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

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Defining Peer Support: Lit Review Findings

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<tr>
<td>Self-help</td>
<td>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).</td>
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<td>Mutual support</td>
<td>A process by which persons voluntarily come together to help each other address common problems and shared concerns (Davidson et. al., 1999).</td>
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<td>Consumer-delivered services (CDSs)</td>
<td>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.</td>
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### Defining Peer Support: Lit Review Findings

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<th>Type</th>
<th>Description</th>
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<td>Self-help groups</td>
<td>Oldest form of peer support, usually created by peers for mutual support, usually face to face.</td>
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<td>Internet support groups</td>
<td>Lacks face-to-face interaction, highly anonymous.</td>
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<tr>
<td>Peer-delivered services</td>
<td>Services provided by individuals who identify as having mental illness; primary purpose for the individual is to help others struggling with mental illness.</td>
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<td>Peer-run or operated services</td>
<td>Services that are planned, operated, administered, and evaluated by people with psychiatric disorders.</td>
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<td>Peer partnerships</td>
<td>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 governance with the peers.</td>
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### 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

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

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.
Helping Relationships

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

Figure A
Adapted from “Curriculum of Helping Relationships” by Gribbons et al. Schizophrenia Bull
www.schizophreniacare.org

Helping Relationships

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

Figure B
Adapted from “Curriculum of Helping Relationships” by Gribbons et al. Schizophrenia Bull
www.schizophreniacare.org
Helping Relationships

- 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](http://www.youthmovenational.org/youth-peer-to-peer.html)


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