

Walking With, Not Above

Our Space Inc.





Our Space

Our mission is to empower individuals living with mental illness and substance abuse issues to achieve their full potential by providing recovery-oriented, person-centered services and programs, in a safe and accepting environment.



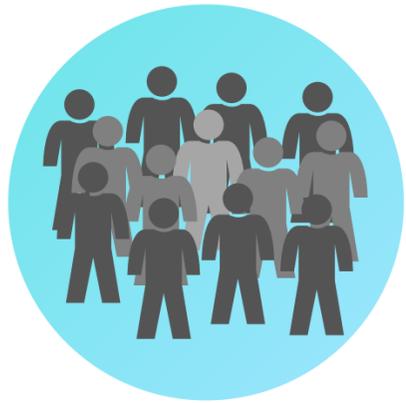
Peer Support

Peer support services are delivered by individuals who have common life experiences with the people they are serving. People with mental and/or substance abuse disorders have a unique capacity to help each other based on a shared affiliation, and a deep understanding of this experience.

In self-help and mutual support, certified peer support specialists offer encouragement, strength, and hope to their peers, which allows for personal growth, wellness promotion, and recovery.

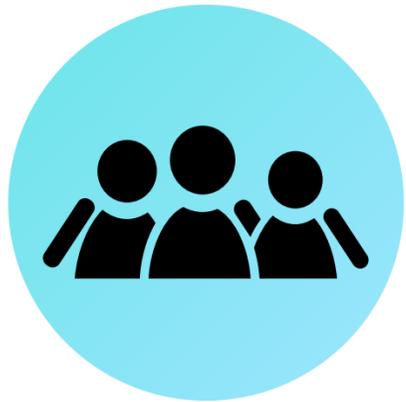


Change Project



Aim: To bring more attention to, and investment into, Peer Support Services in Mental Health.

Audience: Behavioral Health Departments and services throughout Wisconsin to educate them on Peer Support Benefits in the field.



Change Team: Our Space & Certified Peer Support Specialists



Data Collection: Existing Data from Scholarly Articles & Our Space Member Testimonials



Studies Found



- **Reduced hospital admission rates and longer community tenure**

(Chinman, Weingarten, Stayner, & Davidson, 2001; Davidson, et al., 2012; Forchuk, Martin, Chan, & Jenson, 2005; Min, Whitecraft, Rothbard, Salzer, 2007)

- **Decreased substance use and depression**

(Davidson, et al., 2012)

- **Increased sense of control and ability to bring about changes in their lives**

(Davidson, et al., 2012)

- **Increased sense of hope and inspiration**

(Davidson, et al., 2006; Ratzlaff, McDiarmid, Marty, & Rapp, 2006)

- **Increased sense that treatment is responsive and inclusive of needs**

(Davidson, et al., 2012)

- **Increased empathy and acceptance (camaraderie)**

(Coatsworth-Puspokey, Forchuk, & Ward-Griffin, 2006; Davidson, et al., 1999)

- **Increased self-esteem and confidence**

(Davidson, et al., 1999; Salzer, 2002)





Zach & Robbie

“Peer support teaches me how to be independent and feel like a man. It’s teaching me how to handle day-to-day life.” - Zach

“I enjoy working with peer support because it’s helping me in my recovery and becoming a better person.” -Zach

Peer Support at Our Space



Alicia & Jenn

“Peer support has taught me healthy coping skills to manage my mental illness symptoms like deep breathing and relaxation meditations” - Alicia

“Peer Support has helped me because it feels like talking with a friend with really good resources. -Alicia

Our Space Plan



Reaching Our Goal

Inspire

Health Education England has identified developing and supporting peer workers as an important part of the future mental health workforce strategy, **and an area where more attention and investment is needed.**

Educate

Educate those in the behavioral health field on the benefits of Peer Support Services & inspire more investment in Peer Support Services in mental health

Marketing

Bring Awareness to the benefits and success stories of Peer Support Services in mental health and inspire those to learn more about the service and possibly utilize it.



Thank you!

Feel free to reach out to us if you have any questions.
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Works Cited

Chinman, M. J., Weingarten, R., Stayner, D., & Davidson, L. (2001). Chronicity reconsidered: improving person-environment fit through a consumer-run service. *Community mental health journal*, 37(3), 215-229.

Coatsworth-Puspoky, R., Forchuk, C., & Ward-Griffin, C. (2006). Peer support relationships: an unexplored interpersonal process in mental health. *Journal of psychiatric and mental health nursing*, 13(5), 490-497.

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