

Moray Wellbeing Hub: Peer2Peer taster session



Wrap made me
more aware
of thinking
about my
rights and
not thinking
everyone was
cleverer, better
having a nicer life.

Listening to
others made me
understand how
much the

Wellbeing Hub
is needed.

Social contact creates personal change

Moray Wellbeing Hub Champions:

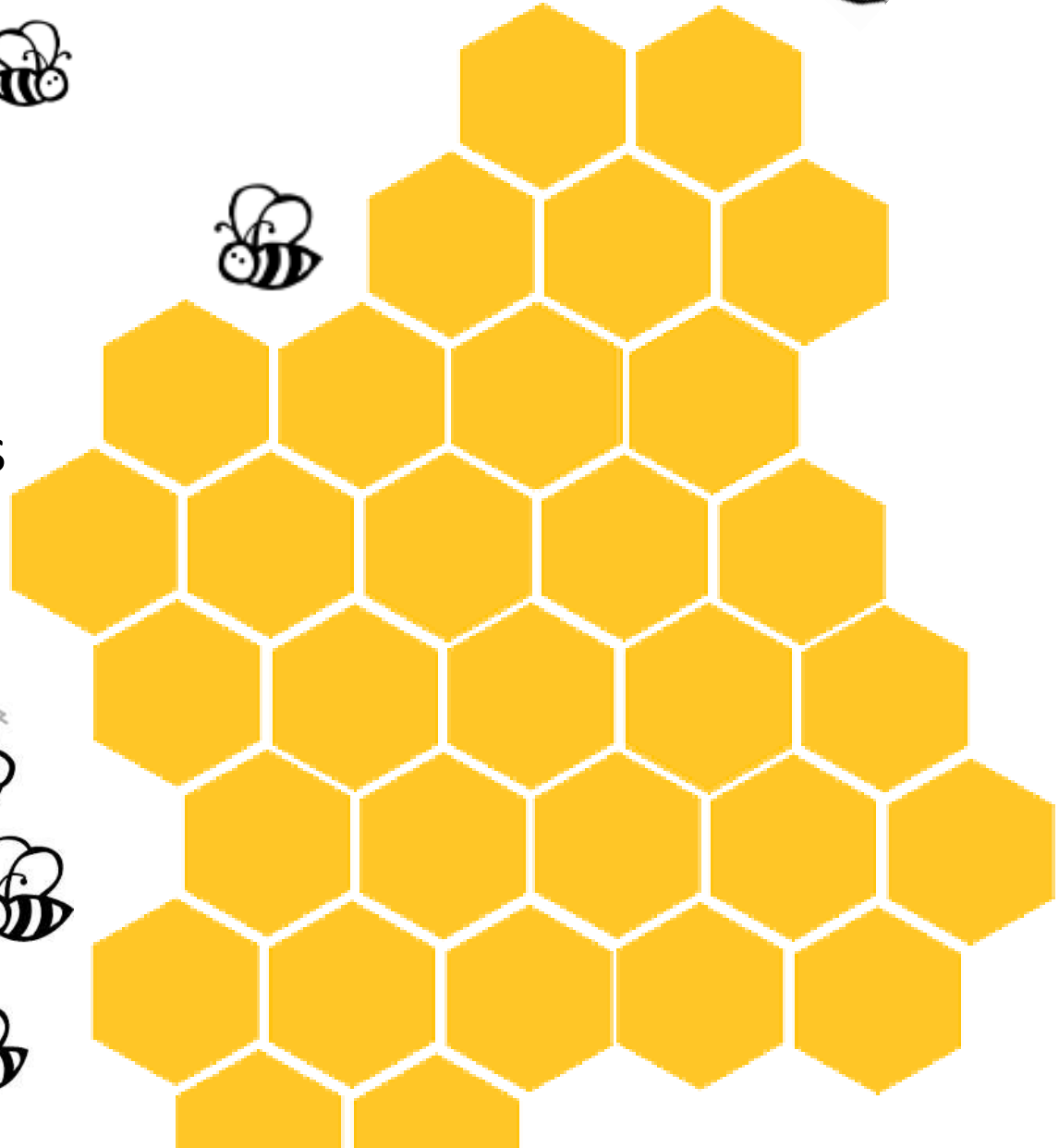
1. Actively join the collective
2. Self-define: “I have experienced crisis or challenge in my mental health...”
3. Active not passive: “...and want to create change for Moray”



