

PEER SUPPORT SPECIALIST CONFERENCE

# Peer Role and Job Clarifications

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**VA**  
HEALTH  
CARE | Defining  
**EXCELLENCE**  
in the 21st Century

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# OVERVIEW OF THE PEER SPECIALIST IN MENTAL HEALTH

- ⦿ The primary strategy in transforming the health care system is to recognize the power of consumer as providers. Recognizing consumers as providers is taking root across the United States. Emerging evidence strongly supports the need for peer support services as a cost-effective and complementary adjunct to professional mental health services and supports.
- ⦿ Peer support services can move the system to focus less on illness and disability and more on wellness. To accomplish this goal, the Department of Mental Health has provided equal weight to expertise gained through the “lived experience” as is done with other credentials or knowledge base.

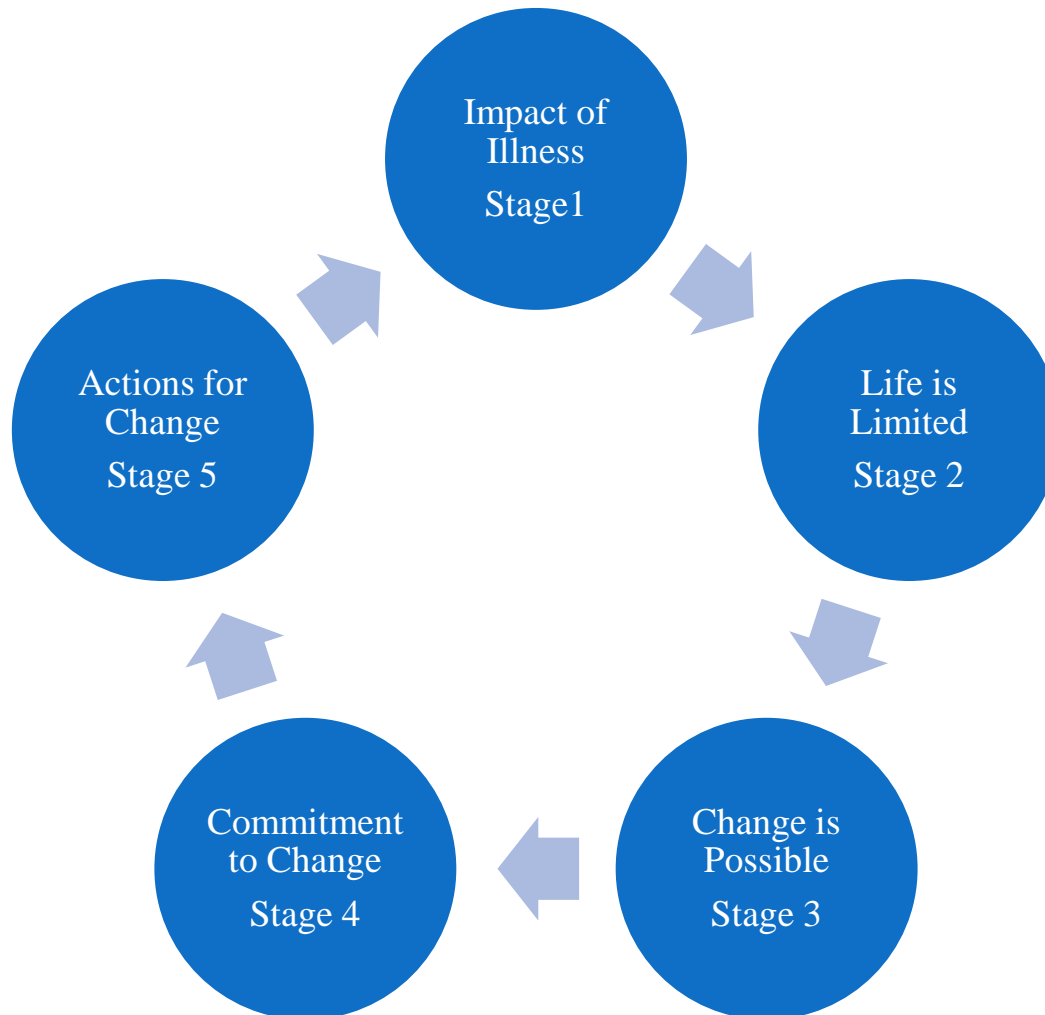
# *HUD/VASH PEER SUPPORT MISSION STATEMENT*

- By working in a peer-to-peer collaborative partnership, our mission is to provide hope, support, advocacy, and assistance to help veterans attain independent sustainable housing and realize individual goals and objectives, by adopting and promoting the wellness model approach within the scope of our interaction throughout the VA Health System and to the community at large.
- Peer Supports provide a cost effective resource and are a valuable, proven, evidence based asset within the health care system!

