN

North Bay Recovery Home

Nipissing Mental Health Housing Support Services

People for Equal Partnership in Mental Health

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# Peer Support Week

Oct. 21–25, 2019



## Let's Celebrate

### Peer Support Week

**Monday - Oct. 21, 2019**

**Community Embrace**

**Location: PEP-351 Ferguson Street, 3rd Floor**

**10:00 a.m. Welcome and opening ceremony:**

**Mayor Al McDonald**

**Jack Jones, Chair, Board of Directors**

**Mary Davis, Executive Director NMMHSS**

**Wendy Prieur, Executive Director NBRH**

**John Bowcott, Executive Director, PEP**



**10:30 a.m. Speakers Panel**

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

**1:00 p.m. Healthy Choices: Healthy Relationship**

Presenters: Christine Dodds MA, RP

Clinical Therapist

Community Counselling Centre of Nipissing

**2:00 p.m. Diversity and Mental Health and Addiction**

Presenters: Tracy Ashfield,

Researcher/Educator and Public Speaker

**3:00 p.m. Nutritional / Text Break**

**3:15 p.m. Peer Support Week Special Karaoke**

**3:45 p.m. Special Draw**



**Tuesday - Oct. 22, 2019**

**Peer Support and Community.**

Location: PEP-351 Ferguson Street, 3rd Floor

**10:00 a.m. Welcome and Agenda:**

**10:00 a.m. Hepatitis C 101 / Naloxone Training**

Presenters: Meagan Dagg, Coordinator

Glenn Petersen, Peer Support Worker

AIDS Committee of North Bay & Area

**11:00 a.m. Laughter Yoga and Meditation**

Presenters: Kari Sterling

Regional Director, Lived Experience & Recovery Network

Presenters: Shawna Lagassie

Education & Support Coordinator

Lived Experience & Recovery Network

## Peer Support : A discovery of the value of Peer Support

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

**1:00 p.m. Healthy Choices : Mental Health & Addiction**

Presenter: Michael Tylor

Addiction Counsellor,

Alliance Centre, Sturgeon Falls

**2:00 p.m. Nutritional / Text Break**

**2:15 p.m. Drumming with Stephen Leroux**

**3:45 p.m. Special Draw**



**Wednesday – Oct. 23, 2019**

**Peer Support and Addictions**

Location: PEP-351 Ferguson Street, 3rd Floor

**10:00 a.m. Welcome & Agenda : Wendy Prieur**

**10:05 a.m. “Addiction and Brain”**

Presenter: Jocelyne Gagnon RP, Residential Program Manager

North Bay Recover Home, North Bay

**11:00 a.m. “Values of Peer Groups”**

Presenter: Karen Bell, Senior Counsellor

North Bay Recover Home, North Bay

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

**1:00 p.m. “Mental Health Activities and Practice for the 21st Century Family!”**

Presenter: Joel Johnson, Program Manager

Kyla Humphrey, Program Coordinator

Nipissing Family Program

**2:00 p.m. Nutritional / Text Break**

**2:15 p.m. Cont...Mental Health Activities and Practice for the 21st Century Family!”**

**3:45 p.m. Special Draw**

**Thursday – Oct. 24, 2019**

**Peer Support & Awareness**

Location: PEP-351 Ferguson Street, 2nd Floor

**10:00 a.m. Welcome and Agenda:**

**10:00 a.m. “Peer Directed Cognitive Behaviour Therapy”**

Presenter: Donnalyn Coyne, Peer Support Specialist, PEP

**11:00 a.m. “Prescription Medication”**

Presenters: Richard Procnier, Pharm D.

Pharmacist, Northern Shores Pharmacy

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

**1:00 p.m. “ Trauma Informed Care”**

Presenter: Erin Russell

Researcher/Educator and Public Speaker

**2:00 p.m. “Notes Towards Recovery”**

Presenter: Author Dr. Amy Louise Eills Ph.D

**3:00 p.m. Nutritional / Text Break**

**3:15 p.m. Peer Support Week Special Jackpot Bingo**

**3:45 p.m. Special Draw**

**Friday – Oct. 25, 2019**

**Peer Support and Celebration**

**Location: PEP-351 Ferguson Street, 3rd Floor**

**10:00 a.m. Welcome, Agenda and Special message**

Presenters: Jack Jones, Chair, Board of Directors

**10:15 a.m. “Peer Support and Main Streams Mental Health Services”**

Presenter: Mary, Davis, Wendy Prieur .and John Bowcott

**10:30 a.m. “Peer Support and Opioid Use Disorders”**

Presenter: Dr. Ralph Dell'Aquila & Jennifer Farrell

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

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

**Victor (Vic) Fedeli, Minister of Economic Development**

**Al McDonald, Mayor, City of North Bay**

**Megan Waqué, NELHIN**

**Jay Aspin, Board of Director Ontario Health**

**2:15 p.m. Success of Peer Support Week 2019**

Presenter: Jack Jones

**2:45 p.m. Special Draw**

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