

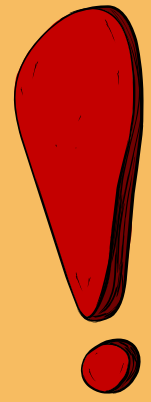
Peer Support as Early Intervention



Parker LaCombe, Director of Peer Support Services, Austin State Hospital

Alison Engbretson, Executive Manager, Department of Psychiatry and Behavioral Sciences at Dell Medical School

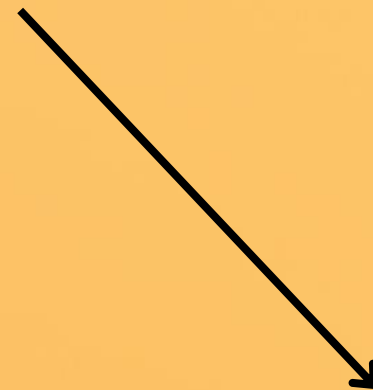
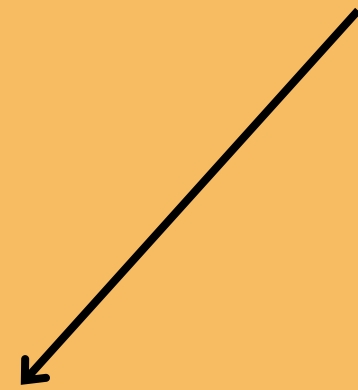




Recognition of Mental Health need



Appointment with Provider

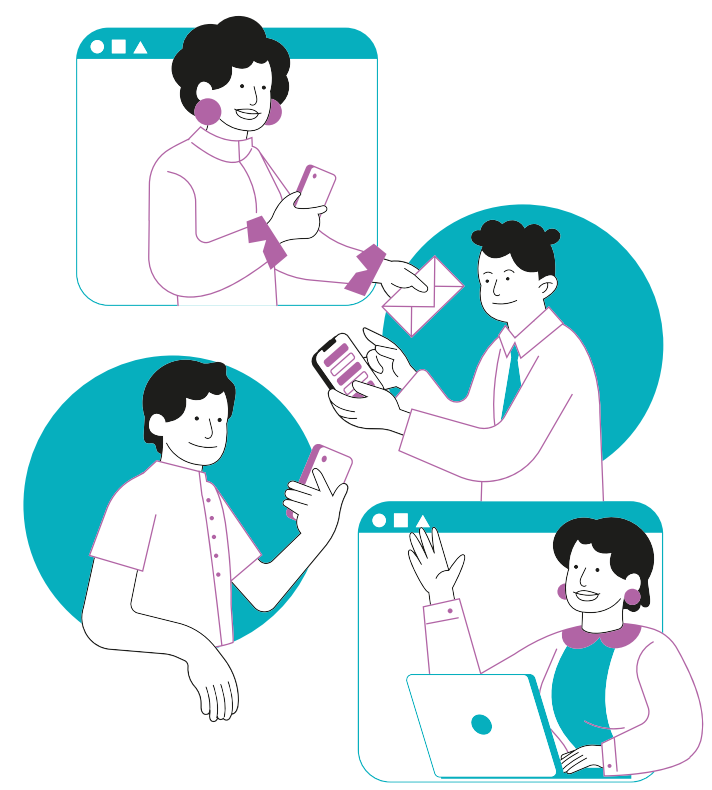


If seen by mental health provider, given diagnosis, treatment plan, and community resources

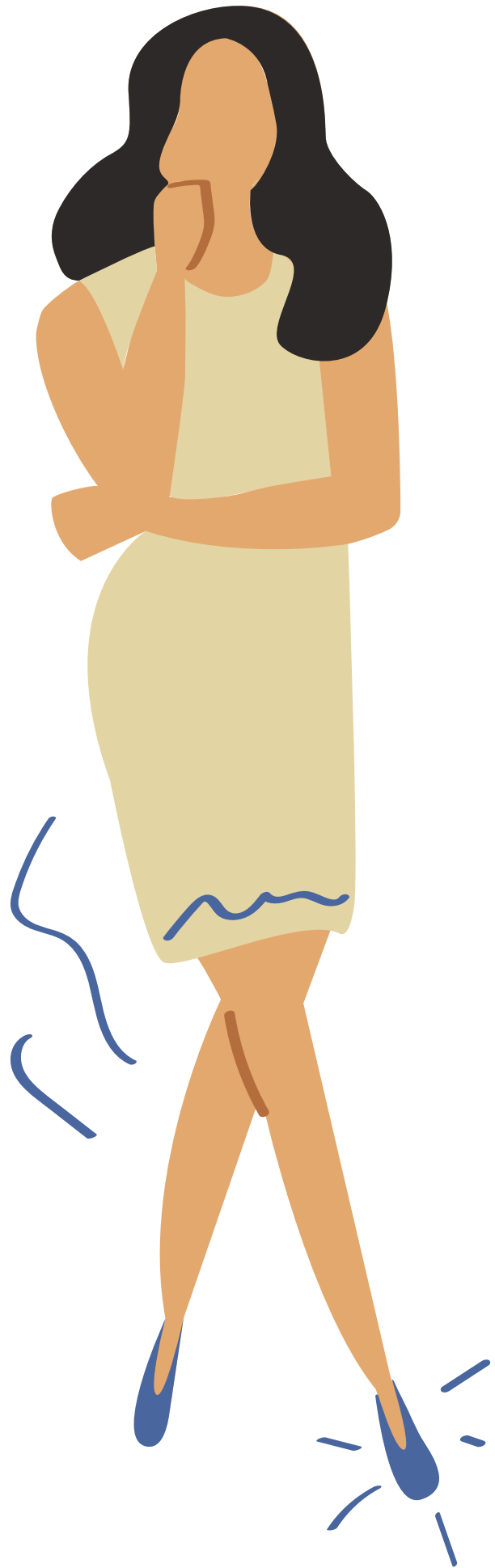
If seen by non-mental health provider, referred to appropriate provider



