

The background features abstract, overlapping green geometric shapes in various shades, including light lime green, medium green, and dark forest green, creating a modern and dynamic feel.

# Peer Support Intervention at Slaight

Working within the Navigate Model of Care

# Introduction

## Who I am

- ▶ Sara Traore
- ▶ Diagnosed during the fall of 2014 with Schizoaffective disorder after a 3 year drug-induced psychosis
- ▶ Former client of the First Episode Clinic (what is now the Slaight Centre Early Intervention Service)
- ▶ Began working as a full-time Peer Support Worker at Slaight October of 2018
- ▶ I use my lived experience with mental health challenges and as a former client at CAMH to help clients overcome the negativity and stigma surrounding their mental health and to support them on your road to healing and recovery!

# Learning Objectives

## Slaight Peer Support Role

- ▶ How I work to support and co-facilitate the Navigate Model

## Flags for Client referral

- ▶ Clients who are appropriate candidates for peer support intervention (along with clients who are not)

## Takeaway points

- ▶ Peer Support + Navigate

# Slaight Peer Support Role

- ▶ Role of the peer support worker (PSW): to facilitate and support clients with their **recovery process** (has a strong understanding and appreciation of the recovery model)
- ▶ The PSW utilizes **personal lived experience** of mental health and/or addiction challenges
- ▶ The PSW helps clients come to terms with their mental health struggles and work towards **healing (reconciliation, closure, movement forwards = better outcomes)**
- ▶ The PSW works as a **mentor, coach and liaison**, collaborating with clients in the **management of their mental health, nurturing of self-determination and ability to advocate for themselves** as they navigate their recovery
- ▶ The PSW also bridges clients back into the **community**; linking clients with community **resources** of their choice and **supports that assist clients in reclaiming their lives**
- ▶ The PSW provides a source of **encouragement and hope** as an **example of self-empowerment and recovery**
- ▶ **No power dynamic**; the PSW is more relatable due to shared experience

The PSW connects with clients on an individual basis (one-on-one meetings) and also as a group facilitator (peer support groups and workshops):



CAMH

## \* YOUTH MENTAL WELLNESS PEER SUPPORT GROUP

FOR SLAIGHT CENTRE CLIENTS

The youth mental wellness peer support group is a safe space for clients to share their mental health experiences and daily struggles with fellow peers. In this group, peers are encouraged to come together in an intimate setting to build community and be enriched by those they can relate to. The group is facilitated by a former client and peer support worker who directs client in supportive engagement and powerful conversations focused on:

MENTAL HEALTH | RECOVERY | TREATMENT | SELF-CARE HEALING

**Mondays | 3 pm to 4 pm | Room 634 (6th Floor)**  
**Wednesdays | 2 pm to 3 pm | Room 634 (6th Floor)**

**Open Drop-in group is for Slaight Centre (SCEI) clients ONLY!**



## THE SELF-EMPOWERMENT WORKSHOP

The Self-Empowerment Workshop supports clients in the confronting of mental and emotional blocks that hinder healing and recovery. The workshop has been created to help clients nurture self-determination, overcome stigma, and cultivate a stronger sense of self. Participants will become more aware of their capabilities, learn how to develop greater self-confidence and the self-worth required for personal advancement.

**Workshop Info**

**Sessions:** Positive Thinking | Self-Care | Vision Board + Guest Peer Speaker Q&A | Mindfulness | Positive Living | Self-Love

**Facilitators:** Sara Traore and Gina Oades

**Runs:** March 18th, 2020 to May 6th, 2020

**Day + Time:** Wednesdays | 4 to 6 pm

**Slaight Centre Clients Only | Closed group | Clients must register!**

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# Flags for Peer Support Referral

The PSW helps clients determine their unique goals and vision, further supporting their work with IRT and SEE clinicians \*Examples

## Great candidates for Peer Support Intervention within the Navigate Model:

- ▶ Client expresses trouble overcoming **negative self-talk** and **stigma** associated with mental health condition.
- ▶ Currently *interested in* pursuing employment /education goals \*SEE ( i.e. returning to high school, obtaining GED, wanting to take online courses, post-secondary, part-time/full-time work, volunteering) BUT is being **obstructed by low-self-esteem, a lack of self-worth** and **motivation** due to mental health challenges .
- ▶ **Experiencing difficulties** with school/employment (e.g., feeling stressed/overwhelmed, unaccomplished, struggling to manage grades or productivity) for the same reasons in bold above.
- ▶ **Requires assistance with social and leisure exploration** (client desires enhancing positive experiences in their daily life) - the client is in need of active support to access important engaging activities. \* IRT: **activities that are essential to healing, wellness, recovery and resilience building**

## Peer Support might be delayed or less successful if:

- ▶ **Poor Insight**
- ▶ Client is **unwilling to share and express their lived experience** with mental health challenges \* they are not able or willing to discuss their episode(s), negative self-talk and take action against self-imposed and/or social stigma)
- ▶ **Goals are not aligned with a desire to heal**, move forward with life, enhance personal wellbeing and ability to be resilient (i.e. a lack of interest or motivation)
- ▶ Client is **unable to tolerate and participate** with length of appointments (30 mins to an hour)
- ▶ **Current mental health status significantly impacts ability** to participate/access supports, resources, activities and engage in community
- ▶ **Out of catchment area** clients with lengthy travel time (e.g. Peel) - may need to assess for closer alternatives

# Takeaways

## Connection

- ▶ I as a PSW have cultivated a strong ability to build rapport with clients due to share lived experience, this in turn nurtures greater client engagement and receptivity to **Navigate** treatment program.

## Team work (collaboration)

- ▶ Using my relationship with clients to advise/”fill-in gaps”/inform team members
- ▶ Because clients share (one-on-one and in the peer groups) and are more willing to express/explore their mental health challenges with the me, the PSW - I can also assist them with their **SEE** and **IRT work, i.e. goals, pursuits** and **vision of recovery**.
- ▶ Doctors and case workers can use that which I relay to provide more informed care.

## Mediation

- ▶ Helping clients advocate for themselves within the **Navigate** structure of care.
- ▶ Many team members have shared that my work and ability to nurture disclosure has improved their understanding of their client’s struggles, needs.
- ▶ Clients have benefited from my being a supportive voice that expresses their needs and concerns to their doctors and case workers in ways that they cannot.