© Monitoring and advancing the recovery cycle

# **THE ROLE OF THE PEER SPECIALIST**

# A MODEL OF THE RECOVERY CYCLE



# FIRST STAGE OF RECOVERY

## IMPACT OF ILLNESS

- ⦿ There are times in a person's life when they are **OVERWHELMED** by the disabling power of a diagnosis or mental illness are other debilitating challenge.
- ⦿ **Danger:** The Danger at this stage is that someone will redefine themselves as their diagnosis and limit their options and future.

# FIRST STAGE OF RECOVERY:

## The Role of the Peer Specialist

- ⦿ It is the role of the Peer Specialist to help someone see that they are not defined by their diagnosis and there is more to life than their diagnosis

## Peer Specialist Recovery Tool:

- ⦿ A Peer Specialist can use their own recovery story to help someone see that there is more to life than a diagnosis.
- ⦿ A Recovery Story can help someone see that they are not alone and that there is Hope for a satisfying future.

# SECOND STAGE OF RECOVERY

## LIFE IS LIMITED

- ⦿ There are times in a person's life when they have **GIVEN INTO or are LIMITED BY** the disabling power of a diagnosis or mental illness
- ⦿ **Danger: The Danger in this stage is that a person will not see any other possibilities.**
- ⦿ **A person is unable to see that they have the capacity to make a difference in their life.**



# SECOND STAGE OF RECOVERY:

## The Role of the Peer Specialist

- ⦿ The Role of the Peer Specialist is to help someone see and expand the possibilities in their life. A peer specialist can help to inspire Hope.

## Peer Specialist Recovery Tool

- ⦿ During this stage, a Peer Specialist can use **Dissatisfaction As an Avenue for Change** as a recovery tool to help someone see the other possibilities in their life to choose from.
- ⦿ This Tool helps a person identify where they are dissatisfied and see opportunities for change.

# THIRD STAGE OF RECOVERY

## CHANGE IS POSSIBLE

- ⦿ There are times in a person's life when they are ACTIVELY QUESTIONING the disabling power of a diagnosis or mental illness.
- ⦿ **Danger:** The Danger of this stage is that someone might become afraid or discouraged from taking the necessary "risks" in their lifestyle habits and they will stay in the "Life is Limited" stage.

# THIRD STAGE OF RECOVERY:

## The Role of the Peer Specialist

- ◎ The Role of the Peer Specialist is to provide support and to show someone that their life is limited by their choices and NOT Limited. A Peer Specialist can help someone overcome these obstacles real or imagined.

## Peer Specialist Recovery Tool

- ◎ During this stage, a Peer Specialist can use the Recovery Tool- **Facing One's Fears** to help someone overcome their anxiety about making changes in their life.

# FOURTH STAGE OF RECOVERY

## COMMITTMENT TO CHANGE

- ⦿ There are times in a person's life when they are CHALLENGING the disabling power of a diagnosis of mental illness.
- ⦿ **Danger:** The danger of this stage is that a person won't have the knowledge, support, resources, or skills needed to make appropriate changes in their life.

# FOURTH STAGE OF RECOVERY:

## The Role of The Peer Specialist

- ⦿ The Role of the Peer Specialist is to help provide support, and offer resources, and show opportunities that someone will need to make changes possible in their life.

## Peer Specialist Recovery Tool

- ⦿ During this stage a Peer Specialist can use their Lived Experience and their recovery resources to help someone find the support they need to make changes in their life.

# FIFTH STAGE OF RECOVERY

## ACTIONS FOR CHANGE

- ⦿ There are times in a person's life when they have **MOVED BEYOND** the disabling power of a diagnosis or mental illness.
- ⦿ **Danger:** The danger at this stage is that a person will begin to doubt their own ability to function on their own. They will not trust their own decision making process and revert back to life lived within the system.