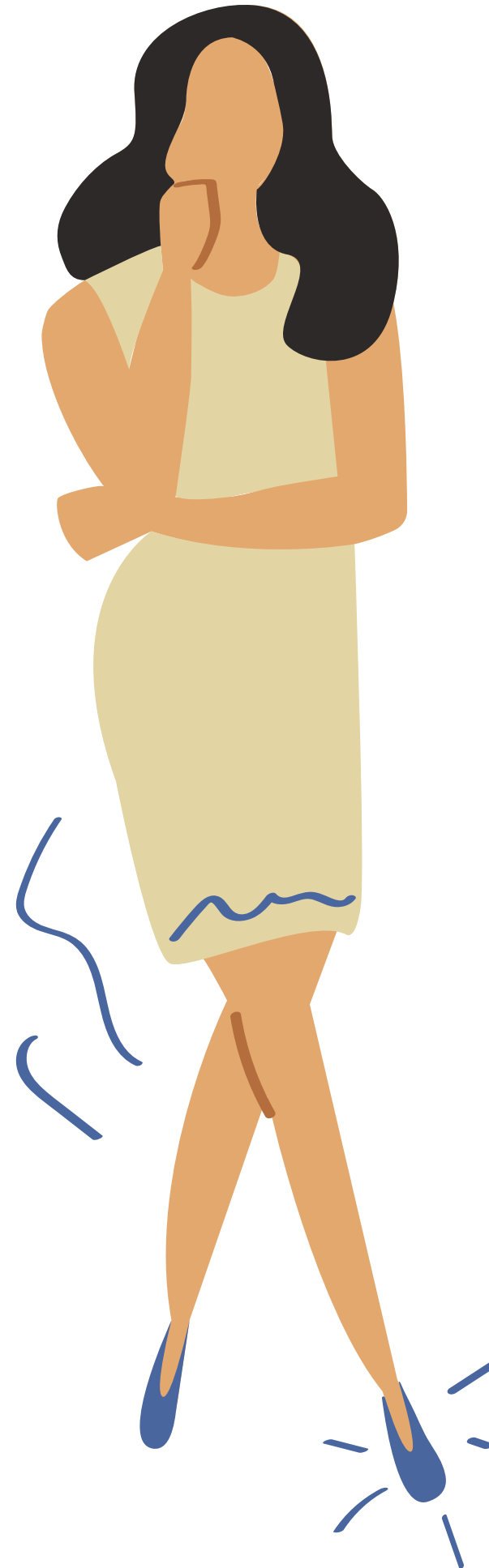
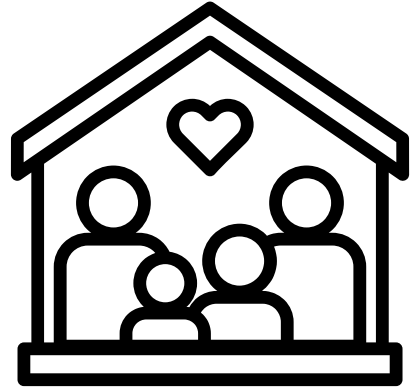
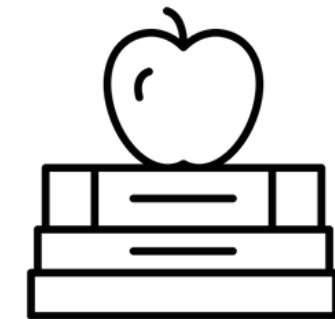




