

Peer Support in Housing First

camh Centre for Addiction
and Mental Health

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+ Learning Objectives

1. Peer Support Work (PSW) as a Discipline.

To frame Peer Support Work (PSW) as an emerging discipline within mental health teams

2. Housing First PSW Discipline Summary (At Home/Chez Soi, MHCC), outlining core values and principles, approaches to practice, and specific skills.

3. Discussion about better understanding role of PSW on your team, incorporating PSW

KEEP

CALM

THERE'S A

PARADIGM

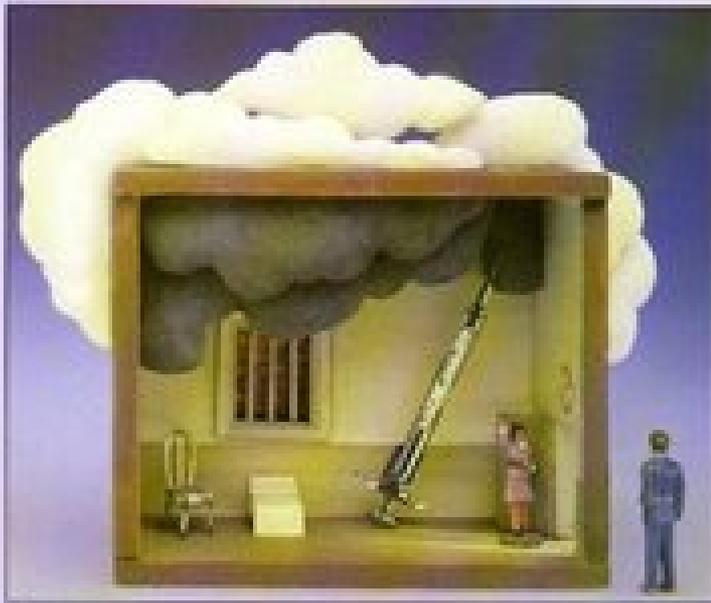
SHIFT

GOING ON

PSW as a Discipline: PSW foundations

ON OUR OWN

PATIENT-CONTROLLED
ALTERNATIVES TO
THE MENTAL HEALTH SYSTEM



Judi Chamberlin

ON OUR OWN



Judi Chamberlin

Core Values and Principles of Housing

+ First PSW

- I. To meet and engage clients "where they are at".
- II. Uphold the rights of participants to have their voices heard.
- III. Treat participants with respect, and expect respect in return.
- IV. Help people move forward, regardless of their diagnostic criteria and status.
- V. Realize that relating based on shared experience is unparalleled in terms of therapeutic value.
- VI. Recognize that Peer Support Workers (PSW) have a different level of empathy than those without lived experience, which includes challenging people to be “better” and accountable.
- VII. The ability to share one’s own story, and show a level of vulnerability as a central component of practice.
- VIII. Fostering independence, and resisting dependencies in working with participants.
- IX. Taking chances in being honest and using direct communication with participants.

+ Defining PSW Criteria in Housing First

1. Self Identification

2. National Criteria

3. Local Criteria



+ Background and Approaches to Practice

- Multiple role titles
- Duties can depend on type of team (ACT, ICM)
- Recognizes reality of housing work and Housing First

+ Specific Skills

- *Transforming lived experience into Peer Support Practice*
- *One-to-one Counselling/Support/Advocacy*
- *Peer and Peer Informed Group Settings*
- *Facilitating community relationships*
- *Negotiating Peer Principals in Clinical Settings*
- *Interdisciplinary communication and teamwork*

+ On the role of Education

“Recognize the importance of specific training related to Peer Support positions, however training certificates should not necessarily be pre-requisite in acquiring PSW position”

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**Discussion: Better understanding role
of PSW on your team/Incorporating
PSW**