



# IMPLEMENTING PEER SUPPORT IN SERVICES

1. Implementing peer support in services. The value of peer support and the lived experience connection for people seeking to overcome substance misuse is well established. Access to visible recovery and peer support within the service setting benefits clients and service outcomes.

This course is informed by people with lived experience of recovery and of using substance misuse treatment services; as well as service providers and practitioners. It aims to inform practitioners and managers about peer support and the role of lived experience in community and service settings, as well as provide practical skills for implementing it effectively in your service.

In readiness for the recommissioning of treatment services in 2021-2022, the Cardiff & Vale Area Planning Board says, 'the new treatment system will also have recovery principles at its core, with substance misuse provision innovating, and developing approaches which reduce dependency on services, and promote sustainable recovery. The central role which those with lived experience can contribute will be recognised'.

The Welsh Government Substance Misuse Treatment Framework, 'Recovery Oriented Systems of Care' (Recovery Framework for Wales) says: 'Service users have reported that they would welcome more support from people who have been through a recovery journey themselves and are willing to be open about it... These services need to form part of the support and therapeutic packages in formal treatment services.'

## 2. TOPICS COVERED:

- What is peer support, lived experience, mutual aid, self-help
- What are recovery champions, recovery navigators, recovery coaches
- Examples of peer support delivery in service settings
- Opportunities and benefits of peer support in service settings – for clients and services
- Concerns, barriers and challenges to implementing peer support in services – for clients and services
- Culture, where cultures collide and how to overcome this • Standards, quality assurance and outcomes
- Planning peer support in your services

3. Trainers Recovery Cymru courses are informative, interactive, practical and fun. They utilise the experience of people with lived experience and discussions are focussed on issues which are relevant to you. We utilise small group work, discussions, film, activities – and some surprises! Our experienced trainers are able to bring you best practice, tried and tested techniques and personal experience. Trainer bios available for each course.

## 4. BY THE END OF THIS COURSE YOU WILL BE ABLE TO;

- Understand the different options of peer support and how these can be applied in a service setting
- Identify opportunities and challenges of implementing peer support in services
- Recognise opportunities and how to overcome challenges in relation to peer support in your service
- Come away with practical ideas to implement in your services

## PARTICIPANTS WILL RECEIVE:

- A pre-session questionnaire to the business via phone or email to inform the course to best suit the needs of the participants
- Access to resources and online materials via the Recovery Cymru online training portal (coming soon)
- A certificate - A further hour of one to one support for up to 3 months if required
- Discount on future courses

## 5. MORE INFORMATION

This training course is for managers and practitioners of substance misuse services who want to better understand and feel equipped to fully implement peer support in their service delivery; as well as for commissioners to gain a better understanding of the options available and how these can be implemented. You will leave with practical information and knowledge to make changes immediately, improving treatment engagement, retention and outcomes.