Meet Parker

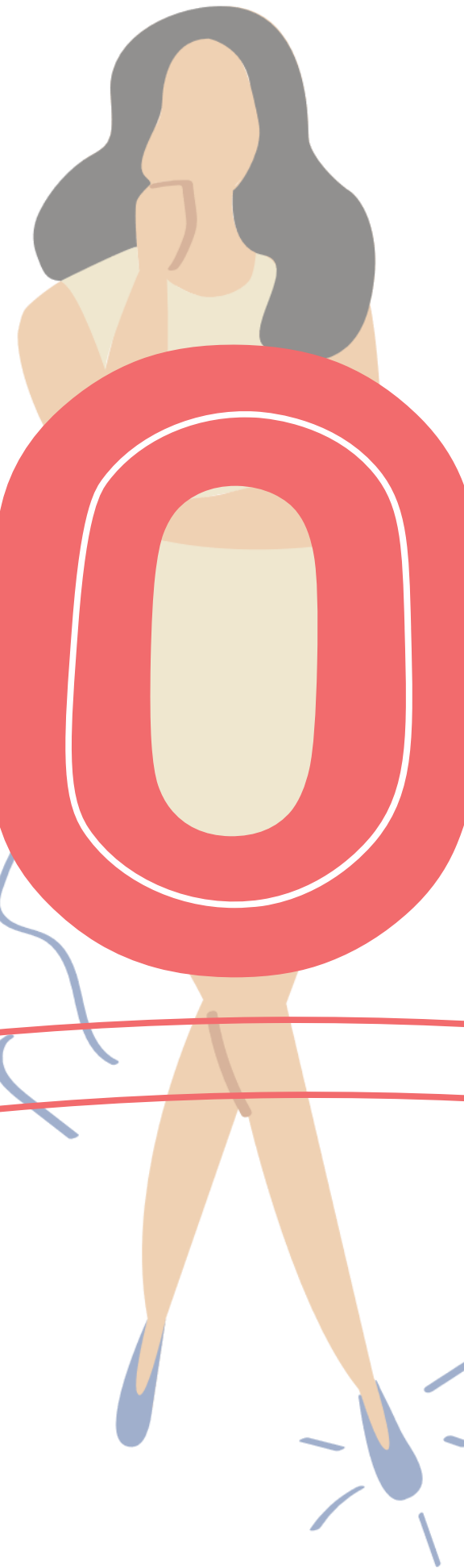


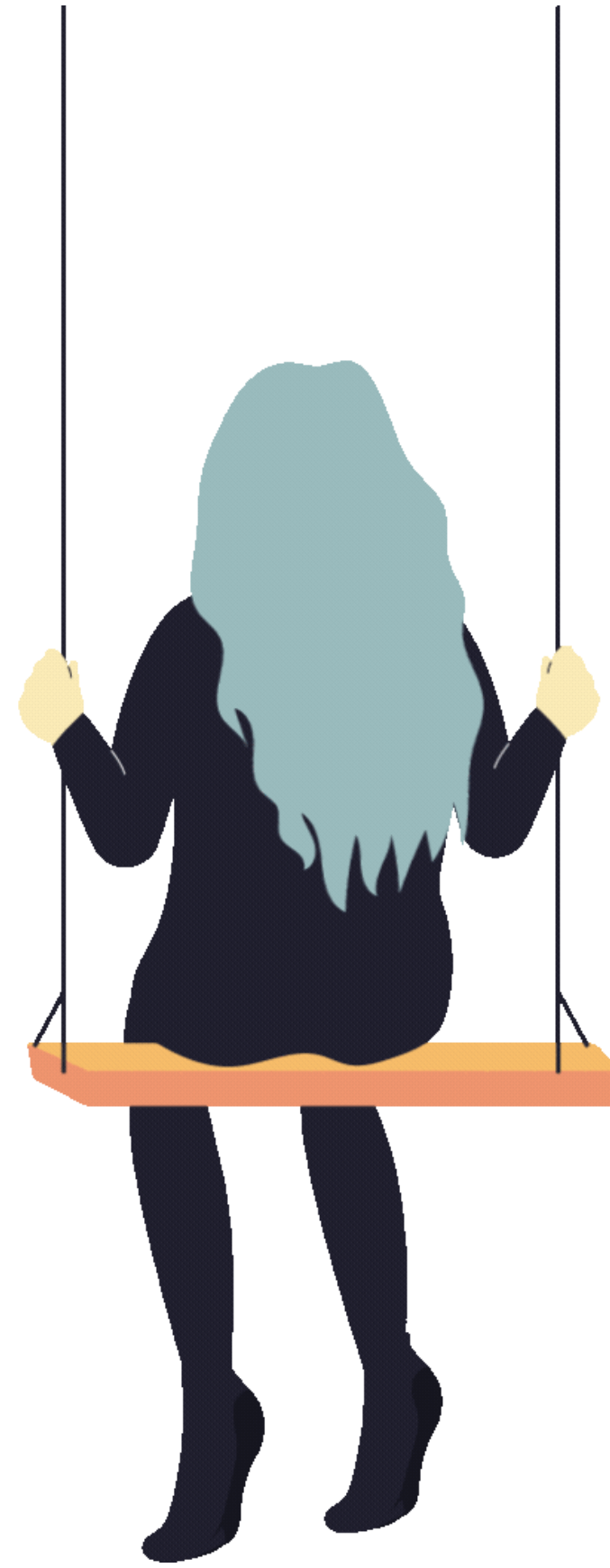
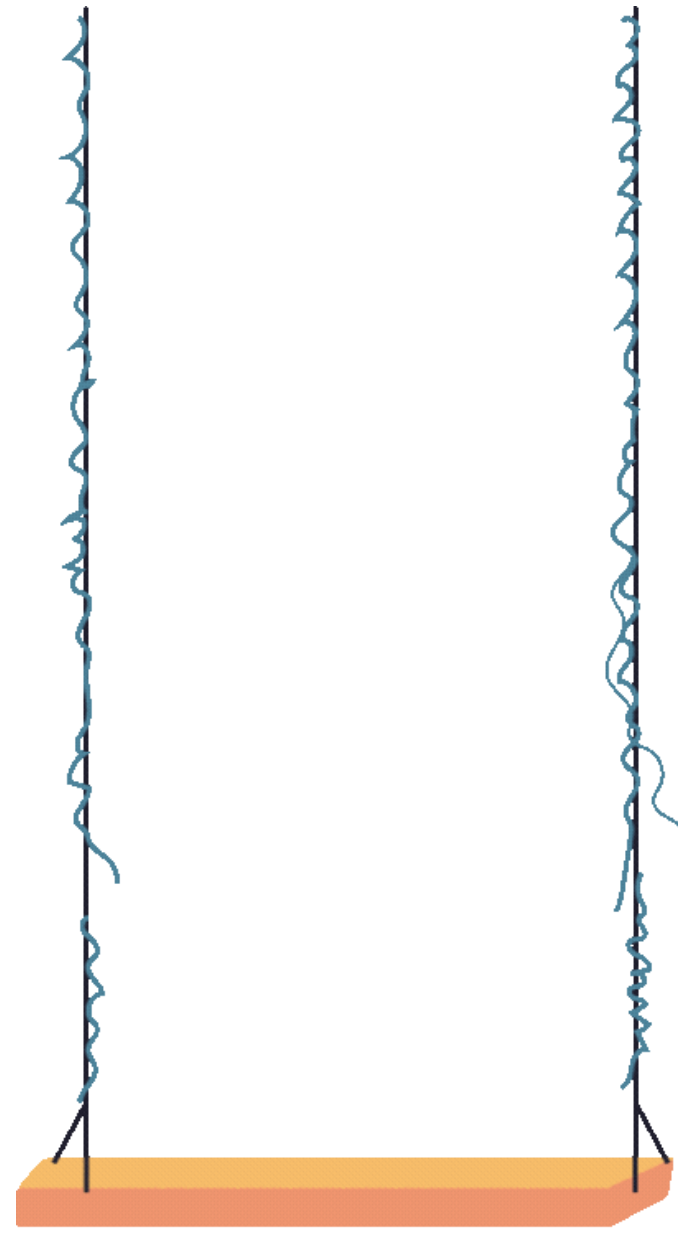
- **Mom, Wife and Mental Health professional**
- **Has health insurance and financial means to afford care**





