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PEER BRIDGING

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SO, WHAT IS THE PEER BRIDGING MODEL OF PEER SUPPORT?

"Transitioning from inpatient services to outpatient treatment is both difficult and anxiety-inducing for many individuals with serious mental illnesses. While peer support has addressed this through a variety of means of support, the oldest and most reproduced program is known as the "Peer Bridger" model. It was first introduced in 1994 by the New York Association for Psychiatric Rehabilitation Services (NYAPRS) to provide support for individuals with long or repeated psychiatric hospitalizations as they made the transition back to their home communities."

Sources:

Peer Bridger Project NYAPRS. Available at: <https://www.nyaprs.org/peer-bridger>

SO, WHAT IS THE PEER BRIDGING MODEL OF PEER SUPPORT?

It is a manualized model that focuses on:

1. Outreach and engagement;
2. Crisis stabilization;
3. Wellness and self-management skills; and
4. Community support.



WHO COULD BE A GOOD CANDIDATE FOR PEER BRIDGING SERVICES?

- Someone coming out of the criminal justice system
- Someone being discharged from inpatient mental health services
- Someone being discharged from the hospital
- Someone looking to begin long term residential services
- Someone looking to get support finding housing, insurance, food assistance, other resources.
- Someone referred from the county care coordinator



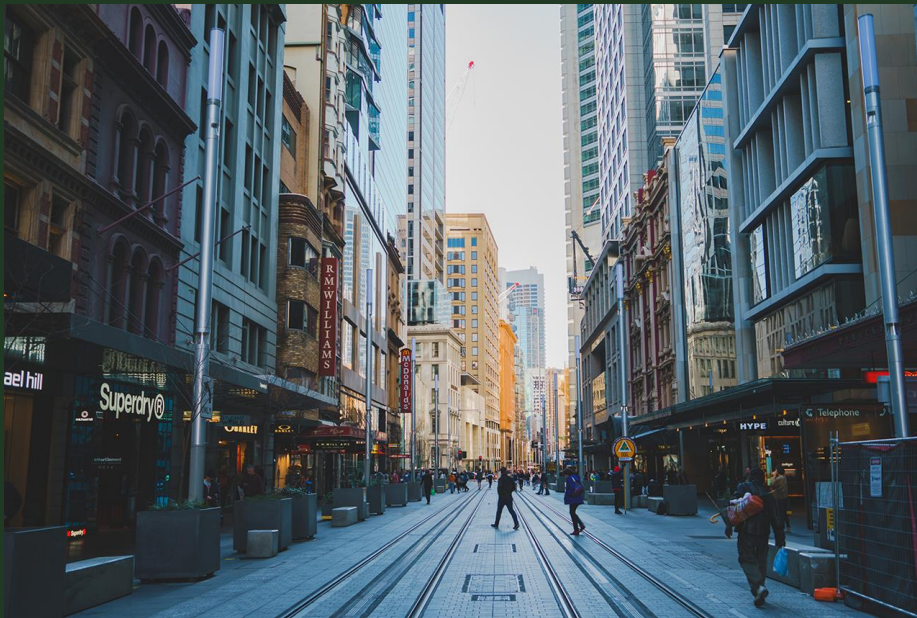
THE PEER BRIDGER ROLE

Bridger performs a variety of functions in their unique peer relationships:

- Skill teaching
- Role model
- Social and emotional support
- Recreation companionship
- Advocacy
- One-on one peer support
- Source of encouragement and hope

