

INTRO TO PEER MENTOR SERVICES

SUD ECHO

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

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LEARNING OBJECTIVES

Review

Review the Guiding Principles of Recovery

Increase

Increase knowledge of current Peer roles and Certification categories

Understand

Understand the diverse duties of Addiction Peer Staff

Compare

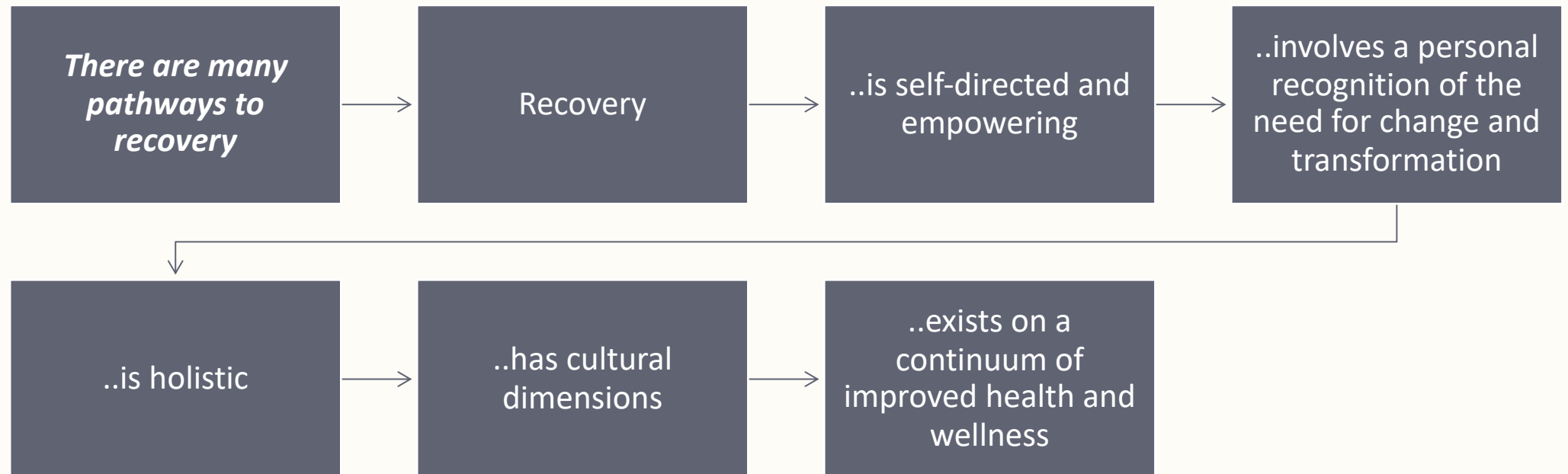
Compare Native American Indigenous and Dominant Culture