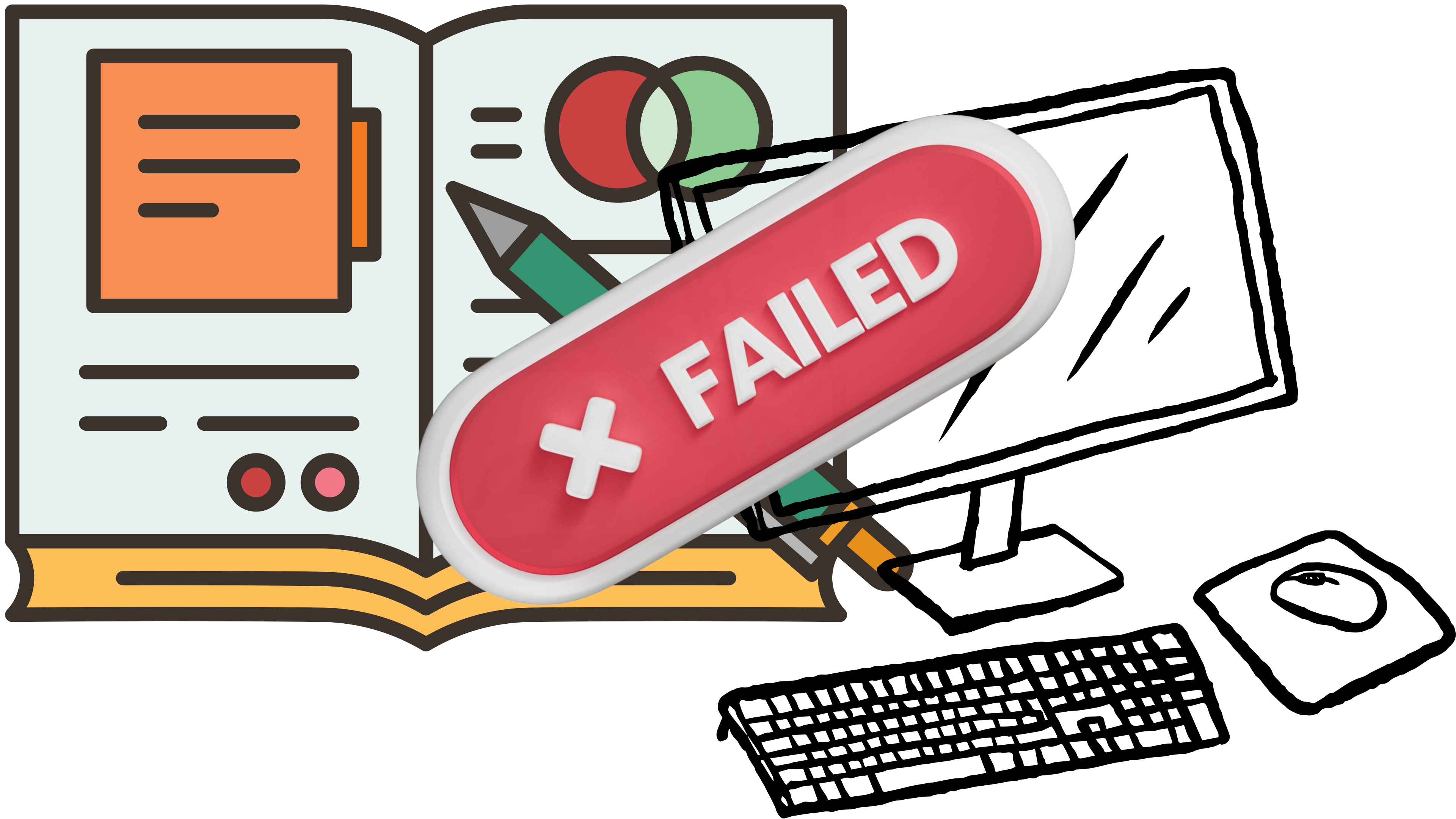
SOOS







- **14 year old boy**
- **Likes video games and animals**
 - **Attending virtual school**
- **History of behavior problems**





Diagnosis

Severe

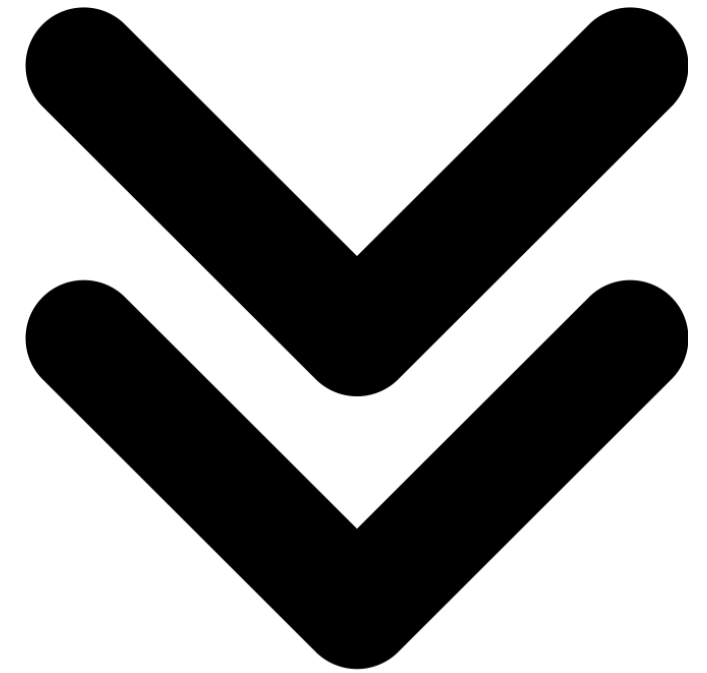
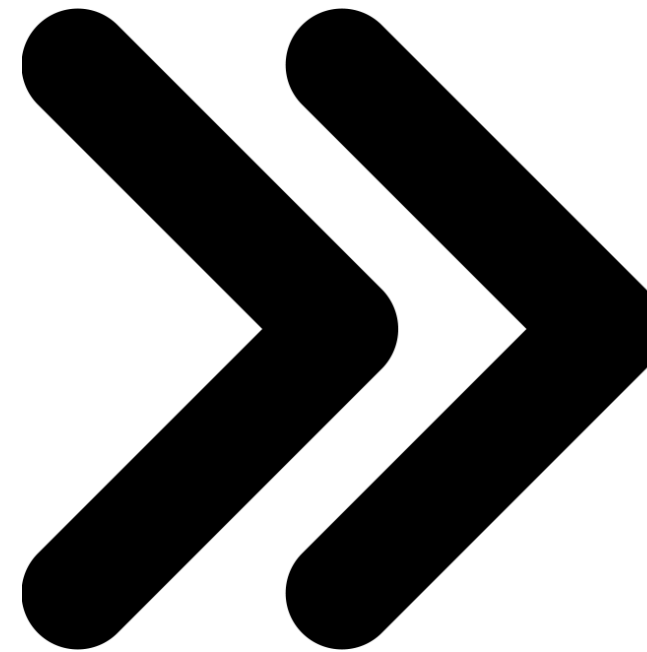
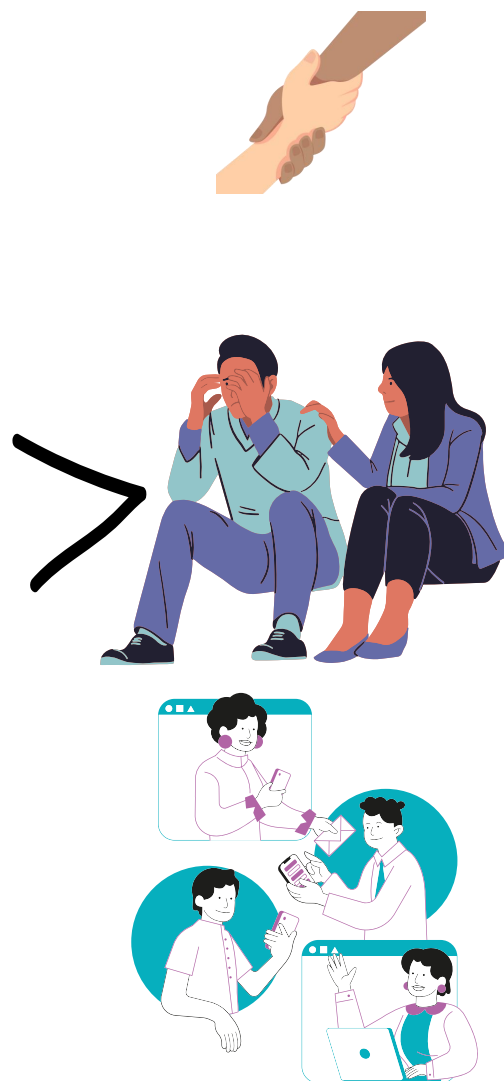
Depression

