Enhancing Concurrent Capability Toolkit
Comprehensive Interventions
Quick Reference Sheet

# Peer Support

# What is peer support?

It is a supportive relationship between people who have a lived experience in common. This experience may be related to their own mental health, or that of a loved one. Peer support can be emotional, social or practical support. It is meant to provide support and mentoring without directing a person's recovery journey.

Peer support workers are not case managers, clinicians or therapists. There is a growing body of evidence demonstrating the positive outcomes associated with peer support provided in conjunction with clinical supports in mental health.

Peer support is rooted in the knowledge that hope is the starting point from which a journey of recovery must begin.

- Mental Health Commission of Canada

# What does peer support look like?

#### Peer support:

- Can be provided in both group and one-to-one relationships
- Can take place in community groups, clinical settings, and workplaces

This range of accessibility is important, as it can influence a person's day-to-day interactions in their communities, clinics, workplaces and more.

### For example:

- You could incorporate a peer support worker into the care team or link to an accredited peer support worker program.
- Peer support can be informally provided by groups of peers who have experienced similar issues in their recovery.
- You could employ a peer support worker on an Assertive Community Treatment team.
- Peers could share their experience of substance use treatment and recovery with a group currently in residential addition treatment.

Peer support can range from informal friendship to more formal clinical care.

#### **Informal peer support** includes things like:

- A clubhouse or walk-in centre
- Self-help or mutual peer support

#### Formal peer support includes things like:

- Workplace peer support
- Community or clinical peer support
- Clinical, conventional or mental health system peer support



# **INFORMAL PEER SUPPORT**

Naturally occurring voluntary reciprocal relationship(s) with peers one-to-one or possibly in a community

# CLUBHOUSE/WALK IN CENTRE

Mainly psychosocial and social recreational focus with peer support naturally occurring among participants

## SELF-HELP, MUTUAL PEER SUPPORT

Consumer operated/run organizations/activities/programs, voluntary, naturally occurring, reciprocal relationships with peers in community settings e.g. housing, social/recreational, arts/culture, traditional/spiritual healing, recovery education/ work, anti-discrimination education/work, human rights/disability rights education work

# FORMALIZED/INTENTIONAL PEER SUPPORT

Consumer run peer support services within community settings (either group or one-to-one) focusing on issues such as education, employment, MH systems navigation, systemic/individual advocacy, housing, food security, internet, transportation, recovery education, anti-discriimination work, etc.

## WORKPLACE PEER SUPPORT

Workplace-based programs where employees with lived experience are selected and prepared to provide peer support to other employees within their workplace

## COMMUNITY CLINICAL SETTING PEER SUPPORT

Peer support workers are selected to provide support to patients/clients that utilize clinical services, e.g., Outpatient, A.C.T. teams, Case Management, Counselling

## CLINICAL/CONVENTIONAL MH SYSTEM-BASED PEER SUPPORT

Clinical setting, inpatient/outpatient, institutional peer support, multidisciplinary groups, recovery centres, or Rehabilitation Centres Crisis response, Crisis Management, Emergency Rooms, Acute Wards

