

Intentional Peer Support



As a framework for Human Rights and Social Change

BETHE
CHANGE
YOU WISH TO SEE IN
THE WORLD
-MAHATMA GANDHI

The Power of Contact

- Protest
 - Education
 - Contact
-
- The power of contact (2005) Gordon, S (Case Consulting Ltd), NZ Mental Health Commission

CONTACT:

- Equal status
- ☐ The opportunity for individuals to get to know each other
- ☐ Information which challenges negative stereotypes
- ☐ Active co-operation
- ☐ Pursuit of a mutual goal.

The power of contact (2005) Gordon, S (Case Consulting Ltd), NZ Mental Health Commission

What do we do

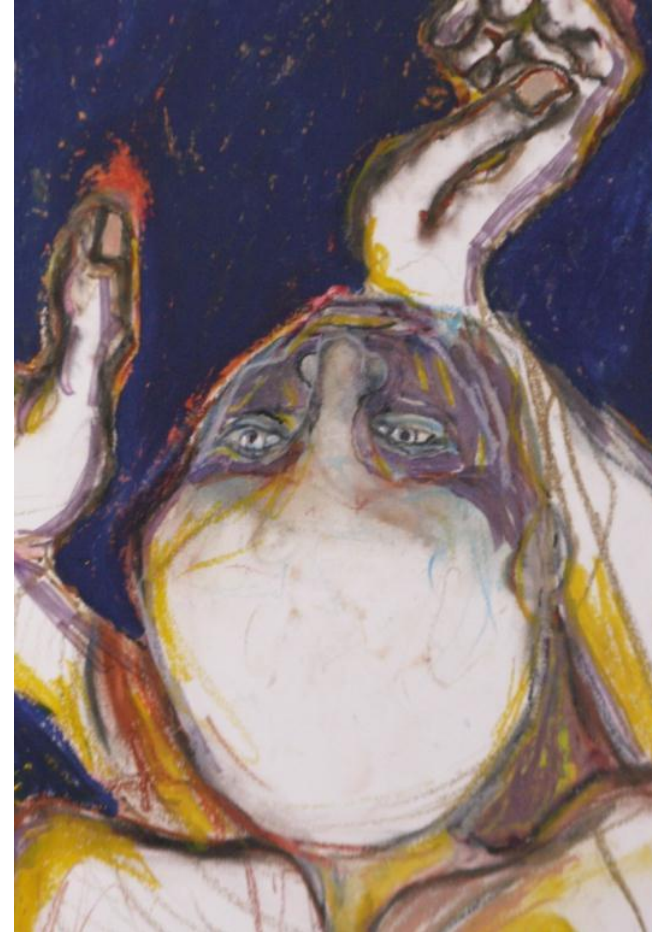
Once we have people's ear?



The hard work begins...

What is Intentional Peer Support?

Intentional Peer support is about creating relationships that make it ok for us to not just be in peer relationships, but to use them as a tool to take a bigger look at how we've learned to operate in the world

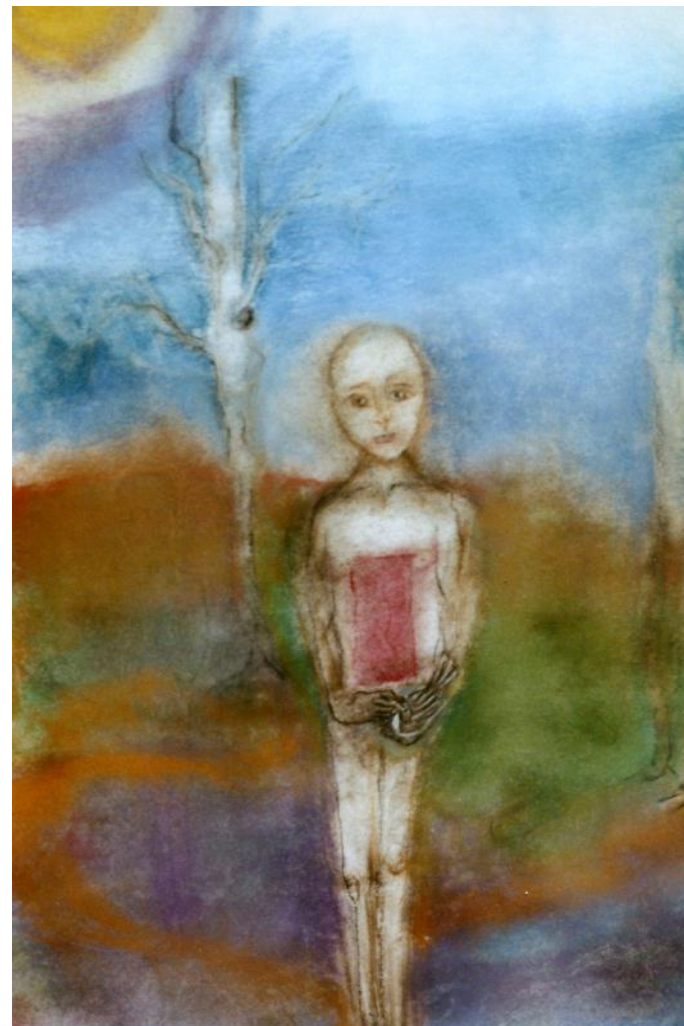


What is Intentional Peer Support?

IPS looks beyond the mere notion of individual responsibility for change and examines our lives in the context of mutually accountable relationships and communities.

Relationships are viewed as partnerships that invite and inspire both parties to learn and grow--rather than as one person needing to 'help' another.

Instead of a focus on what we need to stop or avoid doing, we find encouragement to increasingly live and move into what and where we want to be.



From Helping to Learning
From Individual to Relationship
From Fear to Hope



Connection

Worldview

Mutuality

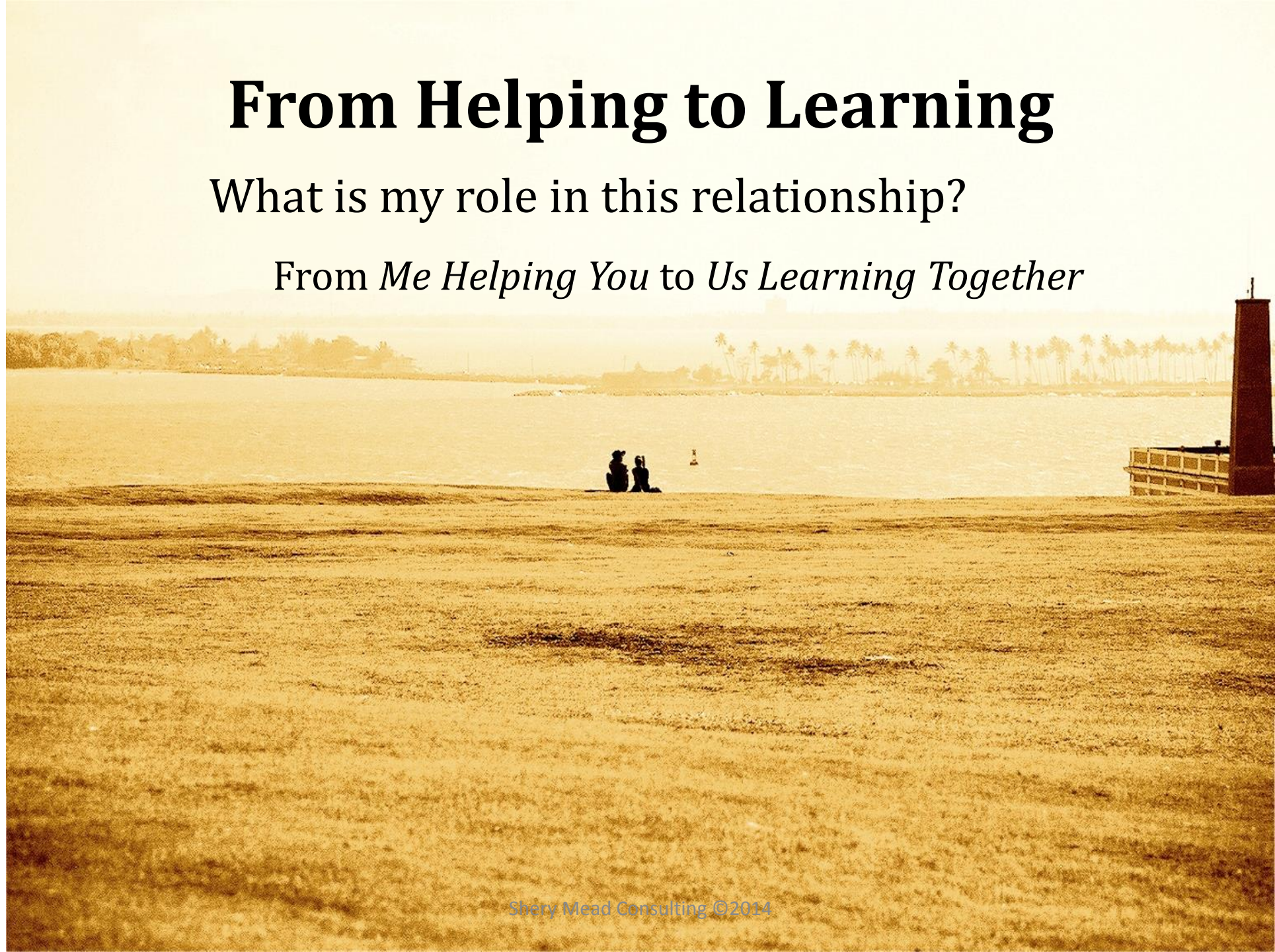
Moving Towards



From Helping to Learning

What is my role in this relationship?

From Me Helping You to Us Learning Together



From Individual to Relationship

When it's about the individual

- *No one else has to change*
- *We pre-determine outcomes*
- *We lose sight of our own learning*
- *We lose sight of the relational dynamic*

When it's about the relationship

- *Both people contribute to mutual learning*
- *We learn how to communicate with honesty and openness*
- *Our relationship becomes model of other relationships*

From Fear to Hope

- ▷ Fear-based relationships are based on what is wrong and what we are afraid is going to happen
- ▷ Hope-based relationships are based on what is possible, where we are going, and how we can together create something new

The Challenges

- * Tolerating Uncertainty
- * Sitting with Discomfort
- * Holding Multiple Truths

Relating to the Tasks of IPS



Connection

Worldview

Mutuality

Moving Towards



Connection



- ✧ A sense of belonging
- ✧ We're in it together
- ✧ Builds trust which leads to learning for both
- ✧ Moves the focus away from the individual and into the relationship

Connection



Disconnection



Reconnection



Worldview

- How we come to know what we know
- Trauma- Informed- 'What's wrong' becomes 'What happened?'

At First

Artwork by Beth Filson – www.emfilsonsurvivalart.com

“You’re weird, bad, crazy... you deserved it, it’s your fault,” etc.

I seek help for my problem

I learn to “act as if”

I wonder what my problem is

You say that you like me

The pressure of secrecy builds

“You wouldn’t like me if you really knew me”



I feel split in two

Help

Artwork by Beth Filson – www.emfilsonsurvivalart.com

I come to you
for help

I figure you're the
expert...

You give me a
diagnosis

You wonder if
I should be
hospitalized



You determine
treatment based
on my symptoms

I call you when I feel
like my symptoms
are out of control

I start defining
my experiences
as symptoms

You ask me how I am managing
my symptoms... You tell me to
watch out for my symptoms

More of the Same

Artwork by Beth Filson – www.emfilsonsurvivalart.com

I come to a peer
for support

I see you as “more
recovered...”

We get to know
each other

You suggest a safety
contract or a PRN

We feel like we are
equals until...

You ask if I am
feeling safe...

I am having a
hard time...

You worry that you’ll say the wrong thing...or that
you’ ll get in trouble if I do something...



Peer Support

I come to you
for support

We listen to each
other

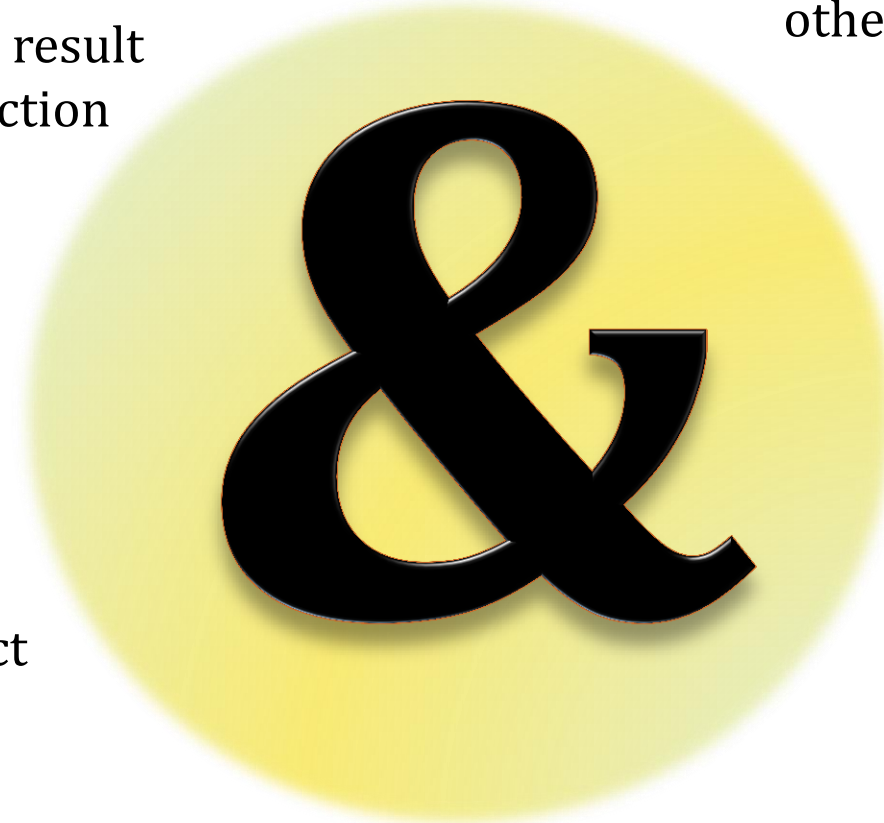
We are both the
experts, both of us
changed as a result
of our connection

We talk about
what works for
both of us

We learn a lot
about each other

We negotiate
power, conflict
and safety

One of us has
a hard time



Instead of talking about safety, we
struggle with our fears

Mutuality: Redefining Help

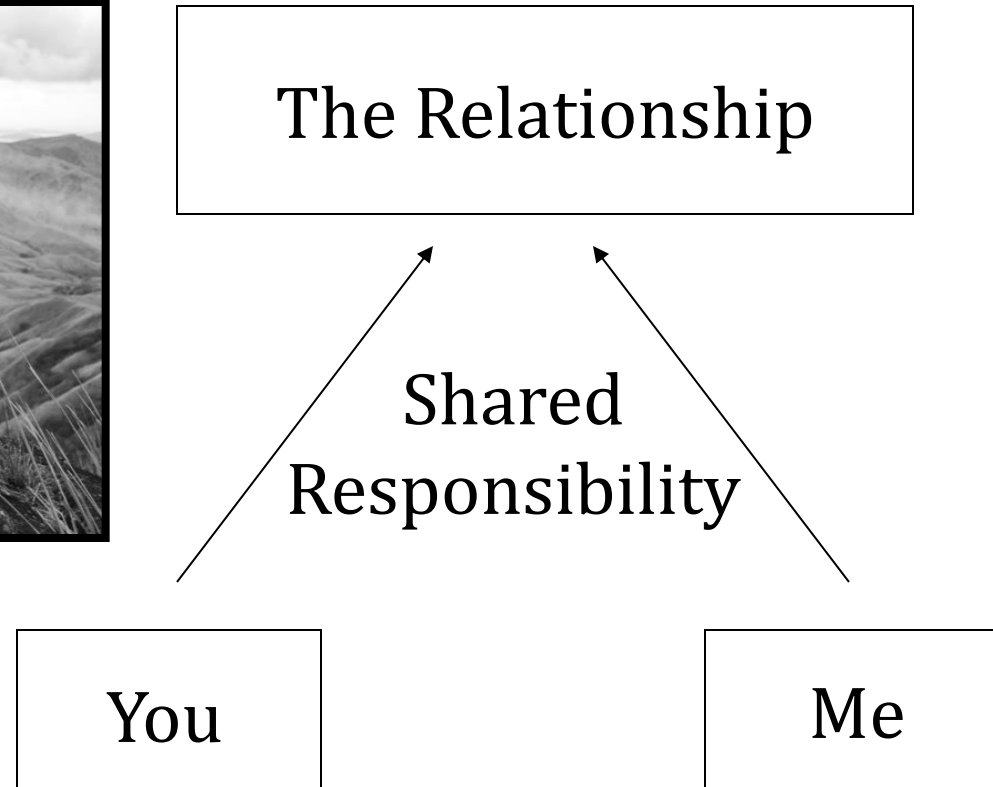
Learning and
growing together

Moving away
from a “service”
type relationship

It's only working
if it's working for
both of us

Often happens in
little moments

Mutual Responsibility



Moving Towards

- When connection, worldview and mutuality come together, it culminates in moving towards.
- Crisis can be uncomfortable- even perilous-it can also create opportunities!

Intentional Peer Support is about...

- ✧ Putting energy into mutual learning relationships as opposed to service relationships
- ✧ Connecting/reconnecting with family, our culture and the community
- ✧ Helping each other take a look at how we've come to make sense of the world
- ✧ Re-defining mental health
- ✧ Figuring out how to make this work for both of us
- ✧ Supporting and challenging each other to move towards the life we want
- ✧ Changing the world!



Role-Play

Contact Details

Intentional Peer Support

- www.intentionalpeersupport.org

Facebook

- Intentional Peer Support
- IPS Learning Community

Artwork

- Beth Filson
- www.emfilsonsurvivalart.com

