

# Peer2Peer Recovery Support Center

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(508) 567 - 5086



# Peer Support

**Peer-based recovery support services are a common and often effective means by which individuals have found and sustained long-term recovery. The services are provided by individuals who have struggled with a substance use disorder and then found and sustained long-term recovery.**

**Mutuality-** Giving and receiving help and support with respect based on shared experiences

**Empathy-** Understanding through the personal experience of having been there

**Engagement-** Shared personal recovery experiences. "If he/she can do it-so can I"

**Wellness-** Focusing on each person's strengths and wellness

**Friendship-** Promoting recovery through relationships and friendships



# Four Types of Peer Support

Type of Support	Description	Peer Support Service Examples
<b>Emotional</b>	Demonstrate empathy, caring, or concern to bolster person's self-esteem and confidence.	Peer mentoring Peer-led support groups
<b>Informational</b>	Share knowledge and information and/or provide life or vocational skills training.	Parenting class Job readiness training Wellness seminar
<b>Instrumental</b>	Provide concrete assistance to help others accomplish tasks.	Child care Transportation Help accessing community health and social services
<b>Affiliational</b>	Facilitate contacts with other people to promote learning of social and recreational skills, create community, and acquire a sense of belonging.	Recovery centers Sports league participation Alcohol- and drug-free socialization opportunities



# About Peer2Peer Recovery Support Center

- P2P's **purpose** is to provide a peer recovery support system of gender responsive services and activities who are in recovery or contemplating recovery from substance use
- P2P's **goal** is to provide a peer model that capitalizes on the expertise of individuals with similar lived experience to assist others to achieve and maintain their recovery and improve their overall quality of life
- P2P will **provide** a safe and confidential place for individuals to learn from peers with lived experience, share their challenges and become empowered
- Each **individual** path to recovery is respected and each individual is met at whatever point in recovery they are at



# Peer2Peer Recovery Support Center (P2PRSC)

- Set the tone for an intentional and value driven peer culture
- NOT 12 Step Clubs or Drop in Centers
- Multiple Pathways of Recovery
- Do **not** provide a service
- Are **not** a referral agency
- Use “recovery language” - “person in recovery” not “addict”
- Works closely with Recovery coaches



# P2P Supports

- One-on-one peer support (in person, phone, or virtually)
- Support with self-directed goals utilizing wellness plans
- Various peer led groups influenced by input of members and community
- Groups addressing Dual Recovery (substance use and mental health)
- Wellness activities (social gatherings, fellowship, and outdoor activities)
- Advocacy for/with members in areas impacting recovery
- Skills building workshops
- Various hosted meetings such as AA, NA, DAA, SMART Recovery
- Volunteerism Opportunities



## Thanksgiving Brunch



## Overdose Awareness Day



## CCAR Recovery Day



## United Way Amazing Race



# Group Meetings

- All Recovery Meeting
- Breakfast Blend
- Community Meeting
- Dual Recovery
- Engage the Brain
- (GPS) Grief Peer Support
- Orientation Group
- Poetry In Recovery
- Unwind Your Mind (Guided Meditation)
- Family Peer Support
- Nutrition, Budgeting, & Meal Planning
- Overdose Prevention & Narcan Training
- Tobacco Awareness Group





# Roles

**Participant** - Actively engaging in the Recovery Center and believing in the benefit of Peer Recovery Support. Utilizing the center to grow, help others, and become invested in the success of our community.

**Member** - A person who is seeking recovery supports and willing to embrace the guidelines of our center in a mutual peer to peer environment. Working towards a common goal to better themselves, the center, and the community as a whole. Membership will allow certain privileges and a greater support of P2Ps recovery community.



# Volunteer Roles

**Volunteers are committed and willing members that give back to the community by sharing time and experience to help others along their path of recovery, being supervised by staff and/or peer leaders.**

## Volunteer Positions:

- Recovery Support Center Greeter
- Recovery Peer Group Facilitator
- Peer Mentor
- Positions within Community Meetings
- Outreach
- Center/Community cleaning
- Peer Recovery Public Speaker



