



Peer Support Core Competencies Training

Curriculum Breakdown

- 1. Recovery & Wellness**
 - Exploring Recovery, Wellness and Wellbeing and approaches to recovery
- 2. Foundations of Peer Support**
 - Understanding the Values, Values in Action, Peer Support Code of Conduct and Principles of Practice of Peer Support
 - Learning about the origins of Peer Support and its implications for the healthcare sector
- 3. The Peer Support Role**
 - Understanding the Peer Support role and common activities of peer supporters
 - Exploring power dynamics and working as part of a team
 - Building capacity for resolving conflicts
- 4. Communication Basics**
 - Understanding genuine listening and what encourages or discourages conversation
 - Exploring empathy and compassion
 - Understanding the Compassionate Peer Support Model
 - Using tools such as OARS, and reflection
- 5. Connecting Through our Experiences**
 - The Sharing Spectrum
 - Learning how to skillfully share our journeys to inspire others and avoid harm
 - Deepening our understanding of our own journeys and how to reframe experiences into meaningful sharing
- 6. Peer Support Relationships**
 - Understanding the stages of a peer relationship
 - Exploring confidentiality and disclosure

7. Ethics & Boundaries

- Understanding Boundaries, power dynamics and the relationship with the Peer Support Code of Conduct
- Building capacity in sharing boundaries and navigating when boundaries have been crossed
- Exploring common scenarios and strategies related to Peer Support boundaries between peers and in the workplace

8. Trauma-Informed Care Practices

- Understanding trauma, its prevalence, effects and common ways people support themselves through trauma
- Exploring Vicarious trauma and ways to support ourselves
- Understanding the window of tolerance and ways peer support relationship support healing
- Understanding trauma informed Peer Support care practices and identifying where re-traumatization can occur
- Resources to support trauma-informed care

9. Stigma & Discrimination

- Understanding types of stigma and their effects and relationship to discrimination
- Exploring ways to reduce stigma in our practice as peer supporters

10. Culture, Diversity & Worldview

- Understanding Culture, worldview and how to support differences
- Exploring power, privilege, intersectionality and social location
- Developing our self-awareness; exploring and challenging our own beliefs and attitudes

11. Social Determinants of Health

- Understanding health, health equity and inequity
- Learning about the Social Determinants of Health and how they are inter-related to create unique health outcomes for people
- Exploring advocacy, its role within peer support and ways to support a peer in expressing their needs
- Identifying relevant legislation and resources

12. Self-Determination & Stages of Change

- Understanding Self-Determination and its importance in a peer support role
- Understanding key elements of the Transtheoretical model of Change and how it can be useful to the Peer Support relationship
- Understanding the importance of exploring strengths and how to use this in our practice as Peer Supporters

13. Supporting Someone Experiencing Distress/Crisis

- Understanding what a crisis and distress is and ways to use communication to support crisis/distress
- Knowing when and how to involve others in a crisis situation as needed or directed by a peer
- Exploring Duty to Protect/Warn/Inform
- Understanding how we can support peers through times where thoughts of suicide are present

14. Wellness Planning

- Understanding Self-Care and its importance for peers and Peer Supporters
- Exploring elements of wellness plans
- Understanding the DEBORAH Goal Setting Model and its relevance to wellness planning
- Exploring ways to support peers in connecting to community resources

15. Resilience & Wrap Up

- Understanding Resilience, factors related to supporting resilience and ways to cultivate resilience with peers we support
- Wrap up and Review
- Exploring ways to continue to grow your skills