

Intentional Peer Support

An Alternative Approach to Crisis

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Peer run crisis alternatives: Are they alternative?



Is all Peer Support the same?

- There are many different kinds of peer support and ways to practice peer support.
- Different ways of “doing” peer support bring about different outcomes.

Intentional Peer Support asks:

What are we here to do?

Not

What are we here to stop?

What Is Intentional Peer Support?

IPS is a purposeful way of being in relationship.

- It requires deep self-reflection (What's my agenda? What's my assumption/bias?)
- Curiosity and openness (How do you understand things? Honor other's beliefs.)
- Expectation of learning from each other (We both have much to learn, rather than I'm here to help you.)

Intentional Peer Support is also...

- Purposefully focusing on Communication and Relationship.
- Support and Help go both ways in a mutual reciprocal relationship.
- Both individuals learn and grow.
- Each person is the 'expert' about themselves and together, in an IPS relationship, a new 'story' is created.

The 4 Tasks

1. Connection
2. Worldview
3. Mutuality
4. Moving Toward

Traditional Crisis Response

- ***Crisis Stabilization*** = Moving Away from what you don't want
- ***Crisis Respite*** = Resting
- ***Keeping people safe*** = Coercion
- ***Skills to cope*** = Dealing with & maintaining status quo.
- ***Problem Solving*** = Directing and advising

How can we change what we're currently doing?

Change our **Fear Based** conversations to conversations that are **Hope Based**

Fear Based = Moving Away from what we don't want.

Hope Based = Moving Toward what we do want!

Fear-Based Response vs.. Hope- Based Response

When we're afraid we want to contain or control the situation. We want things to feel comfortable.

- When we respond out of fear we take power.
- Fear is sometimes generated by outside forces and stories (such as by our community).
- A hope-based response means that you and the other person see an opportunity to learn and grow.
- A hope-based response is contingent on both people's needs

Crisis Alternatives: What do we want?

Let's ask ourselves:

- Do we want a place to rest and just get through crisis?
- Or, do we want crisis alternatives to be an active process of CHANGE?
- Do we want to take advantage of crisis and use it to move us toward Recovery?

Pro-Activity

Create a Pro-active Crisis Plan

- Make sure you have a connection (takes time, trust, patience, awareness of disconnects)
- How do they think about their hardest times?
How do you understand their experience
- Figure out what will work for both of you
- What is it your moving towards? (hint: stabilization is moving away from)

Is staying out of the hospital the highest hope for me?

“DAMN IT, NO!”

- Is staying out of the hospital enough for you?
- What do YOU want?
- If Crisis = Opportunity, do I want to learn/discover something new about myself and move toward what I want?

How can we change?

- Challenge our ways of being in Crisis.
- Broaden our collection of choices when we are in Crisis.
- Intentional Peer Support isn't about me just being supported by someone.
- Challenge my ways of knowing what I know, what I believe.

There is a time and place to learn to
“cope” and “manage” difficult and
devastating feelings & experiences.

Why on earth would I want to continue to drag
my history around with me?

I want to learn to challenge my beliefs and
assumptions. I want to learn to experience
the world in a different way.

I don't want to live life always
'Coping' & 'Managing' and doing things the
same way!