

Peer Support & Affirming Care

Advocacy, Sharing Space, & Showing Up

Mahfam Nikoo (she/her), Pathway to Peer Support, MSH

Stef Filipe Figueiredo (he/they), Pathway to Peer Support, MSH

Brief Agenda

- **Peer Support Values & Experience-Informed Care**
- **Life Affirming Approaches**
- **Examples of Support**
- **Collaborative Reflection with Care Examples**
- **Question & Answers**



Peer Support Values & Competencies

Values

- Dignity, Respect, & Social Inclusion
- Empathetic & Equal Relationships
- Self-Determination
- Integrity, Authenticity, & Trust
- Hope & Recovery
- Lifelong Learning & Personal Growth

Competencies

- Critical Thinking & Communication
- Interpersonal Relationships & Demeanor
- Flexibility & Adaptability
- Hope
- Self-Awareness & Continuous Learning

Life Affirming Approaches



- Recovery as a non-linear, personal and community-based reality
- Draw from what is important to the individuals we connect with
- Responding with understanding, not assumptions
- Open to where conversations may go, staying on the journey together
- Asking questions for curiosity and context

What are examples of life/identity affirming peer support for you?



Examples from our Emergency Department



- Active listening that turns into action
- Walking with, not ahead
- Discuss options (learn the options!)
 - Advocacy networks
 - Accessibility devices & services
 - Spiritual Care
 - Crisis Services
 - Resources built by and for (race, gender, disability, etc.)
- Flexibility
- Curiosity and creativity
- Consent-based (decisions, advocacy, notetaking and documentation)
- Taking self-disclosures seriously
- Relating with our lived experiences without assuming we are the same
- Transparent inclusion of race, gender, sexuality, disability, etc. when connecting

Collaborative Reflection

Care Example Activity

- Examples of different care scenarios will be shared for discussion in smaller groups
- Things to consider:
 - **What stands out to you about the intersectional experiences present in the prompt?**
 - **How would you connect with the peer in the example?**
 - **What different strategies would be most important to use?**
(From your perspective!)

Questions, Answers, and Many Thanks!