Recommended treatment
ADHD

- Medication
- 1:1 Therapy
- Intensive Outpatient

Parent Resources Provided

NONE



Recognition of Mental Health need



Appointment with Provider

If seen by mental health provider, given diagnosis, treatment plan, and community resources

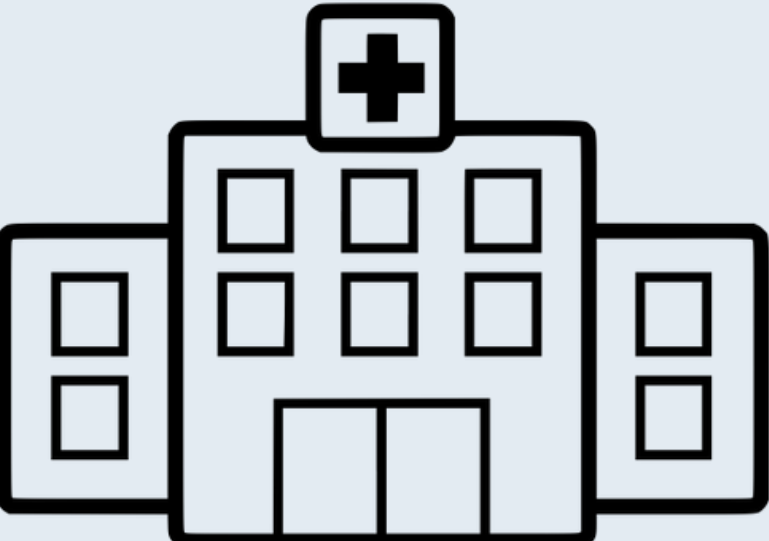
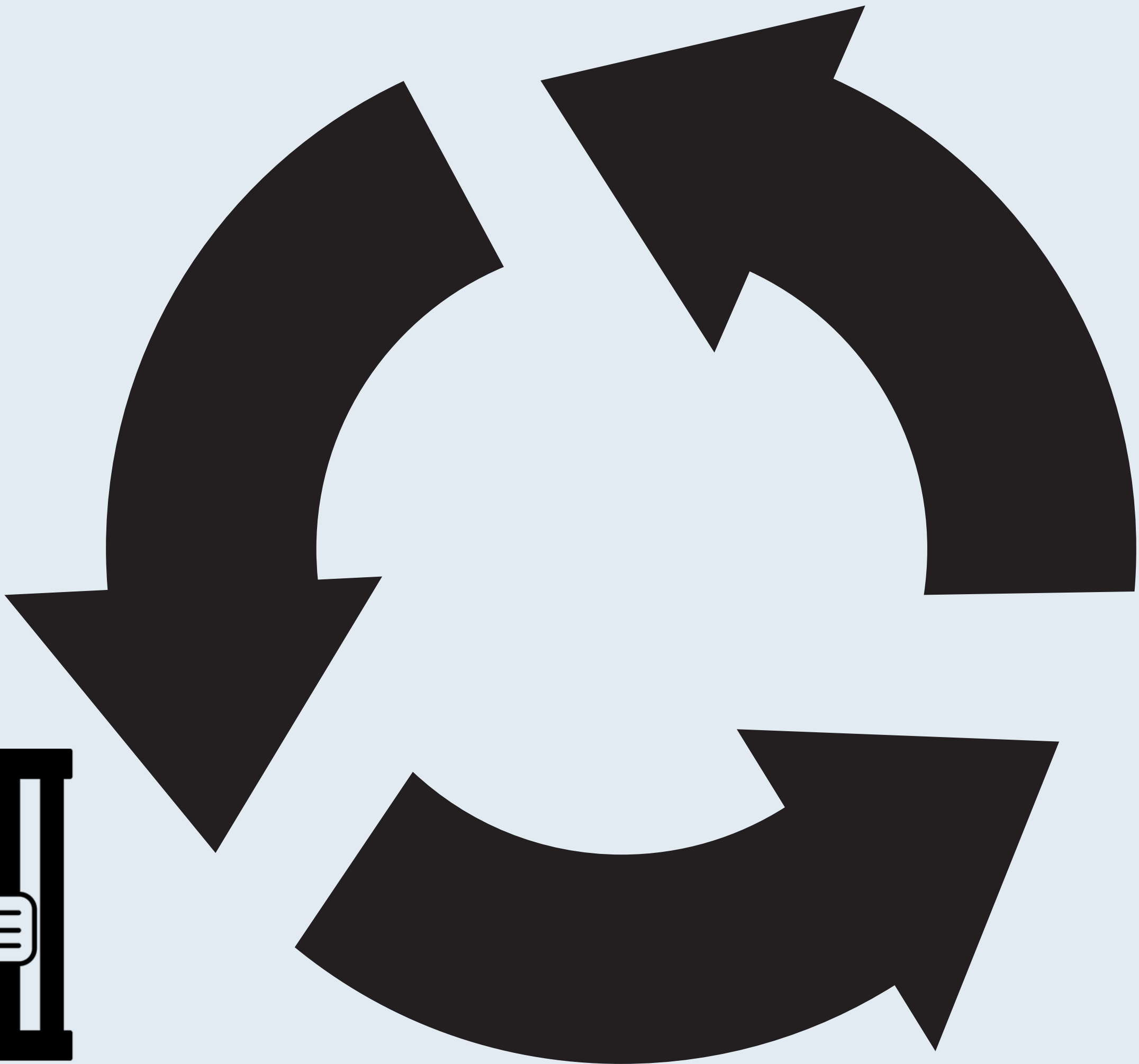
If seen by non-mental health provider, referred to appropriate provider