Enhance

Enhance networking touchstones



GUIDING PRINCIPLES OF RECOVERY



GUIDING PRINCIPLES OF RECOVERY

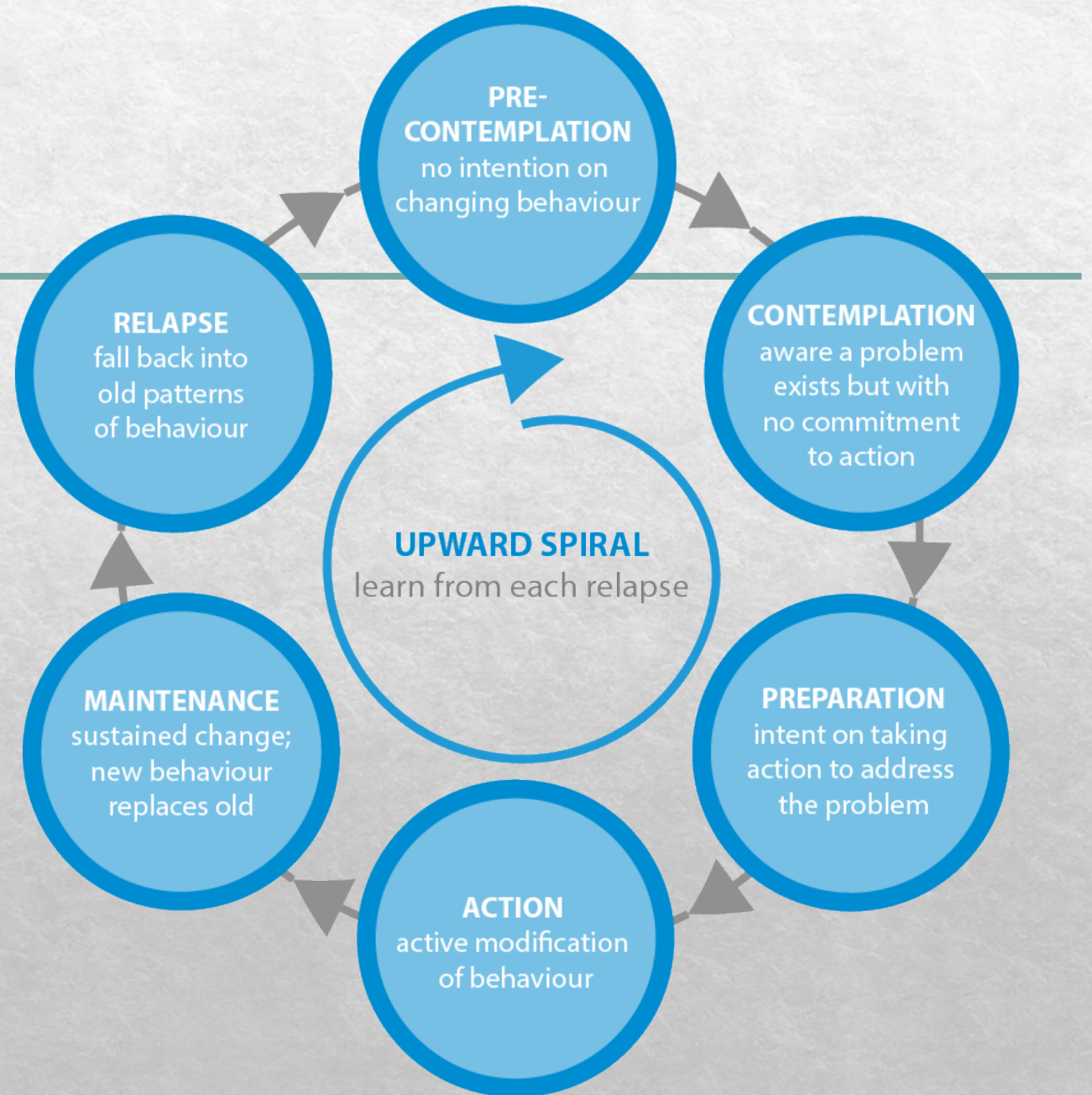
- ***Recovery***
- ...is supported by peers and allies
- ...emerges from hope and gratitude
- ...involves a process of healing and re-definition
- ...involves (re)joining and (re)building a life in the community
- ...involves addressing discrimination and transcending shame and stigma
- ...is a reality. It can, will and does happen.

CSAT White Paper: Guiding Principles and Elements of Recovery-Oriented Systems of Care

