



## A Recovery & Resilience Reminder

**Remember who you are and what you have to offer.** We each have a unique gift, and purpose for being. Our mission is to learn from the experiences we have had, and use what we have learned to promote recovery in others.

- Know yourself, so you can stay out of your own way.
- Share your story of recovery and hope in a way that inspires others to recover.
- Keep asking for feedback from those you trust.

Remember the principles of Peer Support. We have learned ways of promoting recovery and resilience in others, and we are committed to learning even more ways of bringing forward recovery and resilience for them.

- Peer Support is having a cup of tea with someone, but it is never about the tea.
- We use language that promotes recovery, avoiding labels, locking people into the past, and learned helplessness and hopelessness.
- We use active listening skills.
- We remember the principles of “mutuality”. Our position as a Peer is more powerful and effective than any other role.
- We do not abuse our power.
- We identify options and opportunities without telling people what to do.
- We leap at every opportunity to acknowledge a person’s strengths and worth.
- We promote self-esteem and self-efficacy, and share tools for self-management.
- We provide information of resources and show people how to use them.
- We encourage personal responsibility, constantly giving power back to the person.
- We encourage self-advocacy, reminding people that they are not a “case” to be “managed”...”I am NOT their patient, they are MY team.”
- We see people as “new” each moment, and allow them to grow into all they can be.
- We gently encourage people to “stretch” and move out of their comfort zone.
- We do not give up on anyone.

**Remember your commitment to yourself and your peer.** Once you step into the role of a Peer Support Specialist, you have the challenging task of remaining mutual, yet serving as a role model. This requires a great deal of integrity, courage, and honor.

- We always work within our mission and vision.
- We try not to fall down. If we do, we get back up as soon as we can.
- We keep our word about being on time, and being present.
- We ask for help when we need it.
- We admit when we have made a mistake.