CREATING A RECOVERY-ORIENTED CULTURE: INTEGRATING PEER & FAMILY PROVIDERS INTO CLINICAL TEAMS

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OVERVIEW

- Value of Peer Support
- Avoiding Common Pitfalls of Integration
- Shifting to a Recovery-Oriented Culture
The Value of Peers

- Compared with clinical professionals, peers were better able to:
  - Reduce inpatient use:
    - reducing readmissions by 42%
    - reduce hospital days by 48%
  - Decrease depression and substance use
  - Increase hopefulness, sense of well-being, activation and self-care
  - Increase engagement with care
  - Improve relationship with providers

Chinman et al., *Peer Support Services for Individuals With Serious Mental Illnesses: Assessing the Evidence*, Psychiatric Services 2014 65:4, 429-441
AVOIDING COMMON PITFALLS OF INTEGRATING PEER & FAMILY SUPPORTERS

- Hierarchy
- Oppression
- Tokenism
- Value and Meaningful Employment
SHIFTING TO A RECOVERY-ORIENTED CULTURE

- Value of Peer & Family Support
  - Educating all staff about the history and why peer support exists

- Recovery-Oriented Language vs Clinical Language

- Empowering Peer & Family Staff Members

- Beyond ‘Recovery’ and to ‘Authenticity’
  - Exploring Common Ground – sharing stories
QUESTIONS OR THOUGHTS?
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