

1.00pm – 4.00pm  
Wednesday 17 February 2010

**Contact Point**  
Barony Housing Association  
411-417 High Street  
Kirkcaldy KY1 2SG

## Introduction to Peer Support

### Programme

1.00pm	<b>Introductions</b>
1.20pm	<b>Recovery</b>
1.40pm	<b>What is Peer Support?</b>
2.00pm	<b>Feedback</b>
2.10pm	<b>Benefits of Peer Support</b>
2.30pm	<b>Comfort Break</b>
2.40pm	<b>Experience, Skills, Qualities</b>
3.00pm	<b>Feedback</b>
3.10pm	<b>Confidentiality</b>
3.30pm	<b>Risks, Boundaries</b>
3.50pm	<b>Winding up, conclusion ....</b>

Facilitator:  
Chrys Muirhead



## Workshop Agreement

- Mobile phones off/silent
- Confidentiality – what’s said in room, stays in room
- Respect – views/opinions, letting people talk

## Recovery – definitions, your opinion?

- Individual – different to everyone, not same person as before illness
- Enjoy life again & things like to do – hobby rather than task
- Recognising stress in others
- One day at a time
- Treat the symptoms not the label
- A Process
- Feeling better within yourself
- Accept where/who you are
- Stigma – long way to go
- Coping strategies
- Mental ill health – no respecter of persons

control

fear

ashamed

mark of shame

lack of respect

lack of understanding

## What is Peer Support?

- ✓ Supporting others – sharing experiences/knowledge
- ✓ Mutuality
- ✓ Trust – 2 way
- ✓ Having gone through similar – common theme
- ✓ 2 way honesty
- ✓ Listening as well as telling
- ✓ Common bond
- ✓ Shared understanding, empathy
- ✓ Buddy/buddy system
- ✓ NSF – ‘here for you’, phone helpline
- ✓ Training
- ✓ Directory of services
- ✓ Breathing Space – 6pm – 2am
- ✓ More day centres with activities
- ✓ Socialising, shared interest
- ✓ ‘alongside’

## Benefits of Peer Support

To those receiving	To those giving
Someone to listen to	Purpose
To know it's possible to recover	Focus
Freedom to say what you need to say	Experience for going into work - paid or voluntary, get more by giving
Becomes more 'real'	
Gain knowledge & info	
Learn greater understanding	

## Experience, skills, qualities ....

- Good knowledge of MH – experience, work
- MHFA (mental health first aid) training (ILA account)
- Safe Talk – Assist training
- Health Promotion Fife
- Being able to look after yourself
- Listening skills
- (medication doesn't always work quickly or at all ...)

## Confidentiality – Risks & Boundaries

- Unless of risk to yourself, themselves or others
- Risk assessment – inform before beginning, agreed between parties
- Measured to the situation & common sense
- Asking permission to share things with others or team
- Peer Support Worker bound by organisation's policy
- Cautious in sharing, disclosure
- Safe place to meet

## This worked well ... room for improvement ....

- Informative, good to know about PS & opportunities, varied opinions & experiences
- Worked well, positive, very interesting
- Was kept interesting, not boring
- Work in smaller groups
- Very interesting but perhaps could have been put into 2 sessions
- This worked well, people of all ages & backgrounds & experiences
- Not enough time
- Good introduction to PS, highlighted importance of PSW responsibilities
- Fife model needs to be developed to include paid workers
- More training, more time required
- Well facilitated, informative workshop
- Worked well working in groups, about what a peer supporter does
- Good introduction to the subject
- Went well, felt better working in groups
- An extra comfort break
- The group sessions were good as everyone took part
- 3 hours were almost sufficient to explain the process, good feedback
- Quite happy with layout of the session
- Time!
- Last session rushed, could have done with more time, try to digress a bit less
- Could have been more focussed, at times too much info, a bit overwhelming
- Opportunity to be open & honest
- Needs more training
- A longer time, not enough time
- How to get a peer supporter