



# Peer Support

Phil Hershon  
Felton Institute | Peer Support Specialist | PREP Division  
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PEER SUPPORT

# Origins



PEER SUPPORT

# Relationships

# PEER SUPPORT

*"Trauma-Informed peer support is distinguished from some other kinds of peer support models, in that it starts with the fundamental question, "What happened to you?" Rather than the traditional question, "What's wrong with you?"*

Intentional Peer Support by Sherry Mead



# PEER SUPPORT

*"Peer support relationships are mutual and reciprocal. This can be very healing for people who have been in the patient or client role for a long time. Socialization into me-ness, self preoccupation and being a consumer means that many people are denied the opportunity to discover they have something to offer to other people. It is healing to learn that one needs and is needed, cares and is cared for, and can receive as well as give."*

From Pat Deegan website archives



Moving away from...

# Isolation

Moving towards...

# Connection

Moving towards...

# Socialization



Moving towards...

*"Connection- I define connection as the energy between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they can give and receive without judgement; and when they derive sustenance and strength from the relationship."*

The Gifts Of Imperfection Brene' Brown Hazelden



Moving towards...

*"Connection is the core of peer support. It is the magical moment when we realize that someone else "gets it."*

Moving towards...

Structure  
Support  
Hope  
Recovery



# For more information:

[phershon@felton.org](mailto:phershon@felton.org)

[prepwellness.org](http://prepwellness.org)

[felton.org](http://felton.org)

