

# Welcome!

**Route 91 Heals Project  
Peer Workforce Presentation  
April 26, 2023**



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# Objectives:

- ▶ Overview of Give An Hour and the Route 91 Heals project
- ▶ Peer Support program
- ▶ Q&A

# Route 91 Heals Support Project



*On October 1, 2017, a gunman opened fire on the Route 91 Harvest Festival in Las Vegas, Nevada. Fifty-eight people were killed, 35 from California, and at least 622 were injured.*

*Approximately 65% of the more than 22,000 attendees were from California.*

*Ideas for programs to support survivors began immediately – funding took three years in California. Borderline Bar & Grill event occurred on November 8, 2018.*



# Project Map

## ***Counties Served:***

- ❖ Kern
- ❖ Santa Barbara
- ❖ Ventura
- ❖ Los Angeles
- ❖ Orange
- ❖ Riverside
- ❖ San Bernardino
- ❖ San Diego



## *Services Offered: A Collaborative Model*

- Support Groups
- Psychoeducation: Emotional Wellness
- Evidence Based Peer Support Model
- Case Navigation/Referrals
- Memorial Events
- Volunteer opportunities
- Trauma Resource Library
- Travel Stipends



## Support Groups

- Started with 9 groups per week facilitated by Licensed clinicians in all 8 counties
- As of now, we have one support group and one family group still operating
- “Pop Up” groups when other mass violence events occur

## Psychoeducation

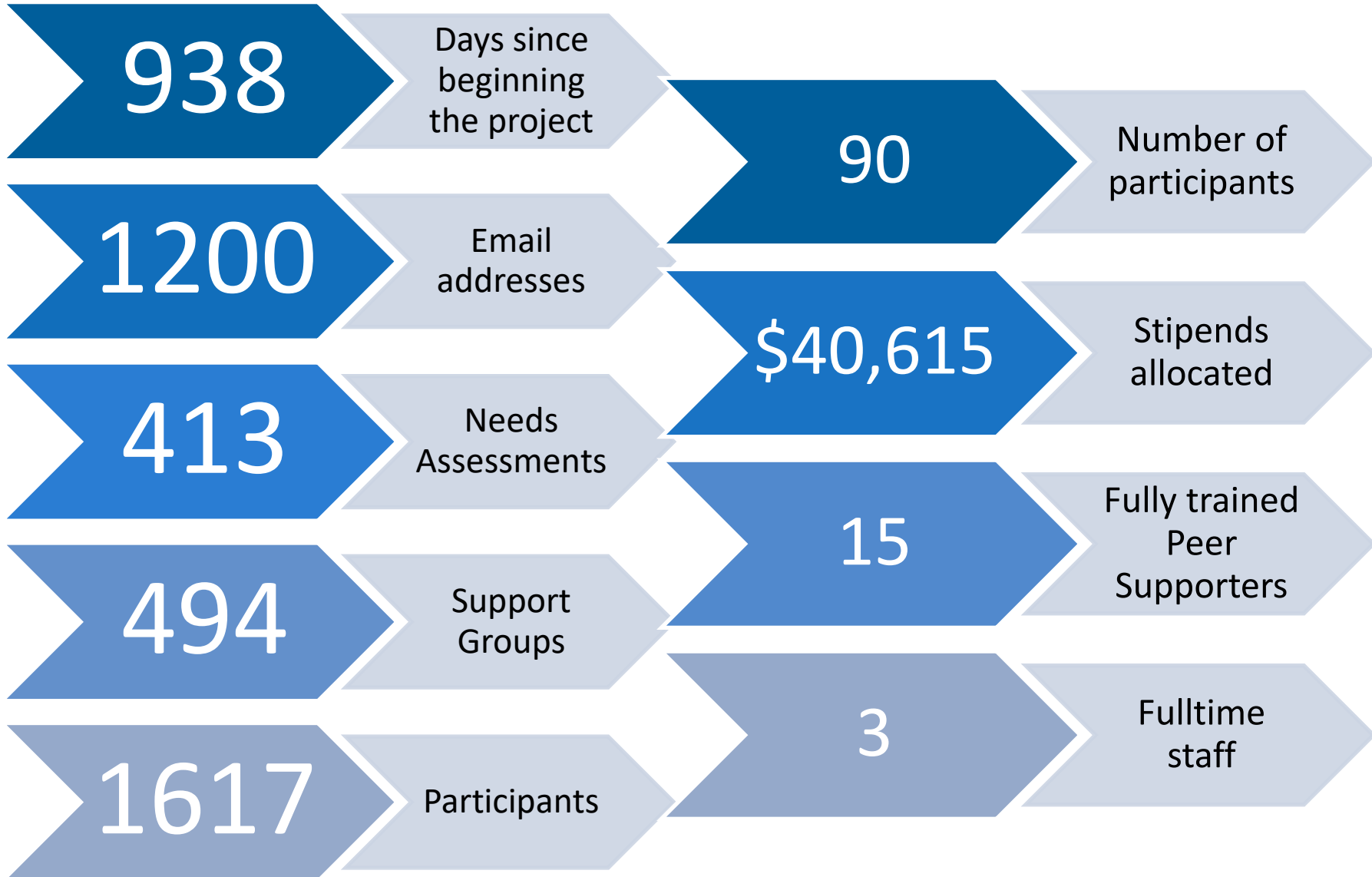
- Monthly “Lunch & Learns”
- Emotional Life Skills
- Holiday-specific topics
- Family grief series
- Covid-related topics
- Social hours- game night
- Spring Resilience workshop
- Soft skills workshops- Joyful Journaling, Selfish Self Care
- Project Orientations
- PTSD and EMDR sessions
- Intro to Therapy



