

**FORTITUDE PEER SUPPORT
PRESENTED TO NZEI FORUM
NOVEMBER 2017**

SOWING THE SEEDS OF HOPE

WHO WE ARE

Philip Snape

- Fortitude developer, facilitator, trainer since 2009
- Peer support worker, MHAPS
- Intentional Peer Support facilitator

Fiona Clapham Howard

- Peer support service delivery manager, MHAPS



CONNECT AND BE HERE



WHAKATAUKI

Ruia nga kakano o te tumanaako i roto i te maara o te hinengaro

Sowing the seeds of hope in the garden of the mind

OVERVIEW

What is peer support?

Why a peer programme in Early Intervention?

Connection to a recovery approach

What is Fortitude (42ude)?

What we have delivered in 2016/2017

The process is the outcome

What we learned

Tending the seedlings



WHAT IS PEER SUPPORT?

- “Kinship of shared experience”
- Focuses on the connection or relationship, rather than tasks per se
- Explores how we make sense of our experiences
- Encourages authentic two-way relationships – mutual learning, shared responsibility
- Implication: risk and safety are defined and negotiated differently

For it to be purposeful peer support, lived experience alone is not enough – a purposeful or intentional kaupapa is required

Fortitude participant feedback

“Thankfully I have not had too many challenging circumstances during this time but I have noticed that I anticipate difficulty before it becomes overwhelming.”

WHY A PEER PROGRAMME IN E.I.?

Reason for being – existential considerations

Crisis as opportunity

Defining the experience of psychosis in context of life stages

Erikson's psycho-social stages – adolescence to young adulthood

Peer support can help to minimise the disruption to developing mutual connections at this key stage of life

Fortitude participant feedback

“Hearing other people share their experiences and thoughts has helped me to learn that we are not alone in our journeys, we all share the same feeling and emotions at some stage in life.”

CONNECTION TO A RECOVERY APPROACH

“Recovery” in mental health and addictions means much more than “symptom-free”, or “functional recovery”

It means reclaiming or perhaps discovering for the first time things otherwise taken for granted in life, e.g.:

- Sense of positive self identity
- Self efficacy – direction, purpose, autonomy, self-determination
- Citizenship – a place in the world, a valid and worthwhile human being
- Connection – social belonging

Fortitude participant feedback

“I feel happier, more useful and definitely more integrated as a person; along with work and this support group I have had the opportunity to be myself.”

WHAT IS FORTITUDE?

Whakapapa – brief history of the idea
growing into a programme

Kaupapa – intentions and
purposefulness

Learning and making sense since
2009

Developed into an 8-week, 16-hour
programme and handbook by end
of 2014



Fortitude participant feedback

"I feel less isolated and alone."

WHAT WE HAVE DELIVERED IN 2016/2017*

Developed a programme to train young people in recovery from psychosis as Fortitude peer facilitators

3 peers from Totara House expressed interest, and completed the 5-week training course (5x 1.5 hour sessions)

2 of the 3 went on to facilitate the Fortitude programme in 2016 and 2017

Small cohorts, and attendance not always sustained – including peer facilitators

Ongoing supervision, support, mentoring, and back-up facilitation from Philip

** with the generous support of a grant from Janssen-Cilag*

Fortitude participant feedback

“My relationships have improved overall because of this group.”

THE PROCESS IS THE OUTCOME

Revised material for 2017 programme in conjunction with the peer facilitators

Condensed from 8 weeks of 2-hr sessions, to 6 weeks of 1.5hr sessions

Bigger cohort started the programme, and more than half completed all 6 weeks

Only collected qualitative data

Fortitude participant feedback

“Being open about yourself helps others to connect with you more.”

WHAT WE LEARNED

Points to consider when thinking about setting up a peer support programme:

- What's the purpose? And whose purpose is it?
- Supervision/mentoring via a peer organisation (lived experience alone is not enough)
- Sustainability – not a one-man show
- Remuneration
- Sustainable, useful evaluation measures/process

Totara House feedback, 2017

“The recent Peer Support group was a real success and we have had positive feedback verbally from participants.”

TENDING THE SEEDLINGS



WHAKATAUKI

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WAIATA

E tū kahikatea
Hei whakapae ururoa
Awhi mai, awhi atu
Tātou tātou e
Tātou tātou e.

*Stand like the kahikatea,
spreading across the horizon.
Embrace one another, we are as one.*

THAT'S IT, THAT'S ALL FOLKS!
THANK YOU FOR YOUR PARTICIPATION

*For more information, or to request a copy
of the Fortitude report 2017:*

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