

Talking to peers about their spirituality

Spirituality will play different roles in recovery for each individual peer. Peer specialists should be ready to engage in conversations as necessary with peers about their spirituality and how they see their spirituality playing a part in their recovery. Outlined below is an assessment called the FICA, which can help peer specialists and other health professionals ask non-judgmental and open-ended questions about spirituality.

F – Faith and Belief

- Do you consider yourself spiritual or religious?
- Do you have spiritual beliefs that help you cope with stress?
- What gives your life meaning

I – Importance & Influence

- What importance does your faith or belief have in your life?
- How do they influence you in how you take care of yourself?
- What aspects of your faith or beliefs are helpful or not so helpful to you?

C – Community

- Are you part of a spiritual or religious community?
- Is this of support to you and how?
- Is there a group of people you really love or who are important to you?

A – Address in Care

- How do you need me to help you address these issues in your recovery?