

Co-creating spaces of belonging, connection and hope on campus through investments in peer support



Canadian Mental
Health Association
Mental health for all



Canadian Mental
Health Association
Mental health for all

Welcome!

**What are
you hoping
to walk
away with
today?**

Learning Outcomes

- Recognize harm reduction and sobriety communities are not in opposition to each other
- Discuss how healing happens in community and the power of connection in supporting well-being
- Develop ideas to empower students with lived experience in the creation of self-sustaining communities of support

campus
peer
support



Canadian Mental
Health Association
Mental health for all

Breakout Rooms





**UBC SRC
Peer Leaders**

MUTUALITY

Maintain mutually agreed upon limits and boundaries in the peer support relationship.

DIGNITY

Respect external limits and boundaries within the context of their role as a peer supporter.

SELF DETERMINATION

Recognize that the goals, values and beliefs of their peers may not be the same as their own.

PERSONAL INTEGRITY

Recognize the importance of an individual approach to recovery.

Peer Support VALUES

TRUST

Are collaborative in building equal, open and trusting relationships with peers.

HEALTH, WELL-BEING AND RECOVERY

Practice self-care, monitor their own wellbeing and are aware of their own needs, as well as promote self-care for their peers.

SOCIAL INCLUSION

Share their lived experiences in a manner that demonstrates compassionate understanding and inspires hope for recovery.