## ***Covid Implications/Program Impacts***

- Support Groups- began on October 26, 2020
  - Provides opportunities to attend from anywhere
  - Inclusive of Survivors statewide
  - Meant for all “levels” of recovery
  - Challenging for those that would like to meet in person
- Memorial Events
  - 2020: Filming project
  - 2021: Survivor gatherings in Ventura County for sunrise ceremony and at the Healing Garden
  - 2022: Stipends offered to Survivors who applied through an approval process

# By the numbers!



*Overview:*

*Peer Support with violence victims vs. in substance use/abuse and other trauma experiences*

*Mass Violence Considerations*

*Remembrances/Memorials*

*Family Members*

*First Responders*

*Community expectations of recovery*

## Overview:

***Phase 1, Nov 20 through Feb 21: Project Planning, Recruit Clinical & Peer Lead***

***Phase 2, March 2021: Training with SME***

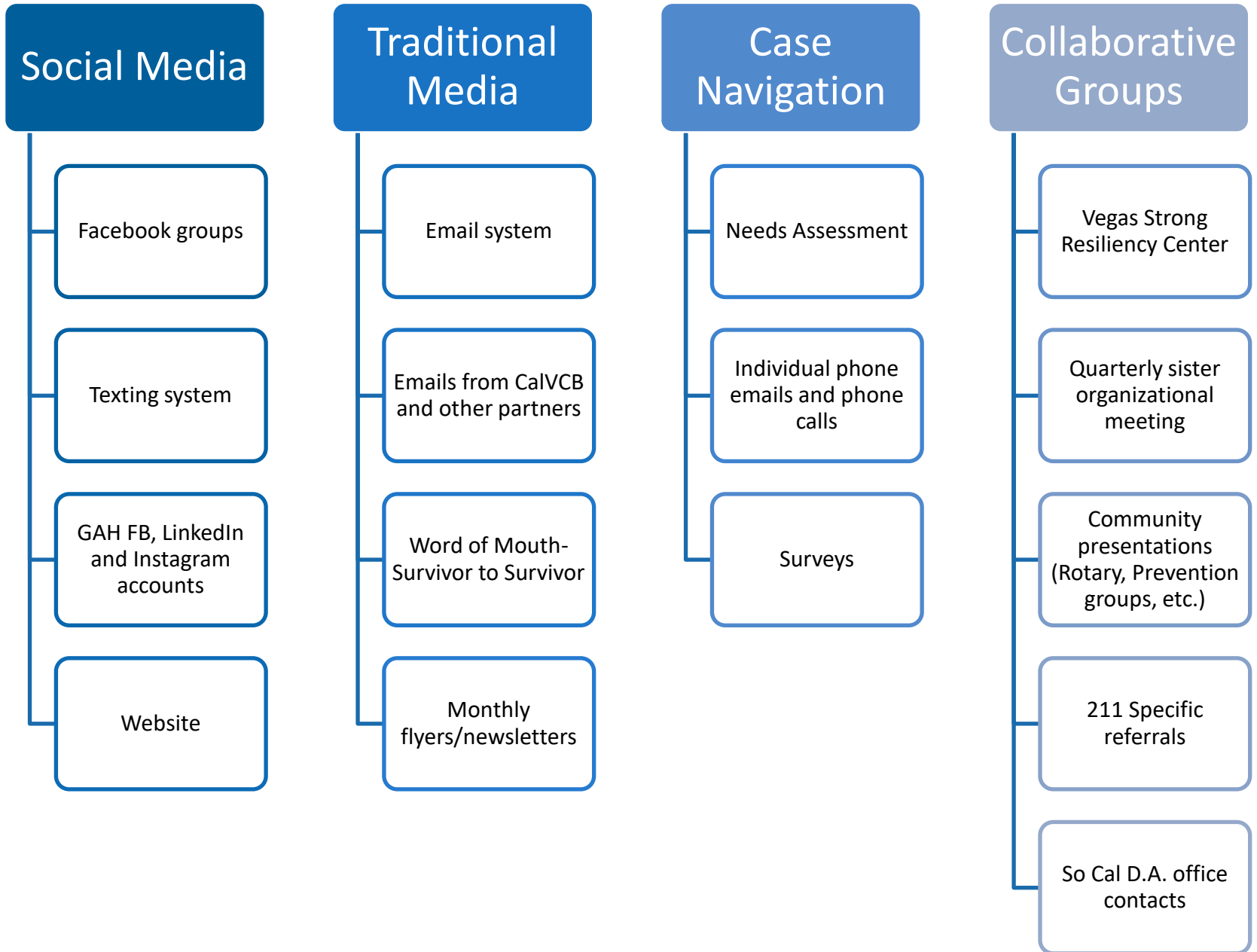
***Phase 3, April 2021: Practice Sessions with Clinical and Peer Leads***

***Phase 4, May 2021: Additional Training, Program Admin Orientation***

***KICK OFF: June 2021***



# Peer Support Outreach Efforts:



## ***The 4 TIPS Tasks:***

Connection & Presence (Traumatic event)



Information Gathering & Risk Assessment



Orienting & Goal Setting (Resilience Plans)