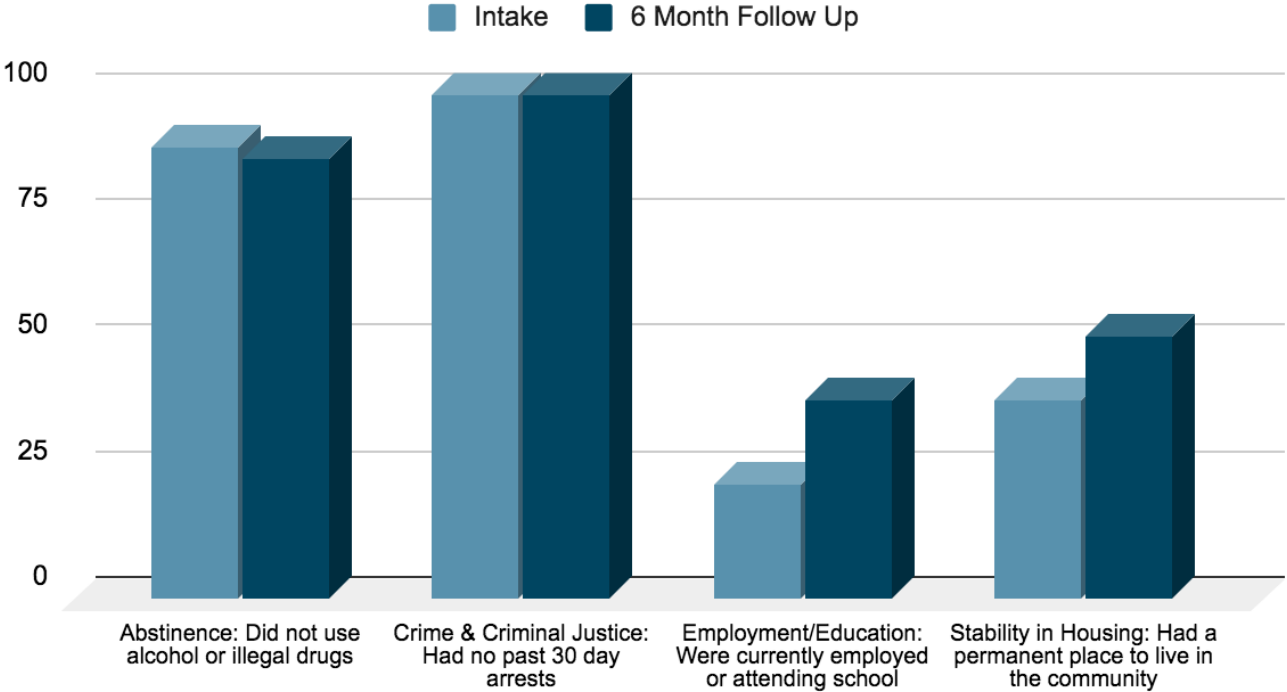
# PEER PARTICIPATORY PROCESS

The Peer Participatory Process “flips” the traditional triangle model that many service programs operate within, upside down. In this model, the community determines and maintains the programs policies and the atmosphere of the recovery space. This model requires that the entire community really and truly values the wisdom, knowledge, and expertise that inherently reside in the many folks that make up any given community.

Peer members are responsible for the core values, ethics, policies, structure, activities, peer spending and can include involvement in staff hiring process and decisions of temporary removal of a member. Volunteerism is KEY to the core values as is GIVING BACK to the community. Peer members are involved in the advisory board which guide and support the center.



# Intake and 6 Month Follow Up



# Success Stories

Nick began his journey with us in June of 2019. I would like to share some of Nick's accomplishments, as he's become one of our most valued Peer leaders here at the center. While many of us in recovery have faced challenges during the era of Covid-19, Nick seems to have made the most out of every opportunity given. Nick has:

- Maintained his recovery since his return to the Center
- He obtained and sustained Employment at the Amazon fulfillment Center for over a year, and was recently hired at our Cities Department of Public Works
- Nick is involved with a faith-based church and chooses a 12-step fellowship as his pathway of recovery
- He regularly meets all goals and objectives on his DCF plan, and hopes to receive reunification with his children in the near future

Nick has been one of our most active community members, and has played an intricate role in the CAPPRSS accreditation process. The team and I look forward to his continual growth, and it's our belief he has only begun to scratch the surface of his potential. Nick has also attended the Recovery Coach Academy and is scheduled to attend an upcoming EOC Considerations training.



# P2P Team

**P2P team consists of :**

- **Director of Peer Recovery Support Services**, Mike Bryant
- **Peer Recovery Specialist Volunteer Coordinator**, David Simons
- **Coordinator Assistant**, Destinee Barnes
- **Outreach and Engagement Coordinator**, Kristie Rego
- **Marketing Coordinator**, Joan Warren
- **Peer Recovery Specialist**, Joseph Botelho
- **Peer Recovery Specialist**, Thomas Rogers
- **Peer Recovery Specialist**, Armand Branchaud

Each has a minimum of 2yrs consistent recovery and will have attended the Recovery Coaching Academy hosted by CCAR (for SUD) and the Transformation/Kiva Center Certified Peer Specialist Program (for MHD SUD)



# Meet the Team



# Recovery Coaches

A Recovery Coach promotes recovery and removes barriers and obstacles to recovery by serving as a personal guide and mentor for people seeking or in recovery from an addiction to alcohol and or other drugs.

- Motivator and cheerleader
- Ally and confidant
- Truth teller
- Role model and mentor
- Problem solver
- Resource broker
- Advocate
- Community organizer
- Friend and companion
- Lifestyle consultant





**Thank you for listening!**

For more information about P2P visit us at:

**Steppingstoneinc.org**

Or call:

**(508) 567 - 5086**

Or email:

**mbryant@steppingstoneinc.org**

Stay up to date:

