



## Introductions: Presenters

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## Introductions: Who Is Here Today

Polling Questions



## Youth MOVE National's Role

- YMN understands the importance of youth voice in developing responsive systems and supports for youth and young adults who struggle with behavioral health challenges.
- YMN recognizes the urgency of need to develop Youth Peer Support for young adults of transition age.

## Youth MOVE National's Role

- YMN represents the national voices of those who will receive or enter the workforce to provide these peer driven services and support.
- YMN continues to provide national guidance and education to systems, organizations and individuals who wish to develop Youth Peer Services.

## What's In the Literature Review

- Process for the Literature Review
  - Programs specifically for under 18
  - Programs specifically for over 18
  - Cross systems review
- History of Peer Movement
- Youth Peer Examples
  - Education, Physical Health, Juvenile Justice, Foster Care, Mental Health and Homeless & Runaway Programs
- Benefits and Challenges
- Federal Guidance

## What we know.....

- It works!! Research has shown peer support is a key element of recovery in has a positive impact on outcomes.
- There are three forms of peer support within six main categories
  - Naturally occurring, mutual support and as providers
  - Self -help, Internet based, peer delivered, peer run, peer partnerships and peers as employees
- Youth Peer Support
  - Has unique developmental needs
  - Young adults seek out peer connections early on and continue to do so into adulthood
  - Needs to allow for youth to define family of choice

## Defining Peer Support: Lit Review Findings

Self-help	Self-help is based on the principle of helping oneself and others at the same time. Thus, self-help is a mutual process, without a dichotomy between the helper and the person being helped. Membership in self-help is neither mandated nor charity (Carpinello, 2002).
Mutual support	A process by which persons voluntarily come together to help each other address common problems and shared concerns (Davidson et. al., 1999).
Consumer-delivered services (CDSs)	A consumer is someone who has experienced, or is currently experiencing, symptoms associated with a diagnosable mental illness, and has received services to address these symptoms. CDSs are those services where identified consumers interact with other identified consumers in services that are uniquely consumer

## Defining Peer Support: Lit Review Findings

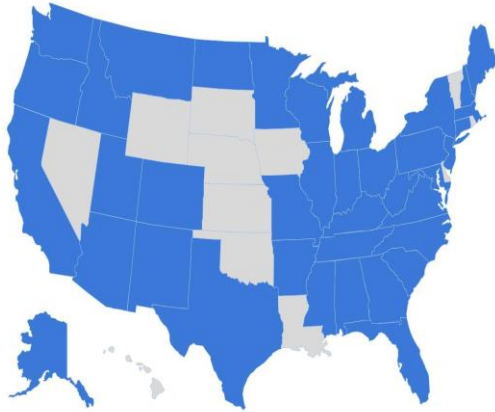
Self-help groups	Oldest form of peer support, usually created by peers for mutual support, usually face to face.
Internet support groups	Lacks face-to-face interaction, highly anonymous.
Peer-delivered services	Services provided by individuals who identify as having mental illness; primary purpose for the individual is to help others struggling with mental illness.
Peer-run or operated services	Services that are planned, operated, administered, and evaluated by people with psychiatric disorders.
Peer partnerships	Peer programs that operate under the umbrella of another organization that has fiduciary responsibility. The sponsoring organization (which may not be peer-run) shares administration and

## Defining Peer Support

- Peer support is based on a mutual connection among two people who establish a relationship based on shared experiences (Mead, 2003)
- A youth peer provider is a person who uses his or her lived experience within the child serving systems and skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resiliency for young adults of transition age.

## Youth MOVE Chapter Network

### Youth M.O.V.E. Chapters



- 37 States, Tribes & DC
- Over 10,000 Youth Advocates
- Multi-System Youth Voice
- National, State & Local Networks

[www.youthmovenational.org](http://www.youthmovenational.org)

## Youth Driven Organization Purpose Areas

- Recreation and Peer Networking
- Community Involvement and Advocacy
- Social Marketing and Awareness Building
- Youth Voice Development and Leadership
- Personal Development and Empowerment
- Peer Service Delivery

