



**CENTRE FOR INNOVATION IN PEER SUPPORT**

# **Stages of Peer Support Relationships**

**Support/**  
**House**



Centre for  
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# How to Use This Resource

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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

All programming from Support House Centre for Innovation in Peer Support is delivered through our [Learning Centre & Resource Hub](#).

The **Learning Centre** provides a range of opportunities, including self-directed e-learning, facilitated learning programs, consultation services, and provincial communities of practice.

The **Resource Hub** houses our educational toolkits, documents, and videos. Together, these resources reflect current best practice in the delivery and implementation of Peer Support across 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>.