



MAINSTREAM MENTAL HEALTH

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PEER SUPPORT

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

~Brené Brown

Peer support is a type of group held at the Lighthouse Psychosocial Rehabilitation Program. Monique Hardy, MSW, LMHP-E is the PSR Coordinator and Jett Williams, QMHP-T is the PSR Specialist. Peer support is an event on the PSR Calendar and is helpful because it reminds others in the group that they are heard, not alone, and understood. Individuals choose a group topic of interest that they would like to present to their peers. The group focus is open dialogue to create a shared experience that enables them to consider ways and examples to treat their symptoms and/or reflect upon their topic of choice.

Group instructions are simplified to the group, so each participant can understand instructions before the group begins. Examples may be 1. Please do not disrupt your peers giving feedback 2. Raise your hand when wanting to answer a question. 3. No electronic devices during the group. The group guidelines are read so that each group member has a clear understanding of expectations and fairness.

A peer is the facilitator. The staff does calendar planning at the end of each month and asks the group who is interested in facilitating a group. Individuals then volunteer to facilitate a group with their peers on the day they plan to attend the program. The role of the staff is to observe and provide feedback as

needed to be sure the group is functioning properly. Jett Williams says “my role is to be sure participants remain on topic and are respectful toward one another. I am a Qualified Mental Health Professional in training known as QMHP-T. I am supported by the PSR Coordinator and other QMHP's in the program.”

Participating in peer support provides the individual teaching the group to develop leadership skills, enhance their social skills, and increase their self-esteem. The consideration is that there is equitable sharing. The group leader is inviting and calm in their voice and tone which allows participants to feel comfortable providing feedback. Peer support encourages communication. They are able to speak appropriately and with confidence with the material presented. The group leader asks questions to encourage feedback.

The types of peer support topics include the following:

- Anger management - addresses emotional regulation and de-escalation methods.
- Coping Skills - open discussion about triggers and identifying ways to manage them.
- Healthy Boundaries - developing and maintaining mature and appropriate friendships.
- Social/Communication Skills - enhancing proper etiquette and increases the ability to address their needs.

- Mental Health Diagnosis - open discussion to increase their awareness and knowledge of illness and ways to manage symptoms.

Peer support has therapeutic value. Individuals recognize and process the onset of thoughts and feelings that arise when discussing stressful situations or life experiences.

BIRTHDAYS

Brittany T.
Dean E.

Stephen N.
Marlena O.

Tabitha W.
Alia D.

PSR CALENDAR

March 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 The effects of gossip AM Karaoke Contest PM Madden Match PM(VG)	2 How do you greave? AM ARTS/CRAFTS March /Mural PM	3 Where do you see yourself in 5 yrs? AM Game Day (cards/PS4)PM	4
5	6 South Co. Library AM Are listening skills important? Madden/bingo/karaoke	7 Valley View Mall Am Medication Management /why it's important PM	8 Listening skills and why it's important to use them. (Movie Day)PM	9 GAME DAY/ All Day Heads up/Bingo Monopoly/Jenga	10 Big Lots AM Effective Coping Skills PM	11
12 NBA SUNDAY /With Blue	13 What does Mentally ILL mean? AM Family Feud PM	14 Target AM How has your life changed w/ disability? PM	15 Troutville Park AM Good kitchen cleaning skills PM	16 What is Obesity? AM Video games PM Karaoke/ Bingo	17 Is coloring a good coping skill? (color/music) PSR Store/Movie PM	18
19	20 Best Buy AM What makes you who you are? PM	21 South Co. Library AM Caring for Pets PM	22 Good Self esteem.....take pics at Star AM Movie Day PM	23 How can you make your program better? AM Heads up/Charades/Trivia PM	24 FUN DAY!!! Movies/Video games/ice cream/pizza/Music (All Day)	25
26	27 Wrong vs right AM Positive CollagePM	28 Calendar Planning Am Bing/Movie/Scattategories PM	29 Valley View AM (Mortal Kombat tournament) PM/karaoke	30 Borderline disorder AM Plant Flowers PM	31 Field Day events at Troutville Park Pack Lunch AM/PM	