

Guidelines for Peer Leaders

What is recovery?

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. (Source: SAMHSA, 2011)

How does recovery benefit from peer support?

The belief that recovery is possible for all who experience psychiatric, traumatic, or substance use challenges is fundamental to the practice of peer support. The likelihood of long term recovery is increased with effective support. Peer support has been demonstrated through research and practical application to be highly effective.

What are the core ethical guidelines for peer support practice?

1. Peer support is voluntary
2. Peer supporters are hopeful
3. Peer supports are open minded
4. Peer supporters are empathetic
5. Peer supports are respectful
6. Peer supporters facilitate change
7. Peer supporters are honest and direct
8. Peer support is mutual and reciprocal
9. Peer support is equally shared power
10. Peer support is strength focused
11. Peer support is transparent
12. Peer support is person driven

Source: National Practice Guidelines for Peer Supporters



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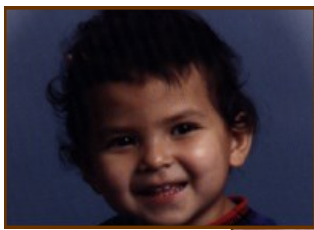


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Transitional Recovery & Culture Project (TRAC)



TRAC focuses on providing and expanding substance abuse recovery support services for Tribal members through the use of the "Peer to Peer" approach



Transitional Recovery & Culture Project (TRAC)

The Transitional Recovery & Culture Project is a pilot project of the MT-WY Tribal Leaders Council. The TRAC Project focuses on providing and expanding recovery support services, by use of the peer-to-peer approach, for Tribal members living on or near the Crow reservation, as well as the Billings area (in addition to the sites at Wind River). TRAC program staff will work closely within the greater Crow area and the Billings community to identify potential peer leaders and peer clients, as well as appropriate referral services.

Peer Leaders will be matched with peer clients from their prospective community in order to provide them support to 1) develop work or educational skills, 2) become active in activities that promote cultural and/or spiritual growth, 3) increase overall health, 4) develop positive coping mechanisms and 5) maintain a sober lifestyle.

The TRAC Program is designed to help those in recovery access the community resources needed to achieve and maintain a healthy, culturally rich, sober life.

GOALS OF THE PROJECT

1. Improve sobriety rates.
2. Increase community awareness of the substance abuse problems and the need for supporting recovery.
3. Increase community support efforts for substance abuse prevention.
4. Address importance of attitude change to combat substance abuse in participating communities.

BENCHMARKS FOR SUCCESS

1. Recruit and train up to 5 Peer Leaders per site, for a potential total of 10 Peer Leaders.
2. In Year 1, serve 20 peer clients per site, for a total of 40 clients.
3. In Years 2 and 3, serve 40 clients per site for a total of 80 clients.
4. Total number of clients served over 3 years will be 200.
5. Communities will become more aware of the recovery process and attitudes that accept recovery as possible will become more prevalent.
6. Gaps in recovery support services will be identified.
7. Successful and effective support services will be recognized and supported.

WHO IS A PEER LEADER?

- A member of the community who has experienced treatment and recovery, maintained their sobriety and has contributed positively to their community since becoming sober.
- A Peer Leader comes from the community, is non-judgmental, and is familiar with the skills needed and the services available that promote sobriety.
- Peer Leaders understand shared values, attitudes and beliefs of the community.



WHO ARE PEER CLIENTS?

- Tribal members who have completed either in-patient or out-patient recovery.
- Tribal members living within Billings, MT and on or near the Crow reservation.
- Youth ages 13-18 and Adults aged 18 or older.
- Those in recovery who are pro-active in building the support system needed to successfully recover.



WHAT KIND OF SUPPORT WILL PEER CLIENTS RECEIVE?

- General recovery support for substance abuse.
- Referrals to help them access dental, medical, nutrition and physical activity programs.
- Referrals to help them gain access to sober housing.
- Referrals to help them access gainful employment or educational opportunities.
- Referrals to help them access cultural opportunities that promote health and sobriety.
- Referrals to community events that promote social inclusion and engagement.