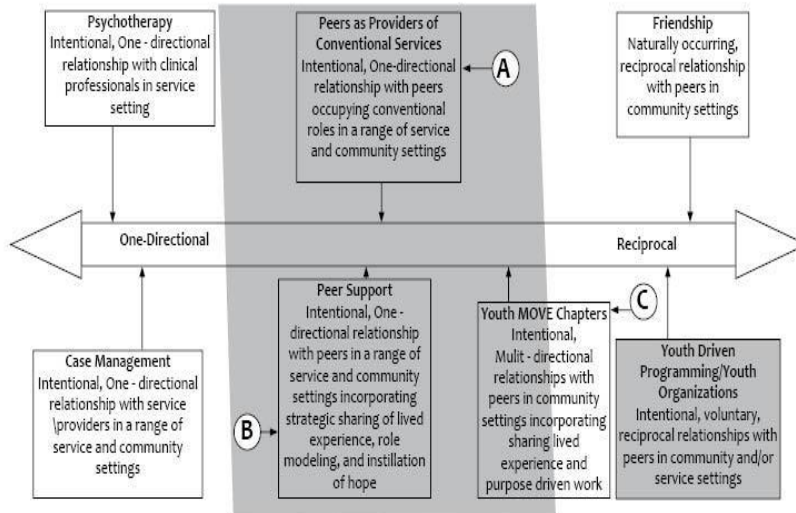
## Understanding Continuum of Helping

- Helping occurs on a continuum, and is relationships based. These relationships can be one-directional and reciprocal.



- Opportunities for peer to peer supports fall throughout this continuum and are offered in a variety of ways

### Continuum of Helping Relationships



Adapted from 'A Continuum of Helping Relationships' Davidson L et al. Schizophr Bull 2006;32:443-450

## Helping Relationships

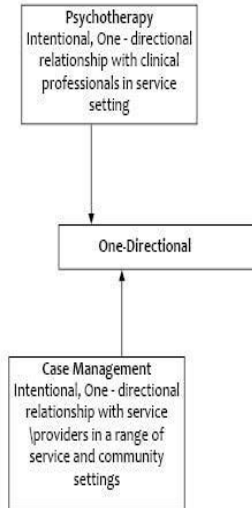


Figure A

Adopted from *VA Continuum of Helping Relationships* Davidson L et al. *Schizophr Bull* 2008;34:443-450

- One directional
- Traditional Services
- Power Dynamic
- Adult to Youth
- Focused on Diagnosis

## Helping Relationships

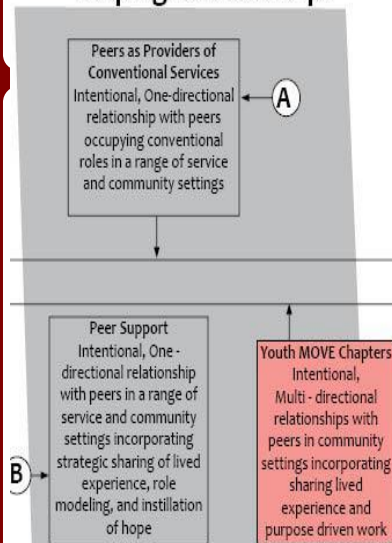


Figure B

Adopted from *VA Continuum of Helping Relationships* Davidson L et al. *Schizophr Bull* 2008;34:443-450

- Hiring for Lived Experience (in conventional settings)
- Formal one-directional peer supports
- Formal multi-directional peer supports in group setting
- Community or agency based



## Helping Relationships

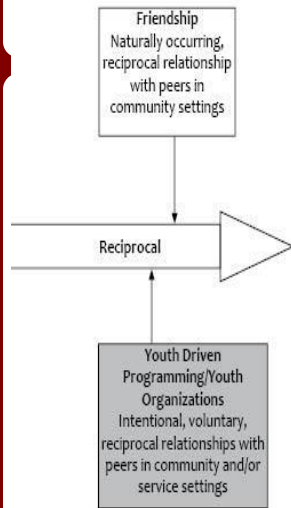


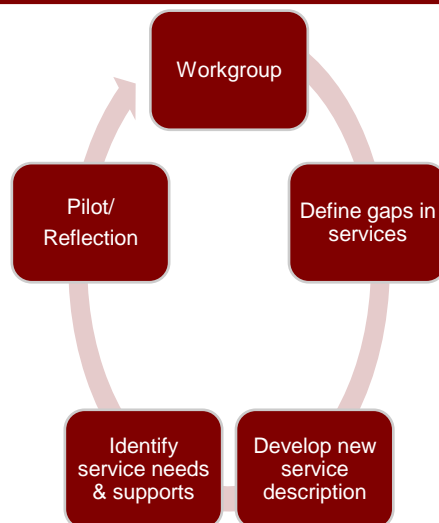
Figure C

Adapted from 14 Continuum of Helping Relationships? Davidson L et al. Schizophrenia Bull 2008;35(4):437-450

- Natural one to one relationships
- Multi-directional relationships within peer group setting
- Community based
- No diagnosis

## So What's Next?

- Organizational readiness & planning
- Curriculum Exploration
- Preparation and support for workforce development
- Fidelity monitoring



## Youth Peer to Peer Resource Link

**Youth MOVE National:** <http://www.youthmovenational.org/youth-peer-to-peer.html>

SAMHSA News Release. (2006). Consensus Statement on Mental Health Recovery. U.S. Department of Health and Human Services, Washington, DC. U.S. Department of Health and Human Services.

## Get to Know Us Virtually



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