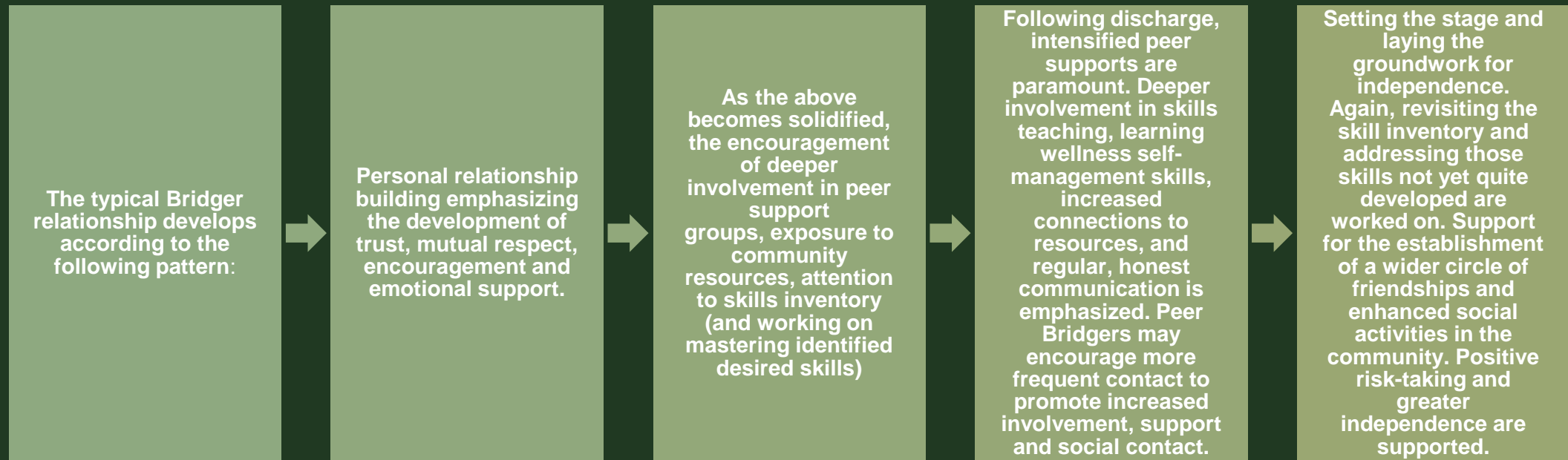
THE PEER BRIDGER ROLE CONT.

This Bridger will work with individuals in their home and community in a variety of different ways.



The Bridger can help the individual with socialization, advocating for their needs, arranging and keeping appointments, reminders, securing transportation, and utilizing other needed services in the community.

THE PEER BRIDGER RELATIONSHIP



DURATION OF PEER BRIDGING SERVICES

The time allotted for the development of a trusting relationship between the Bridger and the person to be discharged is to be defined by that person's desires and needs.

As a rule of thumb, Bridger will work with **three** to **five** individuals at a time, typically beginning their involvement at about 2-3 months prior to planned discharge.



WHAT IS THE GOAL?

The goal of the project is to provide hospital residents with a "match" with a peer Bridger for intensive personal support services in preparing for discharge and during the initial period of community adjustment.



OUR REGION- EASTERN IOWA

ATTACHMENT A

SERVICE DEFINITIONS AND RATES

Service Description	Unit of Service	Rate
<i>Individual Peer Support Services</i> : Evidence based practices that assist individuals in their own recovery, connect them to other mental health services if needed, promote community integration and encourage self-reliance and independence.	15 minute	\$13.13



HOW WE MEASURE & DOCUMENT

2 **Agency/Organization:** Life Connections Peer Recovery Services **Date:**

3 **Program:** Peer Bridger

4

5 **Program Description:**

6 To provide peer delivered wellness and recovery services to individuals struggling with emotional distress, psychiatric diagnosis, substance abuse, trauma, and/or a variety of other life-interrupting challenges. Services

7 offer an alternative to more traditional crisis services and hospitalizations.

8

9

10 **Regional Funding:** \$13.13 Hr.

11 **Purpose:** To provide alternative support and options for long term treatment services

12

13 **Report Monthly to Eastern Iowa MH/DS Region**

14

15 **Outputs**

16 4/4/2023 Met with Jon Doe at (location). Include details of what was accomplished, discussed, decided, etc. Include information about

17 next scheduled visits, the amount of time spent together during visit and any other requests from the peer.

18

20	Number of Individuals Referred -initial meeting	Hours	Age	Gender	County		
21	Jon Doe	26	32	Male	Clinton		
22							
23	Number of Individuals Served	1					
24	Average hrs served	1.5					
25	Referral Sources		Hospitals	Law Enforcement	Homeless Shelters	Families	Other
26	Benevolent Society						x
27	Information and Referral						x
28	Church of the Open Door Food Pantry						x
29							
30	Performance Measures						
31		Total					
32	Number of Individuals transitioned back to ongoing services	1					
33							
34	Provide brief narrative on types of interventions used and success stories						
38	Ex: active listening- include details						



