Peer Support

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Moving away from...

Isolation
Origins
Relationships
"Peer support relationships are mutual and reciprocal. This can be very healing for people who have been in the patient or client role for a long time. Socialization into me-ness, self preoccupation and being a consumer means that many people are denied the opportunity to discover they have something to offer to other people. It is healing to learn that one needs and is needed, cares and is cared for, and can receive as well as give."

From Pat Deegan website archives
Connection
"Connection- I define connection as the energy between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they can give and receive without judgement; and when they derive sustenance and strength from the relationship."

The Gifts Of Imperfection Brene' Brown Hazelden
Socialization

Attendance at first meeting was great but was lacking in energy. Tried to run a traditional "talk" support group and it fell flat.
"Connection is the core of peer support. It is the magical moment when we realize that someone else "gets it."
Moving towards...

Structure

Removed barriers for participants to attend meetings via picked them up at home transported them to meetings and drove them home.
2 months before groups began started a marketing awareness campaign and spent lots of time in the field with participants and had everyone on team talk it up.
Now have participants make their own transportation arrangements via texting one another and sometimes before/after activities they socialize, take walks, eat together. They are figuring out how to navigate this.
Moving towards...

Recovery
For more information:

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