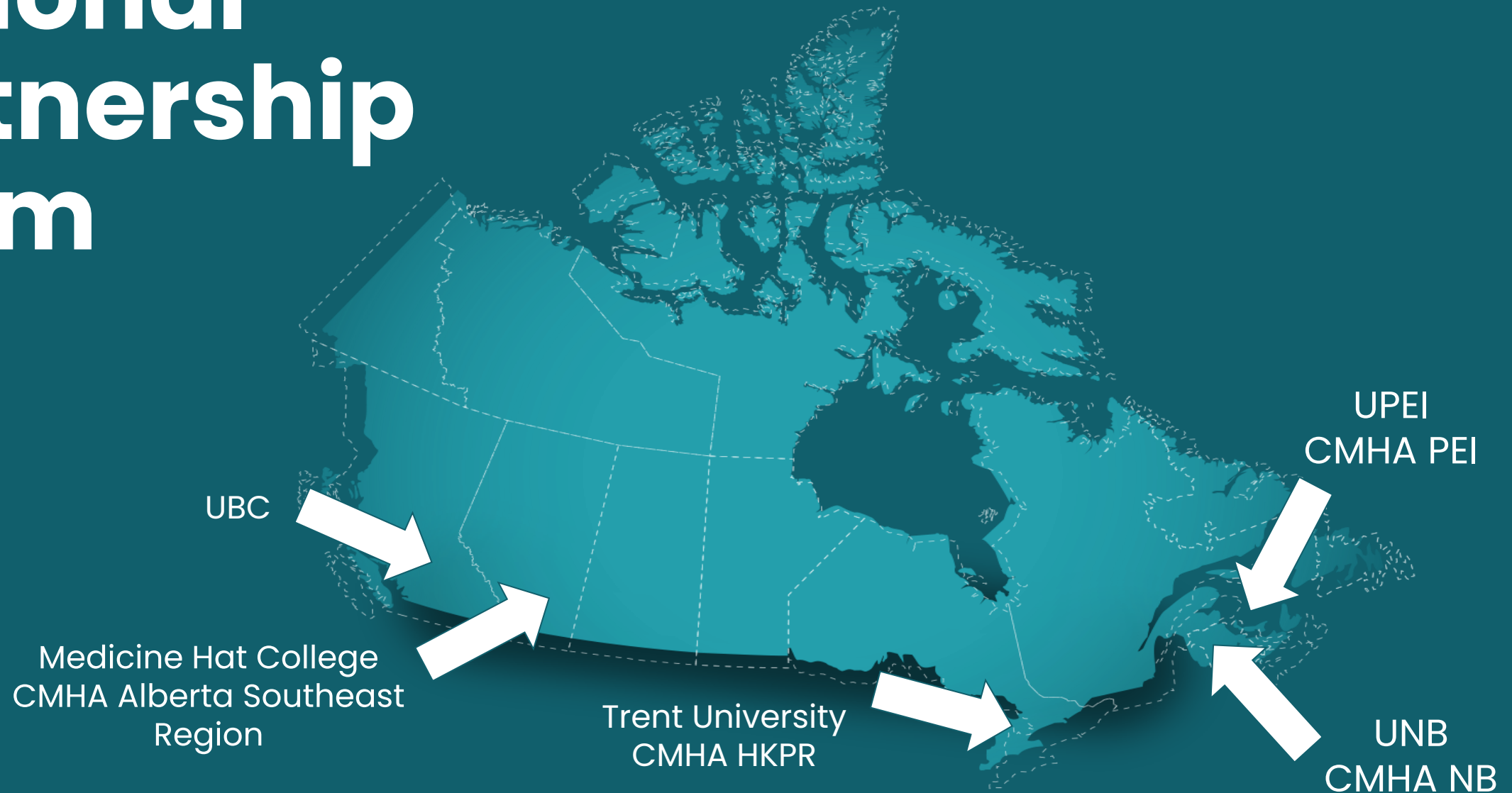
LIFE-LONG LEARNING

Aspire to be current within their field of practice by remaining up-to-date regarding available resources, especially those that are locally available, and by engaging in continuous learning.

Part 1

National Pilot Project Overview

National Partnership Team



Project Design

PHASE 1

September 2021 to August 2022

Key deliverables: Design and develop training curriculum and certification processes. Selection and training of trainers for pilot sites.

1

PHASE 2

September 2022 to August 2023

Key deliverables: Pilot training and certification of peer supporters across 5 post-secondary sites.

2

Scaling and replication through our CMHA federation.

Beyond 2024

**LOOKING TO THE
FUTURE**

3

Key deliverables: Developmental evaluation and knowledge translation.

September 2023 to March 2024

PHASE 3



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Guidelines for the Practice and Training of Peer Support



Figure 1: Spectrum of Types of Peer Support



These guidelines are focused on this segment that provides a more formal and intentional style of peer support

Training Curriculum

By the end of this training program, students will be able to:

- Explain their role and responsibilities as a peer supporter
- Build connection with peers
- Prioritize their own well-being while supporting others
- Demonstrate effective communication strategies
- Support peers who may be struggling with additional resources as required

Content

Modules

01 Peer Support Overview

- Principles of peer support
 - Role & responsibilities of peer support
-

02 Connection & Belonging

- Personal experiences & biases
 - Trust building
 - Welcoming spaces
-

03 Self-care Strategies

- Wellbeing tips
- Resilience strategies
- Substance use health

04 Communication Skills

- Listening to understand
 - Questioning techniques
 - Sharing of experiences
 - Using inclusive language
-

05 Additional Support

- Crisis situations
- Local resources
- Principles of self-determination



Canadian Mental
Health Association
Mental health for all

Poll #1



Part 2

Local Implementation



Esme Stumborg



Jennifer Doyle





COAST SALISH TERRITORY

SRC Timeline

2018
Research

- Student Interviews
- Student Surveys

2019
SRC
Established

- Sara Fudjack, SRC founder
- Research at UBC

2021
Dedicated
Student Space

- In-person programming
- Increasing capacity

2021
CMHA
Partnership

- Development of a certified peer-training program
- Hiring 5 student leaders



Canadian Mental
Health Association
Mental health for all

Poll #2





Canadian Mental
Health Association
Mental health for all

Poll #3



How big is the gap?



Number of UBC-O students who meet medical criteria for SUIs in any given year.

(Akens et al., 2019)



Number of UBC-O students living in recovery from an SUI in any given year.