Meet Jack

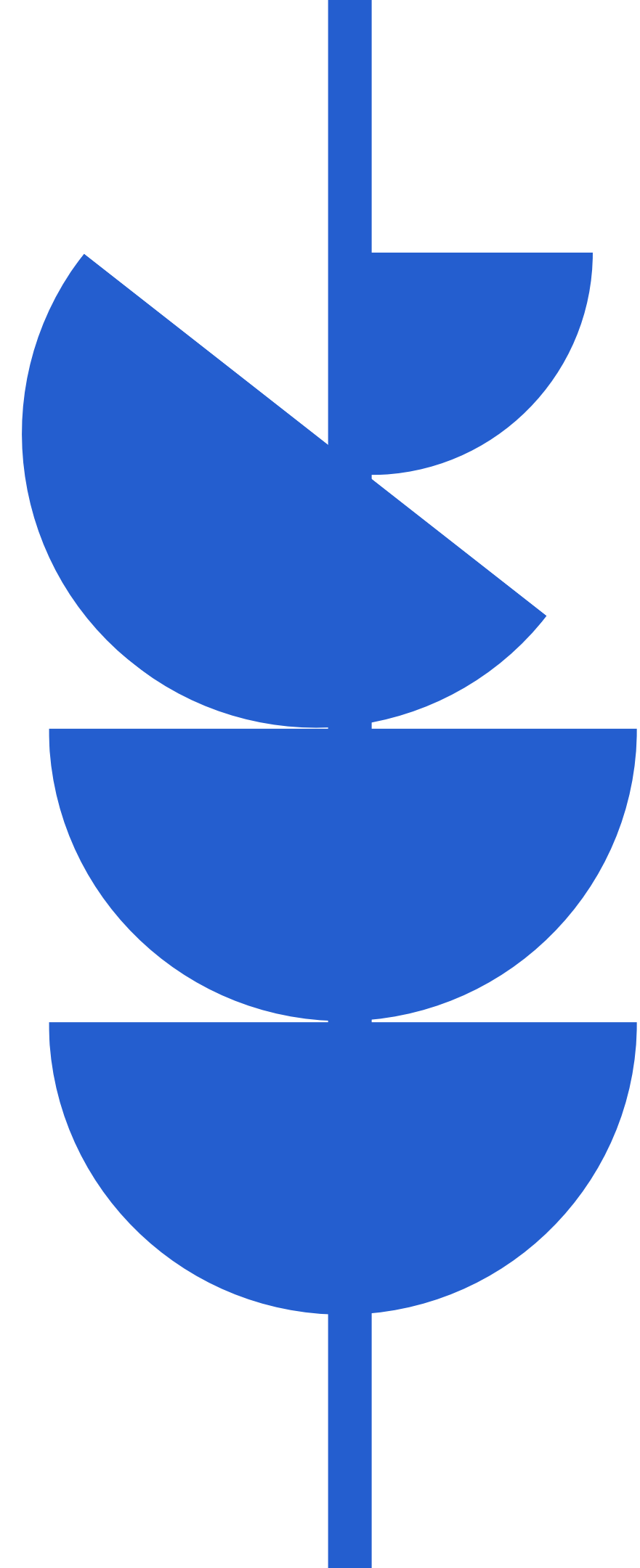


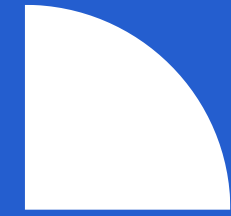
- **Unhoused, with SMI**
- **Currently in State Hospital, attempting to restore competency to stand trial**
- **Has struggled with SUD since childhood**



PEER SUPPORT SERVICES

Peer support can be a powerful tool in addressing mental health issues before they escalate into crises, yet it remains an underutilized resource in early intervention efforts.



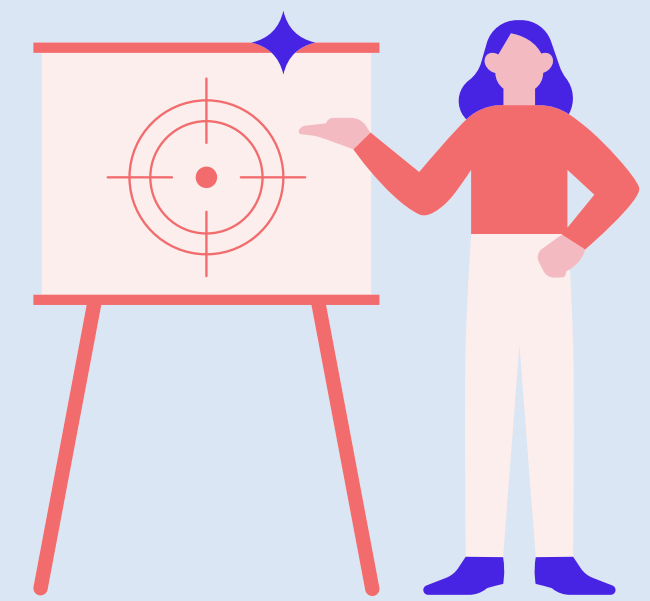


What is a Peer Support?

Peer support is when someone who has gone through a similar experience offers emotional and practical assistance to another person who is struggling.