Growing organically using values



Authenticity
Mutuality
Empowerment
Coproduction
Strength based focus
Respecting rights
Community



Empowered
People

Values

MORAY
wellbeing
HUB



Peer2Peer: An Overview



- Developed by EU partnership with Scottish Recovery Network

Effective Peer Support Relationships

- Free, flexible and available online via SRN website

Mutual

- Aims to train peers in mental health challenge to support others in their recovery.

Intentional

Authentic

Peer2Peer: 2018 & 2019 Pilot



peer2peer

Aim to explore developing Peer2Peer tool for wider community empowerment roles

- ✓ Adapted materials and new assessment paperwork
- ✓ Supported by See Me
- ✓ 2018: Jan-June weekly course
 - ✓ 13 evening sessions delivered to 18 participants
 - ✓ 15 completed, 13 full pass, 2 converted learning in Adult Achievement Award
- ✓ 2019: Jan –May
 - ‘practitioners’ pilot
 - ✓ 5 evening contact sessions to 14 participants in peer-support roles
 - ✓ Significant self-study component



Peer2Peer:

Course participant experiences



“... personal change happens through a journey of discovery, this course has been an empowering journey. Found out more about myself, more about life and stepping out of my comfort zone.”

Peer2Peer:

Course participant experiences



“I really enjoyed being back in a peer environment, particularly sharing our dreams was very powerful bringing it back to basics about what being a champion is and how it means to individuals - connectedness”

Peer2Peer:

Course participant experiences



"With regards to the Peer2Peer training, I now have the confidence and assertiveness to share my recovery stories and I realise that others have the same issues."

Peer2Peer 2018: Evaluation outcomes



- Measured levels of wellbeing, connection, self-management, sense of control, hope, ability to give and receive support increased.
- Greatest change “My sense of control in life and my ability to make decisions about the future”
- Least around “My ability to use my life experiences to inspire others”.
- Stigma decreased by nearly 10% in regard to sharing mental health challenges with others.

Peer2Peer: Taster session exercise 1



Session 2: Understanding Recovery

History of recovery approaches

- Understanding recovery helps us understand peer support working
- Many factors have influenced the development of recovery approaches
- Based on a fundamental belief in:
 - Possibility of recovery
 - Learning directly from ‘lived experience’

Peer2Peer: Taster session exercise 1



Session 2: Understanding Recovery

- *What helps my recovery?*

5min individual work

5min discussion in pairs (if desired)

Peer2Peer: Taster session exercise 2



Session 5: The peer relationship

Peer2Peer: Taster session exercise 2



Session 5: The peer relationship - Hero in my life

- *think of someone in your life who has inspired you*
- *what were the top three qualities they possessed that made that inspiration possible. Make a note.*

Next steps & learning : Peer2Peer Pilot

- Consider carefully timing and seasonality
- Explore running shorter versions for specific roles
- Explore running Peer2Peer to specifically challenge stigma in workplaces
- Involve accreditation bodies early
- Draw out themes from pledges and continuing barriers for project development

'Oiling' the community 'gears'



- Research
- Facilitation
- Collective voice
- Community representation
- Central communications



Moray Wellbeing Hub: Harnessing The Power of Peers in Moray



Supporting peer support groups



Community wellbeing courses and events that inspire change and connect individuals across Moray



Something to take away.....

Having skills in peer approaches helps harness your own tools

Peer2peer is a resource that can empower and connect

We at MWH are here to support and be supported!

We are all peers of this shared human experience we call 'life'