

CENTRE FOR INNOVATION IN PEER SUPPORT

Stages of Peer Support Relationships

Support/House



Centre for
Innovation in
Peer Support

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Gremmen, A. & Hopkins, E. (2021). Stages of Peer Relationships. Support House: Centre for Innovation in Peer Support.

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Acknowledgements

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Peer Relationships

Peer relationships are guided by the *Values of Peer Support* and supported through intentional values-based behaviors, the *Values in Action*. Throughout our relationships with people engaging with our services there are a many conversations and reminders that occur to further support these Values and Values in Action. This document was created to act as a quick reference for these important conversations.

Stages of Peer Relationships

Beginning

- Discuss your role and answer any questions
 - Tip: The Values in Action can be shared to discuss your role
- Boundaries Discussion – Sharing our boundaries and boundaries of the role, inviting the peer to share about their boundaries.
- Discuss confidentiality and any limitations whenever needed
 - Tip: Discuss privacy and documentation practices
- Share the timeline - Always be empowering them and preparing them to move on from the program
- Discuss future contact/meetings

Ongoing

- Values in Action! + The Compassionate Peer Support Model
- Driven by their agenda: “what is it that you would like to get out of our meeting today?”
- Engage in documentation as required
 - As peers, documentation is most supportive when done collaboratively with the person engaging with your service.
- At the end of session: “Did we do what you hoped for?”, “What can we plan for next time?”
- Revisit boundaries, confidentiality, timelines, and intention of our role throughout relationship
- Being aware of our role, skills and capabilities as a peer supporter and providing referral options and warm transfers as needed

Ending

- Discuss why the relationship is ending (CYMH_ON, 2018).
- Talk about future plans, including supports available to them (CYMH_ON, 2018).
- You may want to use the following questions to guide and honour a meaningful relationship reaching its end:
 - What about our time together was most precious for you?
 - How do you feel this time together has impacted you?
- Express any gratitude or learnings you have experienced during your time together.

ADDITIONAL RESOURCES TO EXPLORE

Centre for Innovation in Peer Support's

Provincial Systems Virtual Learning Centre & Resource Hub for Peer Supporters & Organizations

Support House's Centre for Innovation in Peer Support's full programming is offered through our Virtual Learning Centre & Resource Hub which supports the most current, best practices in Peer Support.

Through our Virtual Learning Centre, we offer trainings, consultation, our Peer Professional Development Webinar Series, and provincial communities of practice. Our Resource Hub is home to our educational toolkits, documents and videos. These offerings support the practice and implementation of Peer Support within Ontario.

Products on our Resource Hub:

- ***Guiding Standards of Peer Support*** (from Mental Health Commission of Canada, Peer Support Canada & Centre for Innovation in Peer Support)
- ***Documentation Guidelines***
- ***Empathetic Communication Toolkit***
- ***Ethically Navigating Boundaries with People Engaging in Services***
- ***Connecting to Community Resources***

[CLICK HERE TO VISIT OUR VIRTUAL LEARNING CENTRE & RESOURCE HUB](#)

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References

CYMH_ON. (2018). *Ending a peer support relationship*. YouTube.

<https://www.youtube.com/watch?v=sfiVsYN1yBk>.