STAGES OF CHANGE

Stages of Change

Prochaska & DiClemente

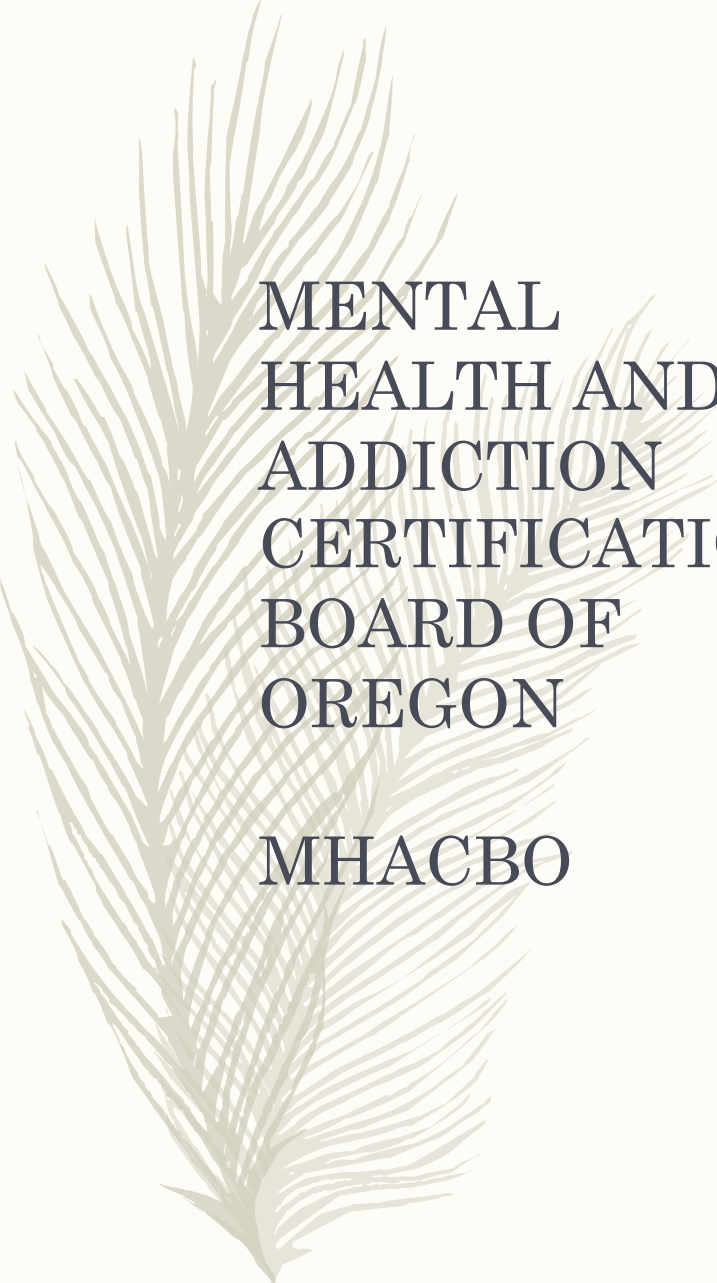




In Oregon

The Oregon Health Authority's Traditional Health Worker is an umbrella term for frontline public health workers who work in a community or clinic under the direction of a licensed health provider. There are five specialty types of THW's:

- Birth Doula
- Personal Health Navigators (PHN)
- Peer Support Specialists (PSS)
- Peer Wellness Specialist (PWS) which includes;
- Family Support and Youth Support Specialists



MENTAL
HEALTH AND
ADDICTION
CERTIFICATION
BOARD OF
OREGON

MHACBO

Certifies and maintains the Registry for:

- ❖ *Certified Recovery Mentors*
- ❖ *Certified Gambling Mentors*

- ❖ *Peer Recovery Counselors certified by:*
IC/RC International Certification & Reciprocity Consortium

WHAT DO ADDICTION PEER RECOVERY STAFF DO ?

- Outreach Worker
- Motivator
- Sober Companion
- Resources
- Role-model and mentor
- Planner
- Problem Solver
- Community organizer (ROSC)
- Lifestyle Coach

