

# Peer Support



## Benefits of Peer Support

- Foster Social Networking
- Supports Best Practice Thinking and Discussion
- “Peer support is about people helping people. Trained peers are highly valued by colleagues in that they understand the work culture, are easily accessible, and can provide confidential support in a variety of circumstances.” *Source: Homewood Human Solutions*
- Fosters Collaboration
- “Peer support is an intervention that leverages shared experience to foster trust, decrease stigma and create a sustainable forum for seeking help and sharing information about support and resources.” *Source: Defense Centers of Excellence*
- Reduces Stress/Concerns

## Peer Models

Model	Description
Peer Mentor	One to One support – ongoing
Peer Support Group	Any number of individuals who can share knowledge/experiences – ongoing
Peer Educator	Trainer – one time support

## **Some Things To Think About**

1. What type of peer support would meet your needs?
2. Do you see yourself as a peer leader?
3. Who in your center/site/organization would like to participate?
4. Who outside of your center/site would like to participate?
5. How will we manage confidentiality of the families we support?
6. In what ways do we want to contact each other... boundaries/location, time, technology (phone/email), in person?
7. Who will take the lead (if anyone) in organizing the peer support?
8. What strengths are found in the members of the group? (leverage your strengths)