

# The Importance of Both Individual Peer Support and Family Peer Support within Services



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&

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*Robyn Priest*  
LIVE YOUR TRUTH

# This Session

Participants will gain an understanding of:

- The importance of implementing both individual and family-based peer support in all services
- The differences and similarities with individual and family-based peer support
- How to set up these positions successfully

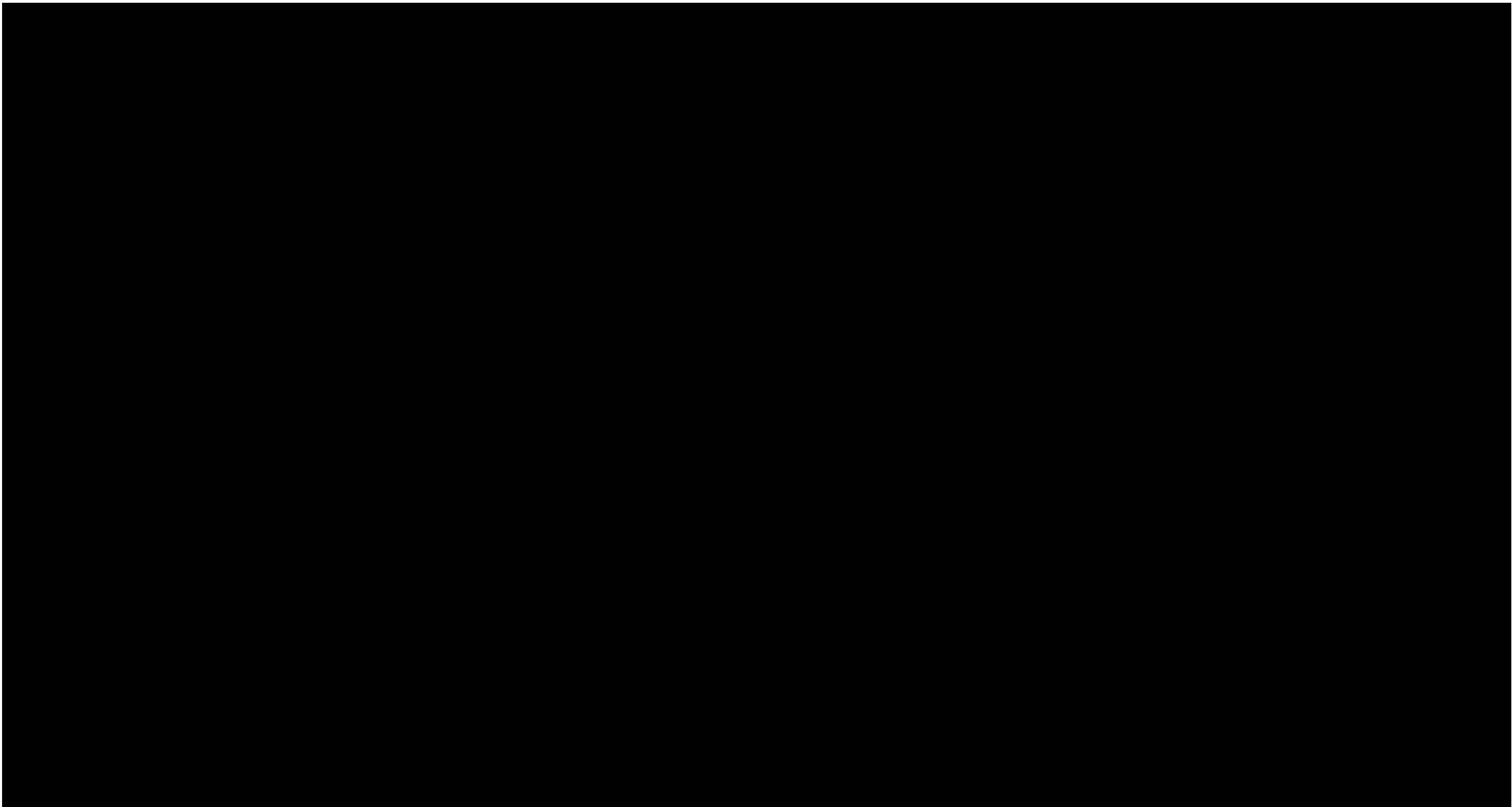
"DO THE BEST YOU  
CAN UNTIL YOU  
KNOW BETTER. THEN  
WHEN YOU KNOW  
BETTER, DO BETTER."  
— MAYA ANGELOU

- × It's not about US and THEM...its about all of US
- × We all want the best care possible for those being supported and ourselves
- × Our system is always growing



Individual Peer Specialist	Overlap	Family Peer Support Specialist
Speciality role as an Individual Peer Support Specialist	Skilled expertise – a profession in its own right	Speciality role as a Family Peer Support Specialist
May be part of a multi-disciplinary team	Trained and mentored	Parent, sibling, partner, friend, etc.
	Supporting people to decide for themselves what they want	Supporting the family member around their own wellness/recovery

Peer Specialist Perspective	Overlap	Clinical Perspective
	Intentional in every aspect	
	Coming from no agenda	
	Advocating "with" not for	



# Where the Rubber Meets the Road - Implementation



# Mental Health Commission of Canada's Core Peer Support Values

Hope and recovery

Empathetic and  
equal relationships

Integrity, authenticity  
and trust

Self determination

Dignity, respect and  
social inclusion

Health and wellness

Lifelong learning and  
personal growth



# Peer Support Canada Code of Conduct

- I will act ethically, according to the values and principles of peer support
- I will treat all people with respect and dignity
- I will respect human diversity and will foster non-discriminatory activities
- I will honor the rights, beliefs and personal values of individuals
- I will behave with honesty and integrity in providing support to peers
- I will respect the privacy of individuals and maintain confidentiality within the limitations of program policies and the law e.g., potential harm to self or others

# Peer Support Canada Code of Conduct

- I will not knowingly expose a peer to harm
- I will not take advantage of the peer relationship for personal benefit, material or financial gain
- I will respect the boundaries of peer support work and will not engage in romantic or sexual relationships with the peers that I support
- I will not provide peer support in a manner that negatively affects the public's confidence in peer support

# Creation of a Successful Program

**Management Support**

**Great Preparation**

**Great Peer Supporters**

**Program Evaluation and Revision as Needed**

# THANK YOU/QUESTIONS

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