

Peer Support in Non-Traditional Settings: Leveraging Lived Experience as a Driver of Mental Health Research

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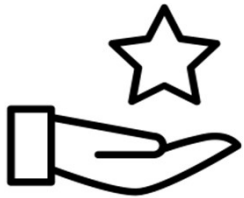


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Centre for Mental Health Sciences



Learning Objectives

By the end of this session, participants will be able to...



- Recognize the value of involving peers in research



- Recognize that lived-experience is something that can be leveraged instead of a source of shame



Agenda



- What is Recovery



- The Project



- Challenges



- Benefits



- Conclusion



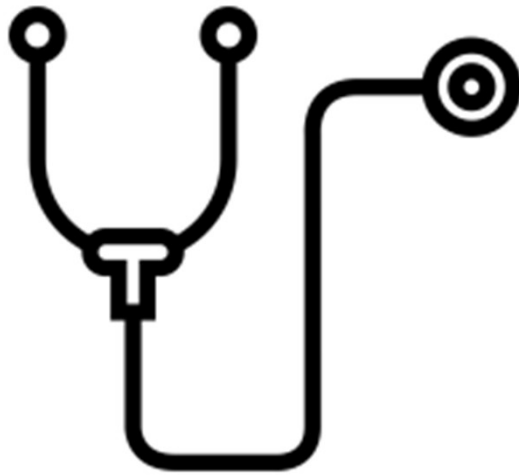
- Question and answer period





What is Recovery?

Clinical Recovery



Personal Recovery



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The Project: Toward a Model of Recovery for Adolescents with Serious Mental Illness



Three phases:

1. Recruit a lived-experience co-investigator.



2. Engage adolescents to co-produce recovery research methodology



3. Engage adolescent service users to develop a theoretical framework for their recovery





Challenges

- Tension regarding my own recovery journey
 - Mutual exchange of information
- Researcher hat or lived experience?



Benefits

- Assess relevance and practicality
- Shared language
- Sponsor a safe and comfortable research environment
- Elimination of power imbalances and “us and them” dichotomy





Benefits

C: Sometimes, because I don't want other people to get worse because of me. And I know that everything we say and do has a reaction. Like everything.

I1: Yeah, for sure. And I think that one thing that I've learned along the way is, other people's reactions aren't my responsibility. They're not mine to own, that's their responsibility. Right? They are responsible for how they feel.

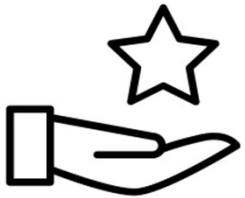
C: I'm not good at that.

I1: I'm not good at it either, but I'm getting better at it.





Conclusion



- The value of involving peers in research



- Lived-experience is something that can be leveraged instead of a source of shame



Questions?