Benefits of Peer Support: Increase



Sense that treatment is responsive and inclusive of needs (Davidson, et al., 2012)

Self-esteem and confidence (Davidson, et al., 1999; Salzer, 2002)

Sense of control and ability to bring about changes in their lives (Davidson, et al., 2012)

Engagement in self-care and wellness (Davidson, et al., 2012)

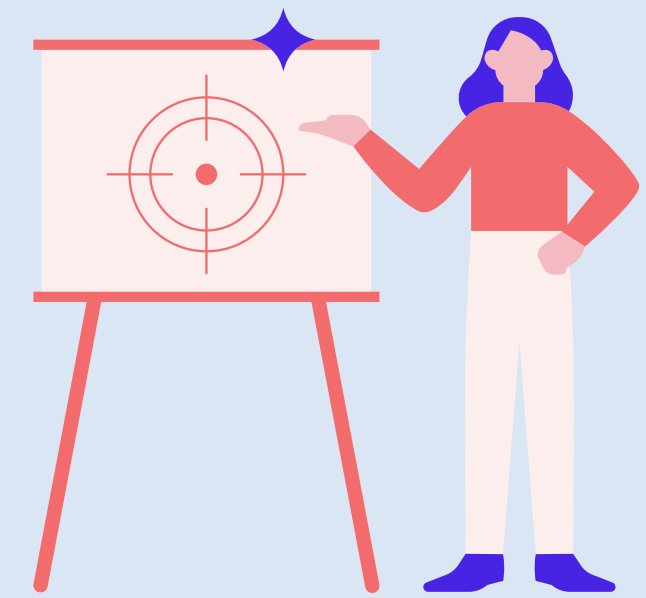
Sense of hope and inspiration (Davidson, et al., 2006; Ratzlaff, McDiarmid, Marty, & Rapp, 2006)

Empathy and acceptance (camaraderie) (Coatsworth-Puspokey, Forchuk, & Ward-Griffin, 2006; Davidson, et al., 1999)

Social support and social functioning (Kurtz, 1990; Nelson, Ochocka, Janzen, & Trainor, 2006; Ochocka et al., 2006; Trainor, Shepherd, Boydell, Leff, & Crawford, 1997; Yanos, Primavera, & Knight, 2001)

Raised empowerment scores (Davidson, et al., 1999; Dumont & Jones, 2002; Ochocka, Nelson, Janzen, & Trainor, 2006; Resnick & Rosenheck, 2008)

Benefits of Peer Support: Decrease



Decreased substance use and depression (Davidson, et al., 2012)

Sense of control and ability to bring about changes in their lives (Davidson, et al., 2012)

Reduced hospital admission rates and longer community tenure (Chinman, Weingarten, Stayner, & Davidson, 2001; Davidson, et al., 2012; Forchuk, Martin, Chan, & Jenson, 2005; Min, Whitecraft, Rothbard, Salzer, 2007)

The Role of Peers

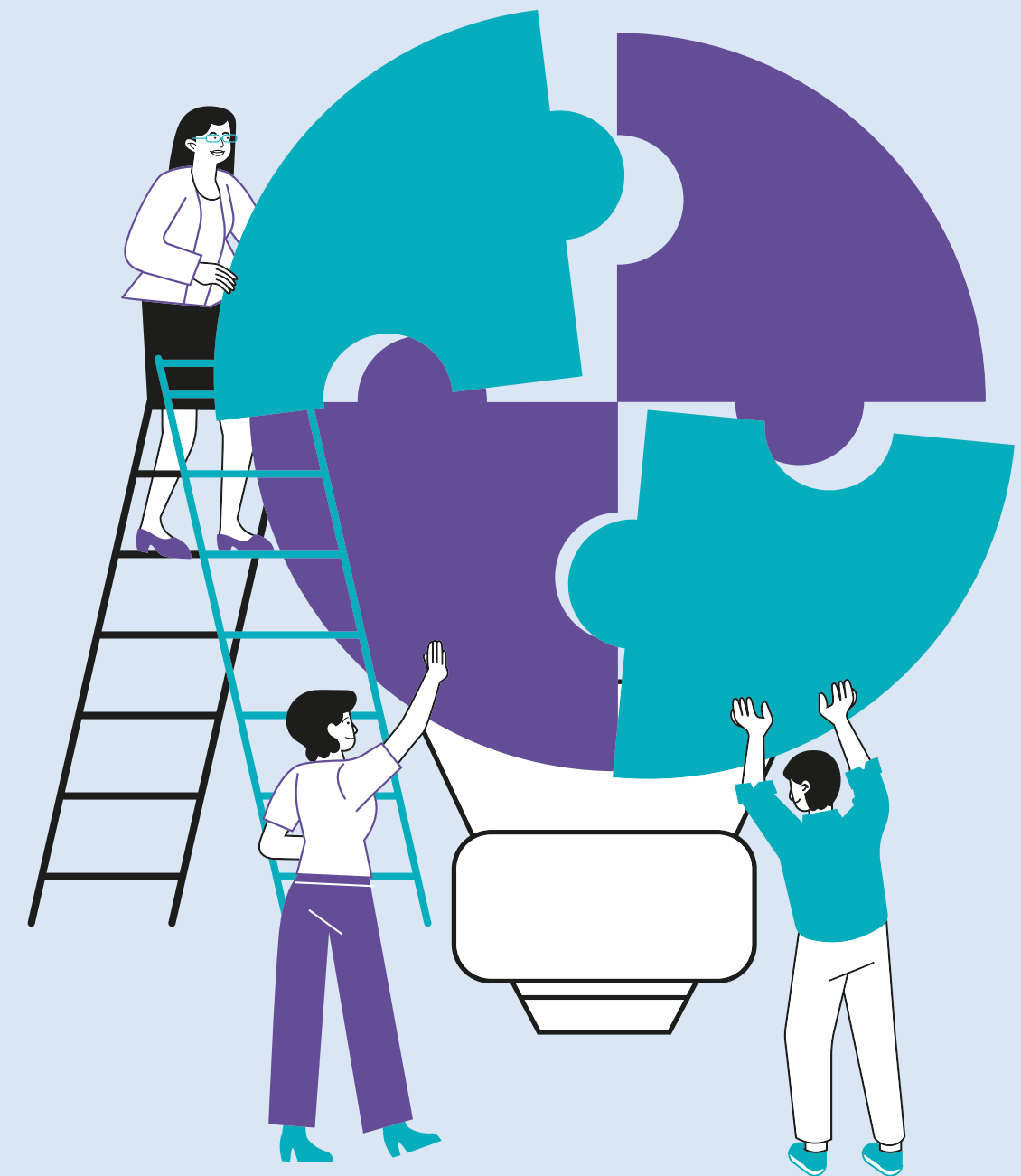
Inspire hope that people can and do recover

