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

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OVERVIEW

▪ Value of Peer Support

▪ Experience of Being a Peer/Family Supporter on a Clinical Team

▪ 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
EXPERIENCE OF BEING A PEER OR FAMILY SUPPORTER ON A CLINICAL TEAM

- Peer
  - Stigma
  - Issues with Disclosure
  - Isolation
  - Expertise

- Family Member
  - Voiceless
  - Age and Parenting Experience
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’
  - Creating a culture of wellness
  - Exploring Common Ground – sharing stories
QUESTIONS OR THOUGHTS?
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