

Personal relationships are the bedrock of the recovery process.

Session 4

Creating Peer Relationships that Promote Recovery

explores the key elements in establishing personal relationships
that help another move on with their life.

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	The Initial Peer to Peer Specialist Meeting	The Initial Peer to Peer Specialist Meeting (cont.)
1-A relationship of trust is built around the other person's interests, not their 'problems'. Find out what the person is interested in.	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.	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.
2-You role-model recovery. Share your story as it is appropriate.	2- Give your Background. This is where you can share a little of your story and tell how you became a Peer Specialist.	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.)
3-The other person has to be able to count on you. Do what you say you are going to do.	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.	6 - End on a Positive note. End this first meeting with both the Peer and Peer Specialist looking forward to the next meeting.
5-Affirmation is key. Accept the other person where they are and how they are.		

Encouraging a Commitment To Change

“Igniting the spark of hope”

- 1-Identify an area of interest.
- 2-Create excitement around this as a possibility
- 3-Find actions the person can take to work on the possibility.
- 4-Look for something in the doing that will require new skills.
- 5-Use your recovery experience throughout the process to strengthen the relationship.

Supporting Change Actions

- 1-Once they decide what they want; they will need a plan to get there. Help them think through everything that will be involved in reaching their goal.
- 2-Be sure to clarify the roles, responsibilities and expectations of all parties involved.
- 3-Since benefits motivate, find ways to rehearse the potential benefits.
- 4-There needs to be a way to measure and evaluate the progress.
- 5-Be sure to acknowledge and reward the small accomplishments.

Session 4– Review Questions – Creating Relationships that Promote Recovery

1. What are the six steps of the initial meeting?
2. What would you do to ignite the spark of hope in a person who does not see any possibility?