

As a Peer Specialist, you have the opportunity to be that pivotal relationship in another person's life. Therefore, we need to understand how to develop relationships that support and promote recovery.

Creating Relationships that Promote Recovery

Establishing A Trust-Based Relationship

1-A relationship of trust is built around the other person's interests, not their 'problems'. Find out what the person is interested in.

2-You role-model recovery. Share your story as it is appropriate.

3-The other person has to be able to count on you. Do what you say you are going to do.

4-You need to listen to the person. You don't need to have answers. Together you will be able to come up with answers.

5-Affirmation is key. Accept the other person where they are and how they are.

The Initial Peer to Peer Specialist Meeting

1- Explain your Role. This is when you can tell your peer what it means to work with a peer specialist and what types of things you can work on together. This is where you can set up the boundaries of the relationship.

2- Give your Background. This is where you can share a little of your story and tell how you became a Peer Specialist.

3- Confidentiality. Let your Peer know that you will keep their confidentiality, but if they are a danger to themselves or other, you will have to tell someone.

The Initial Peer to Peer Specialist Meeting (cont.)

4- Availability. Let your peer know when you work and when you are available to meet with them. If possible, set up a regular meeting time.

5- Anything on your mind? See if there is anything your peer would like to talk about in future meetings. (If the answer is no, that is fine.)

6 - End on a Positive note. End this first meeting with both the Peer and Peer Specialist looking forward to the next meeting.