Walk with people on their recovery journeys

Dispel myths about what it means to have a mental health condition or substance use disorder

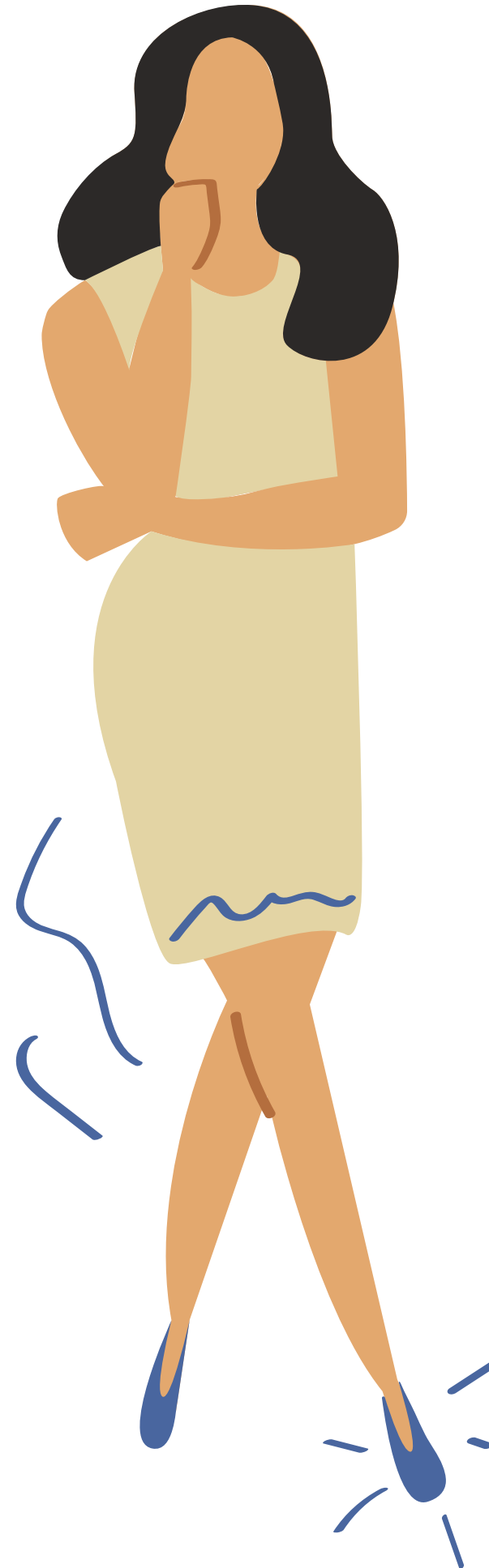
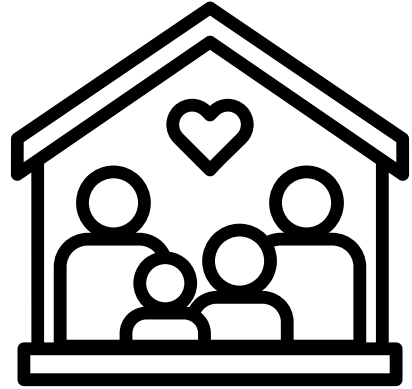
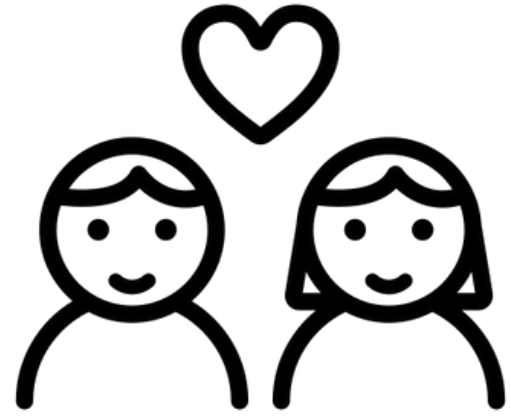
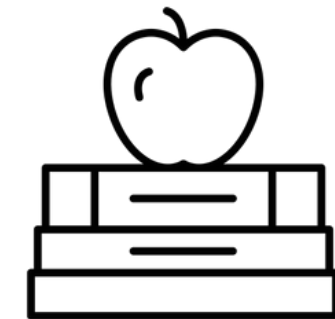
Provide self-help education and link people to tools and resources

Support people in identifying their goals, hopes, and dreams, and creating a roadmap for getting there



What happens when you
plug in Peer Support?





Peers use their lived experience to help guide you through your mental health journey



How Peer Support could have helped Alison and her son



- **Parent support and resources**
- **Commiseration**
- **Recommended coping**
- **Where to find community**
- **Where to find providers**
- **Acceptance and understanding**
- **Importance of medication and treatment compliance**

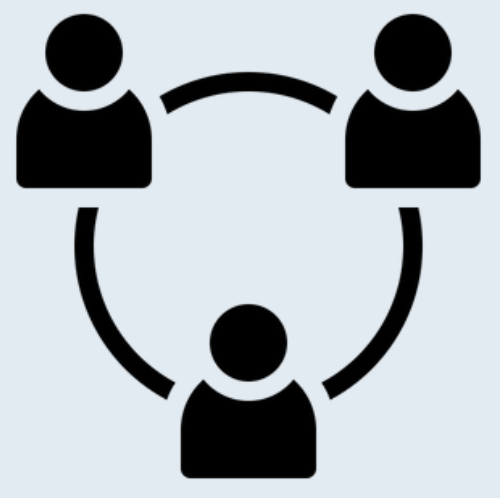


START



How Peer Support can help Jack





First Appointment

✓ **Connection
to Peer
Support
Services**





Q



A

Thank you

**Please let us know if you have
any questions**