Old Model of Care



RESIDENTIAL TX



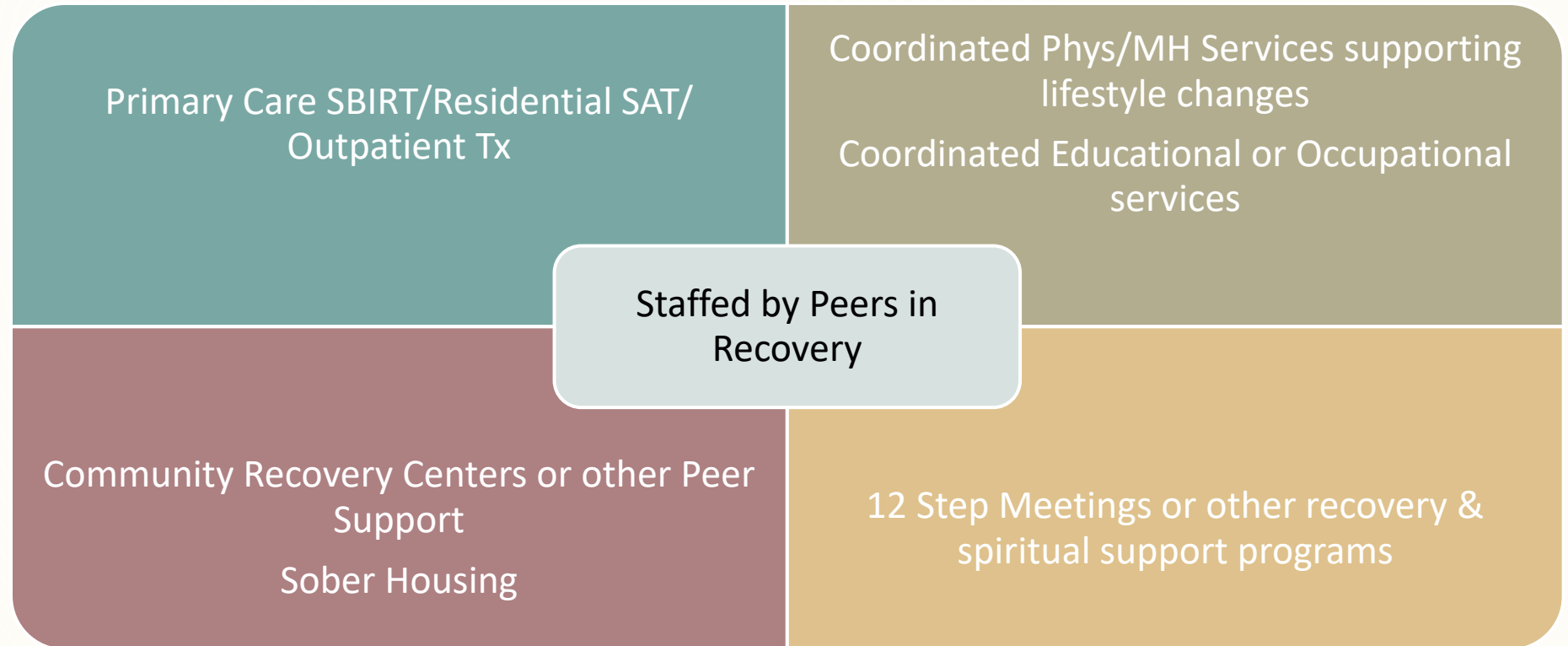
OUTPATIENT TX



12-STEP/HALFWAY
HOUSE

New Model of “ROSC”

Recovery Oriented Systems of Care



ENHANCING OUR RAPPORT with NATIVE AMERICAN CLIENTS

Native American

- Emphasis placed on age
- Contributions to the group are emphasized; personal glory discouraged
- Children participate in adult activities
- Family life includes extended family
- Clock time is whenever people are ready; when everyone arrives
- People express their ideas and feelings through actions
- Present orientation

Dominant Culture

- Emphasis is placed on youth
- Competition, winning & individual status is emphasized
- Adults participate in youth activities
- Family is nuclear
- Clock time is exactly that
- _ People express themselves through speech
- Future orientation

MORE COMPARISONS

NATIVE AMERICAN

- Giving/sharing
- Patience
- Listening skills
- Religion is a way of life
- Modesty
- Work is limited to meeting the needs of the Family
- Harmony with Nature

DOMINANT CULTURE

- Taking and saving
- Aggression
- Verbal skills
- Religion is a part of life
- Self-attention
- Work is focused on getting ahead or getting rich
- Mastery over Nature