Resilience, Affirmation & Praise

# Peer Support training topics

Peer Support  
model

Self awareness,  
Self regulation

Communication

Connection

Empathy

Peer Partners

Information  
gathering

Goal Setting,  
Transition  
planning

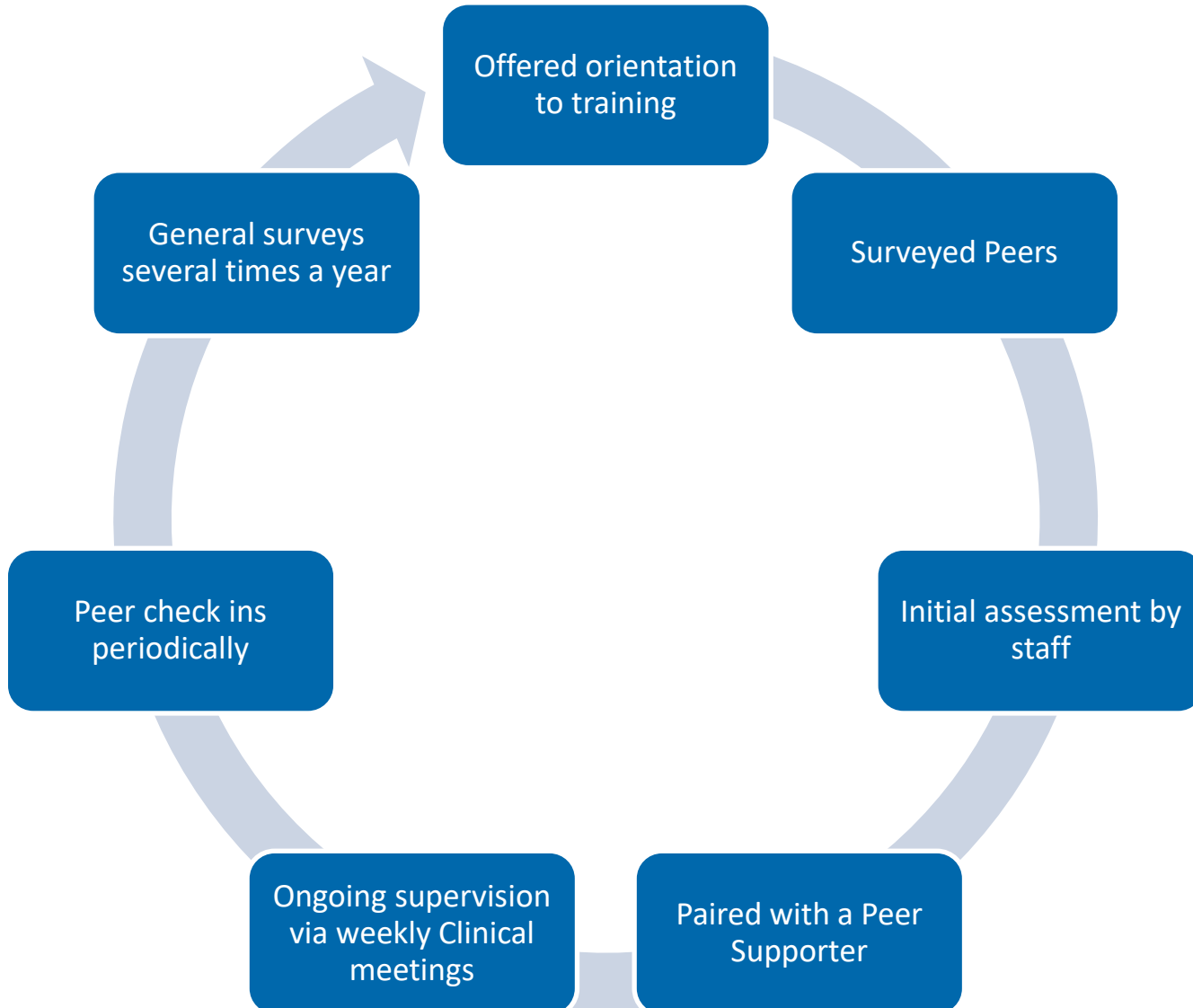
Resilience,  
Optimism

“Real” plays

Challenges

Practice,  
Practice,  
Practice







6 Active Peer  
Supporters

Relationships  
between  
PSs/Peers &  
Project staff

Connections  
will endure past  
the funded life  
of the project

Weekly Clinical  
Supervision  
since summer  
2021

Soon to be  
100% Peer Led

Many  
communication  
opportunities

1. Staff weekly meetings
2. Clinical Supervision is available
3. GAH encourages us to do psychoeducation
4. Staff received scholarships to attend the current state training which leads to certification for Medi-Cal Peer Support
5. Peer Support Supervision training
6. Staff with Lived Experience was honored, is encouraged to take care of themselves, to say no to certain activities, etc.
7. Flexible schedule and generous time off policies



Program components are especially useful for long-term resilience work with survivors of traumatic experiences

Cohorts- not everyone will finish or sustain interest after training

Create a future cohort list- invite folks to your ongoing events to keep them involved

Participants need to be an actual survivor or directly related to the traumatic experience

Training framework can be easily adapted to various groups that want to create a PS program

Be very aware of suicide awareness and prevention topics

Being clear with Clinicians about their role in the project



**Questions??**

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# **Thank you!**

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