(Baker, 2019)



Number of UBC-V students who identified “currently in recovery” from addictions

(Fudjack et al., 2019)



Number of UBC-V students who identified as “currently struggling” with an SUI and/or a process addiction

(Fudjack et al., 2019)



Canadian Mental
Health Association
Mental health for all

Poll #4



Bigger than you think!



2,452

Number of UBC-O students who meet medical criteria for SUIs in any given year.

(Akens et al., 2019)



1,070

Number of UBC-O students living in recovery from an SUI in any given year.

(Baker, 2019)



7,200

Number of UBC-V students who identified “currently in recovery” from addictions

(Fudjack et al., 2019)



7,800

Number of UBC-V students who identified as “currently struggling” with an SUI and/or a process addiction

(Fudjack et al., 2019)

What does stigma have to do with it?

50%

Close to 50% of Canadians in recovery reported that stigma and discrimination prevented them from reaching out for help. (CSSA, 2014).

100%

100% of UBC students in recovery interviewed by SRC staff reported experiencing stigma/discrimination at UBC based on their recovery identity (Fudjack., 2018).

?

What % of people who need help seek it?

What does stigma have to do with it?

50%

Close to 50% of Canadians in recovery reported that stigma and discrimination prevented them from reaching out for help. (CSSA, 2014).

100%

100% of UBC students in recovery interviewed by SRC staff reported experiencing stigma/discrimination at UBC based on their recovery identity (Fudjack., 2018).

10%

Only 10% of people who need help seek it, in large part due to stigma (Kelly et al., 2016).

PUSH

FLYING UNDER THE RADAR

Many people tasked with caring for and working with youth are unaware of the signs of substance use issues.

"IT'S NOT BAD ENOUGH...YET"

Because substance use issues are so often progressive, young people can feel like their problems aren't "bad enough" to receive help.

NOT REPRESENTED

Many traditional recovery spaces don't appeal to young people... not to mention students.

What does it mean to be a
STUDENT
in
RECOVERY?

PULL

RECOVERY IS COUNTER CULTURAL!

Finding community that reflects my values and actively addresses the cis-heteropatriarchal culture that our struggles exist within.

CAMPUSES AS RECOVERY HOSTILE PLACES

Students live a unique lifestyle. When else do you live/work/study/eat/socialize/exercise/party and train all in the same place?

BUILDING TRUST AND SELF ESTEEM

Being depended upon and trusted by a community helps build resiliency and self-worth.

Why Peer Support?

Stigma

Discrimination

**Not represented in
traditional
recovery spaces**

Self-Doubt

**Lack of Awareness/
understanding of
the problem**



Isolation

Loneliness



Connection

Community

Empowerment

Student Lounge

1:1 Recovery Peer Support

Trauma-Informed Movement Classes

Recovery Ally Training



Monthly Community Gatherings

Coffee Bike

Drop-in Hours

Much, much more!

What We Offer



"I used to never spend more than the meeting time in the lounge but now I stop by every day because I just want to see someone"

- UBC Student in Recovery



“One of the things that resonated with me most from the peer-support training was the quote from Brene Brown, “Rarely can a response make something better, what makes something better is connection.”

This has been true in my own experience of recovery and it’s something I think about every time a student reaches out to me for support. Rather than try to solve someone’s problem or make them feel better, I’ll say ‘that’s really tough. I’m sorry you went / are going through that.’ If I’ve been there myself, I’ll share that with them.”

**UBC Peer
Supporter
- Sophia Guan**



What has being a Peer Leader done for your recovery?

What's Next?



Canadian Mental
Health Association
Mental health for all



campus
peer
support



Canadian Mental
Health Association
Mental health for all

Breakout Rooms





Canadian Mental
Health Association
Mental health for all

Questions





Canadian Mental
Health Association
Mental health for all

Final Poll



Contact Us

Esme Stumborg

esme.stumborg@ubc.ca

Jennifer Doyle

Jennifer.doyle@ubc.ca

Bonnie Lipton-Bos

bliptonbos@cmha.ca