OUR STATS JULY 2022 – APRIL 2023

of peers referred: 10

peers served total: 8

peers successfully transferred into ongoing services: 5

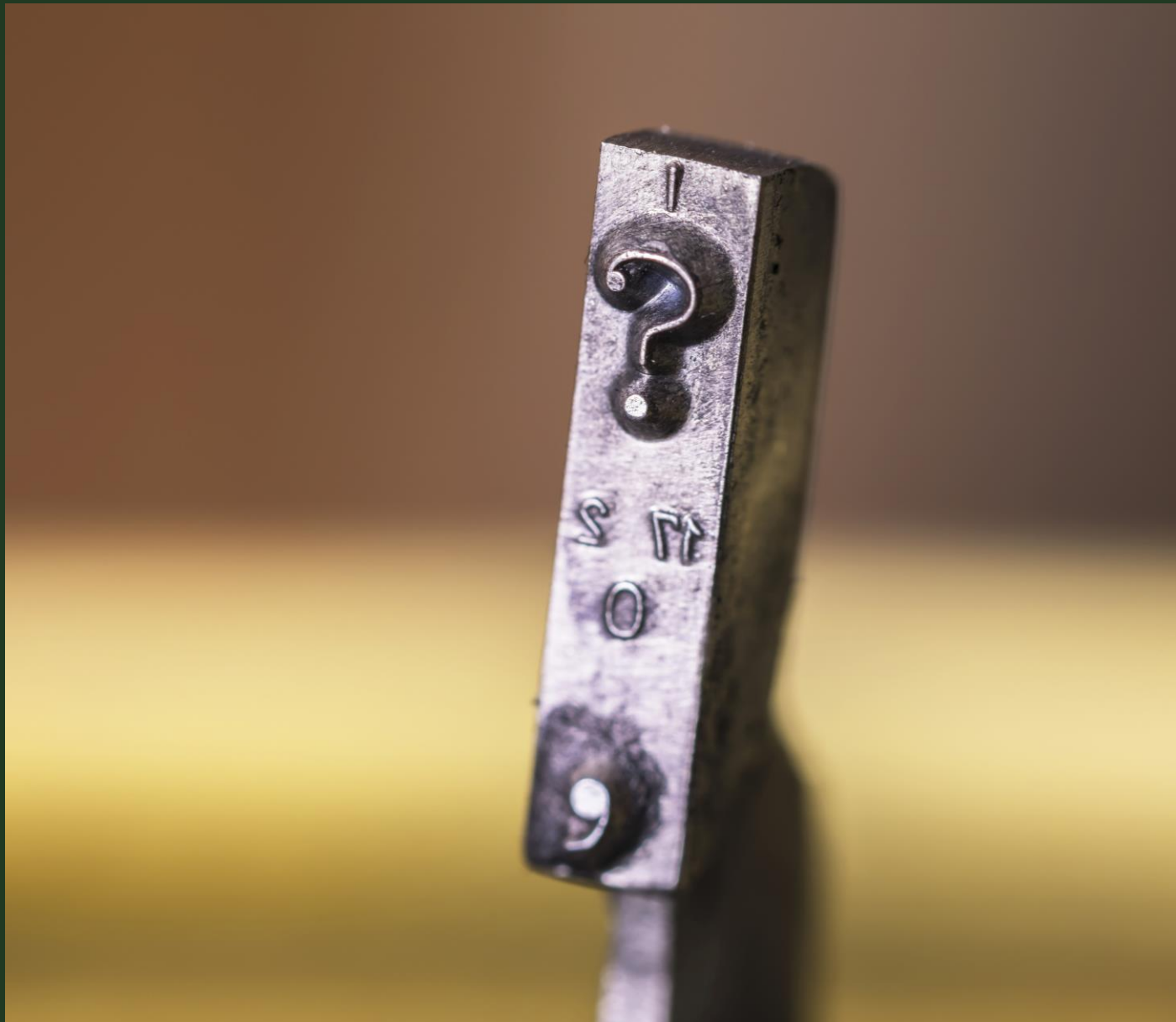
peers who have discontinued services: 0

peers who have paused services due to incarceration: 1

peers currently active: 2

CASE EXAMPLE

- The peer served an extended sentence in local penitentiary. The peer was released and living with his family near where he lived prior to his incarceration. The peer attempted suicide, was hospitalized, sent to an access center, set up with a case manager, treated and then referred to us. After the peer's treatment in the access center, the peer was homeless and had no income. The case manager and I worked together to get them resources, housing, healthcare, mental health services through a local IHH program, clothing, extended residential treatment, etc.
- Through peer support, this peer was able to adjust to the everchanging world and feel more in control of their life and the things happening around them.
- This peer has now transitioned into ongoing care with another agency, they have not been re-hospitalized or in legal trouble since beginning services.



QUESTIONS?

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Life Connections

Peer Recovery Services

Sources:

Peer Bridger Project NYAPRS. Available
at: <https://www.nyaprs.org/peer-bridger>