

Peer Support Specialists needed for a research study!

The Center for Psychiatric Rehabilitation at Boston University is conducting a research study to support peer providers.



The Center is developing and testing a coaching service called Coaching and Advancement for Peer Providers (CAPP). We need Peer Support Specialists (PSS) to participate in our study.

Who can participate?

- People who are in a paid job as a Peer Support Specialist providing support to other people with mental health challenges
- PSS who:
 - Are employed at least 10 hours per week
 - Have worked for the past 6 months in a mental health program
 - Are experiencing stress because of challenges in the workplace

What does the study involve?

- 16 one-hour sessions of coaching over a 4 month period designed to help you with your job
- Meeting online (through Zoom for example) with your coach
- Filling out surveys 1 time before coaching starts and 3 additional times
- You will have a 50/50 chance of getting a coach or having a 1-time meeting to give you information about challenges at work

Benefits

- You may learn strategies to help make work less stressful.

Other information about this study

- You will get \$25 each time you fill out the surveys (\$100 total for all 4 times)
- Everything you share will be private—your supervisor and employer won't know of your involvement unless you choose to tell them
- Your participation is voluntary. You can stop at any time.

To learn more, contact Sally Rogers at erogers@bu.edu or 617-353-3549