



# PEER 2 PEER SERVICES

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# OBJECTIVES

1. Define: what meeting a peer right where they are means
2. An understanding of Peer 2 Peer Services (P2P)
3. Implementing P2P services



# PEER 2 PEER SERVICES

## What is Peer 2 Peer Services?

**Peer Support Services is a range of non-clinical supportive services to facilitate the process of recovery and holistic wellness. These services may be provided prior to, during, and after treatment. With an individual and/or family member of an individual with a substance use disorder; either in an individual or group setting. These services are led by a Certified Recovery Support Specialist in the structure of an agency or peer ran organization.**

# PEER 2 PEER SERVICES

## CRSS'S

**Strive to support programs and services to not only enrich and enhance lives, but save lives**

**Decrease barriers to healthy choices and provide education and support to individuals with substance use disorder**

**Their families and community as a whole**

**We share our lived experience**

**We demonstrate recovery**

**We make a noise, " RECOVERY HAPPENS "**



# PEER **2** PEER SERVICES

Identifying barriers

Connecting to community health, social services and self-help groups

Identifying warning signs and barriers to recovery  
Relapse prevention planning

Reconnecting to family and community

# PEER 2 PEER SERVICES

**Peer Support Services Include, but not limited to.**

- **Facilitating recovery education groups**
- **Peer led support groups**
- **Peer mentoring**
- **Using life experience to assist peers in understanding their diagnosis**
- **Crisis support**
- **Screening or intakes**

# PEER 2 PEER SERVICES

**Meeting a peer where they are means;**

- **Bridging the gap between your own expectation and where the other person is coming from.**
- **Intentionally listening to understand their values, needs, desires and even their trauma-responses.**
- **Identifying their values, their style, their emotions, and connecting with them in a way that is effective for them.**

# PEER 2 PEER SERVICES

“BE WHERE THE PEER IS”

- The phrase, “meeting a peer right where they are” is simply saying “be where the peer is”. It’s meant to teach how to initially engage the peer by meeting them where they are versus us telling them how and where to be.
- P2P = taking where we’ve been to meet you where you are!



# PEER 2 PEER SERVICES

## ACTIVE LISTENING

- Listen to listen, instead of listening just to respond.
- These days when we have a conversation, far too often we're only thinking about what we're going to say next, and not truly listening to what the other person is saying.
- Pay attention to details.
- One of the best ways to make a peer feel truly valued is to acknowledge that what they're feeling or trying to express is real and understandable. Make them feel validated.



# PEER 2 PEER SERVICES

## STRUGGLES AFTER TREATMENT

**Beyond people, places and things, many graduates report a more insidious threat to sobriety: empty hours. Especially in the early weeks back in the community, peers may find themselves with plenty of time on their hands and no satisfying way to fill it.**

# EXAMPLE

**After months in a residential treatment program based on full days of rigorously scheduled activity, freedom and idleness cause a depression that invites a return to substance abuse. “I’m doing a little volunteer work, a little stipend work, and maybe I can do ten hours a week,” reports one man. “But most of the other time now, what do I do? I’m stuck in the house watching television and waiting to find out if I passed a test and can get into school.**

## EXAMPLE

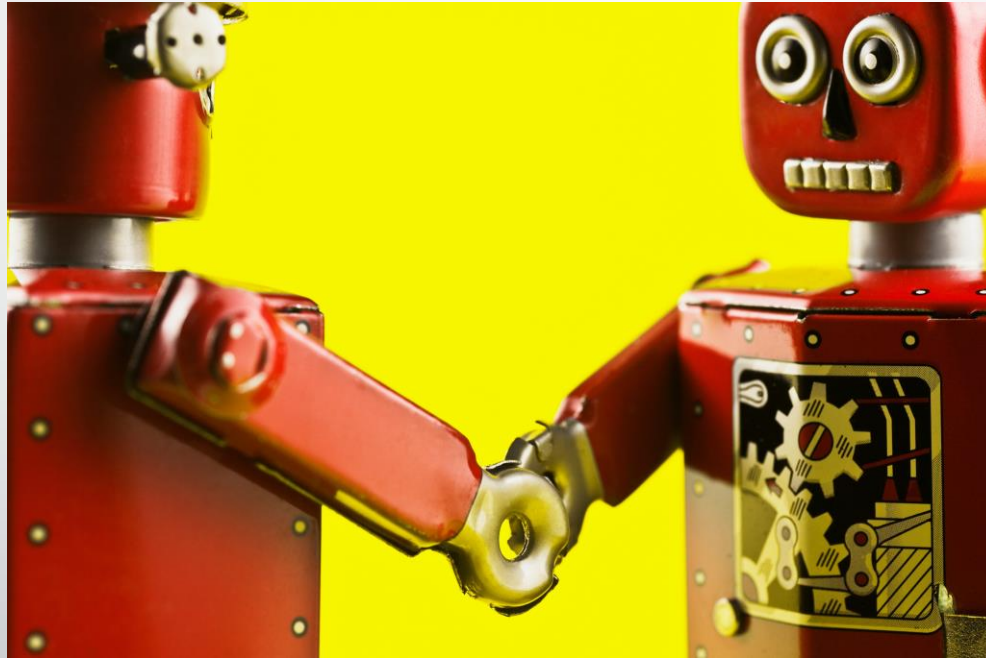
There's just too much idle time." "I go through it every week," says another. "This week I was sitting there and I'm watching baseball, and the game is over, and there's nothing else coming on... I caught myself going to the store, I walked past the liquor store, I see the liquor store, I'm like, I usually would be drinking.' And I said, 'No, I'll find something to do. Even if I must talk to somebody for like an hour.' When that hour is up, I'm back at idle time again, I'm just like, sitting there. I just can't wait to go to sleep, that takes up the most time of the day. I don't want to wake up."

# PEER 2 PEER SERVICES

## WHAT MORE CAN WE DO

- Make the time in your schedule to:
- Take peers to a few meetings
- Get release introduce peers for support
- Connect peers to job resources
- Suggest transitional living for support
- Have game night at community center
- Pizza and movie night at community center

# PEER 2 PEER SERVICES





## PEER 2 PEER SERVICE SUMMARY



# PEER **2** PEER SERVICES

- Don't be a robot
- Come from a caring place
- Be authentic
- Listen to listen
- Remember your training
- Have some fun



# PATHWAYS TO RECOVERY

## 12 STEP PATHWAYS

- AA
- NA
- CA
- HA
- CR
- CMA

## ALTERNATIVE PATHWAYS

- HARM REDUCTION
- MODERATION MANAGEMENT
- RATIONAL RECOVERY
- SELF-MANAGEMENT RECOVERY TRAINING (SMART)
- ADDICTION ALTERNARIVES