Support Groups for the Peer Workforce in NYC

THE NYC PEER CONSORTIUM
NYC DOHMH - OFFICE OF CONSUMER AFFAIRS

THE ACADEMY OF PEER SERVICES (APS)

THE NYC JUSTICE PEER INITIATIVE (JPI)

PEER WORKERS UNITED (PWU)

NYC PEER RECOVERY COACH NETWORK (NYC PRCN)

JUNE 2, 2022

Introductions

Carlton Whitmore, NYC DOHMH, Director - Office of Consumer Affairs

Patrice Peterson, NYC DOHMH, Peer Workforce Coordinator

Rita Cronise, Academy of Peer Services, Virtual Community Coordinator
Support Groups for the Peer Workforce in NYC

- The NYC Justice Peer Initiative (JPI)
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A Model for Activating Justice-Involved Peers in Our Communities
Hello! I’m... Helen ‘Skip’ Skipper – Founding Executive Director, JPI

I have multiple systems lived-experience starting & ending with the Criminal Justice System! I have worked in Peer Support for over 15 years. I am a Certified NYS MH/SA Peer Supervisor.

I LIVE AND BREATHE PEER!!!
Mission
Statewide

Peer Workers United is a support group for peer workers and for others who are interested in learning more about peer work. Together, we share the ups and downs of our daily lives and the trials, tribulations and achievements of peer support work.

with hosts Phillip Williams-Cooke, Tishna Lopez & Michelle Dyson

*Phillip Fleming
*Tishna Lopez
*Michelle Dyson
Support Groups for the Peer Workforce in New York City

Edwin Havlovic, CARC
(Ed, He, Him, His)
ehavlov@gmail.com
Current NYC PRCN Meeting Moderator

The NYC PRCN provides a forum for peers, those interested in becoming peers, and those seeking to integrate peers into their programs with a place to meet, exchange information, discuss developments in the field and explore opportunities to partner.

NYC Peer Recovery Coach Network
42-09 28th Street -- LIC, NY 11101

- Currently, meetings are held virtually every 2nd Thursday of each month.
- For more information and to request our monthly email invite contact Susan Campbell at scampbell2@health.nyc.gov.
- If you are a peer recovery coach or advocate, come join us! We look forward to seeing you.

Breakout Groups

- The NYC Justice Peer Initiative (JPI)
- Peer Workers United (PWU)
- NYC Peer Recovery Coach Network (NYC PRCN)
Support circles, led by peers for peers, can be a powerful tool for building community, developing resilience, and celebrating successes.

**A SAFE/BRAVE/CONFIDENTIAL SPACE FOR PEERS**

- It is a community to share/discuss challenges and successes related to working as a peer whether employed or volunteering
- Collaborate with other organizations for up-to-date information
- Learn Coping Tools
- Trainings/Webinars for capacity building
- Potential Employment Opportunities and Scholarships
- Resources, Linkages & Navigation assistance

**SUPPORT CIRCLES FOR JUSTICE PEERS**

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**WE ARE CALLING FOR JUSTICE-IMPACTED PEERS TO JOIN US!!**

**TELL ALL PEERS ABOUT US!!!!**

**WE NEED TO KNOW:**

- What would you like the group to focus on?
- What are your pain points?
- What are your successes?
- What are your challenges?
- How can we help make employment successful?

**PASS THIS INFO ON!!**
Break Out Session

- Exploring what are the benefits and challenges of being peer support professionals
- Our lived experience, training, and acquired skillsets has enabled us as peer support professionals to work with and alongside our fellow peers
- There may be some challenges that we may face as peer support professionals on a daily or weekly basis

Questions

- How do you see your role as a peer support professional?
- What type of supervision do you receive? How often do you meet with your supervisor?
- Drawing from personal experience, what do you feel are barriers for you as a peer support professional?
- What do you feel would make your job easier?
Exploring the Role of Peers & Peer Support Groups

- As peers we use our lived experiences and acquired skills to connect individuals to community supports.
- Today we have a chance to do just that with each other. We can, in a peer support group setting, share our experiences and knowledge of peer support groups with each other.
- Are you ready? Let’s begin...