# FIFTH STAGE OF RECOVERY:

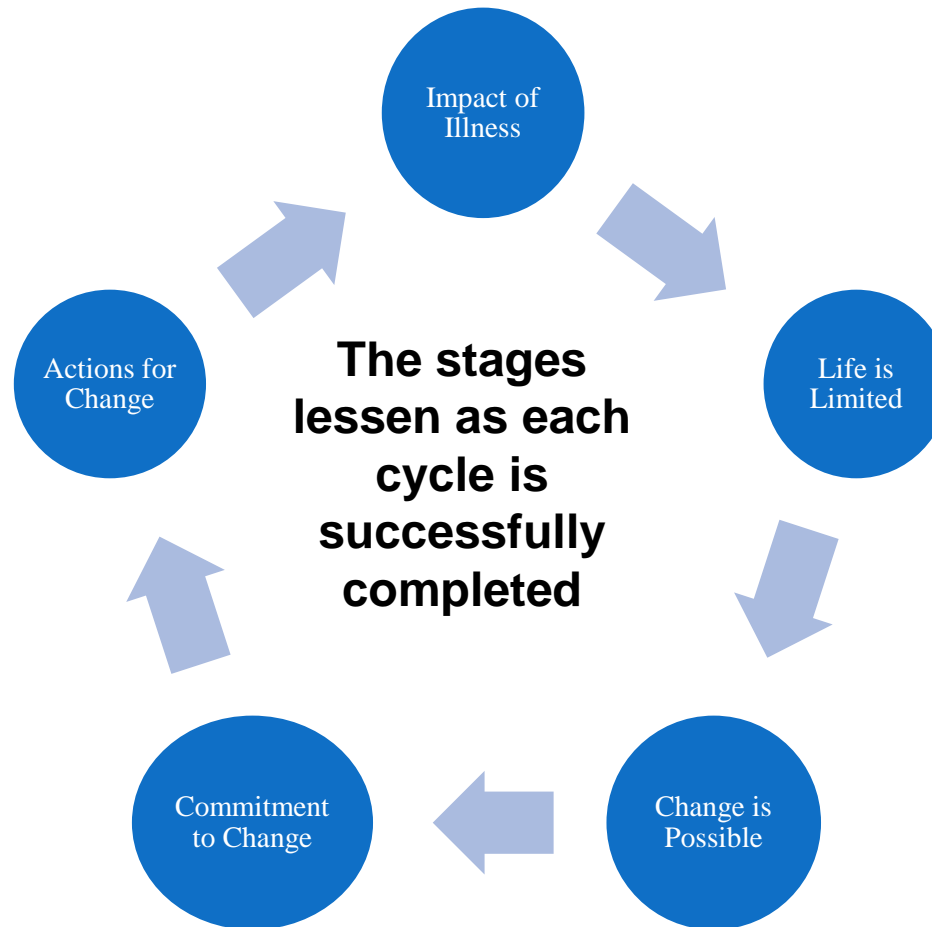
## The Role of the Peer Specialist

- ⦿ It is the Role of the Peer Specialist to help a person trust their own decision making ability and take responsibility.

## Peer Specialist Recovery Tool

- ⦿ During this stage, a Peer Specialist can teach someone their own Problem Solving Tools or other commonly used supports. These tools help give someone the skills they need to face problems and make good decisions.

# THE RECOVERY CYCLE IN ACTION





# VETERAN PERSONAL BILL OF RIGHTS

1. I have the right to ask for what I want.
2. I have the right to say no to requests or demands I can't meet.
3. I have the right to express all my feelings, positive or negative.
4. I have the right to change my mind.
5. I have the right to make mistakes
6. I have the right to follow my own values and standards and beliefs.
7. I have the right to say no to anything if I feel I am not ready, or it feels unsafe, or it violates my values.
8. I have the right to determine my own priorities.
9. I do not have to be responsible for others' behavior, actions or feelings.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be uniquely myself.

## VETERAN'S PERSONAL BILL OF RIGHTS (CONT.)

13. I have the right to say "I'm afraid"
14. I have the right to say "I don't know"
15. I have a right to my own reality.
16. I have the right to make decisions based on my feelings.
17. I have the right to my own needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthier than those around me.
20. I have the right to be in a non-abusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my needs and wants respected by others.
24. I have the right to be treated with dignity and respect.
25. I have a right to a healthy sex life
26. I have the right to be happy.

IN CONCLUSION

# ◎ Questions and Discussion