WHAT’S ON YOUR MIND? WHAT DO YOU THINK?

1. WHAT ARE PEER SUPPORT GROUPS AND WHY ARE THEY IMPORTANT?
2. HOW AND WHERE DOES ONE FIND PEER SUPPORT GROUPS?
3. HOW DO YOU CREATE A THRIVING SUPPORT GROUP?
4. TIPS ON KEEPING A PEER GROUP GOING AND PRODUCTIVE?

Closing/Q&A

- The NYC Justice Peer Initiative (JPI)
- Peer Workers United (PWU)
- NYC Peer Recovery Coach Network (NYC PRCN)
Breakout Report out

Justice Peer Initiative – topics like the focus points in a peer group, pain points, success stories, challenges, and employment success. Are you ready? (Something to ask before employment, education.) Be realistic – are we ready? How to handle challenges related to stigma. What if you are on medication? Employer wondering if you’re ready for this! The stigma of not having a degree, pressure to go back to school if you’re not in a point in live where school is for you. What if you’re not taken seriously because you don’t have a degree? – Resources for going back to school if you’re justice impacted. We offer support, capacity building, information, help in navigation, professionalism (what it is and isn’t). Peers feel this very strongly. “Falling on the peer sword, not useful in an employment situation.”

Breakout Report out

Peer Workers United –

Employment advancement of peers. There’s not a solid career ladder for peer professionals. Call upon all of us on how to make it happen.

History of Peer Workers United – concerns over supervision and employment advancement. Those concerns were what birthed PWU. Committed to have these conversations with peers within ourself. PWU has a presence across the US and Canada (outside the U.S.)

Three facilitators – we’ll be training another one. We have co-facilitators and one of them might need a break. On the job training to be a facilitator, share the wealth of responsibilities. Co-facilitators (two, three, or four people working in rotation.)
NYC Peer Recovery Coach Network –

Wanted more time. Benjamin volunteered to take notes.

What are peer support groups and why are they important? Opportunity for someone recovering from MI or crisis – provide support for each other. When we help each other, we help ourselves. We’re all going through something together. One person has a peer exchange program and a challenge of being a peer and working in a support group. Sometimes the peer takes all of the burden on themselves. Maintain engagement in the group, tag team. Another challenge is allowing everyone to have their own voice, especially if one voice is a trigger to others. Keeping humor in the group. Creating ownership in the group, there’s more trust and sharing among the peers. What keeps a group growing and productive? Advertising and letting people know. Not monologuing. Virtual newsletters, virtual learning community. Word of mouth. Things that make a group successful: Cognitive dissonance, need to make people feel welcome. Guidelines before group starts. Engagement – have people read one or two sentences. Ask questions at the beginning to get the group personally engaged.

NYC Peer Recovery Coach Network –

When one person is overpowering / taking over the group – ask the person to / talk to them one on one.

Moderator, needs to be able to call people out. Take break / break routines, humor, switch to an off topic.

Some people may break confidentiality but people need to feel safe in the group. Best learning – fun and surprising. Not to label a person. Look at life experience. Real world situations. Keep the ball of experience and self-love. When people leave, check on them.
JOIN THE JPI!

https://mailchi.mp/707473840384/nyc-justice-peer

MEET WITH THE JPI!

https://calendly.com/nyc-jpi-exec-dir

My Contact Information

Rev. Dr. (h.c.) Phillip Fleming, CPRA, NYCPS-P, Hon. D.Div. Universal Life Church Ministries

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Thank you!

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Tips for Facilitating Online Peer Support Groups

“[In times of crisis people want to know] that you care, more than they care what you know.” — Will Rogers

https://virtualcommunityblog.wordpress.com/tips-for-facilitating-online-groups/
Thank You