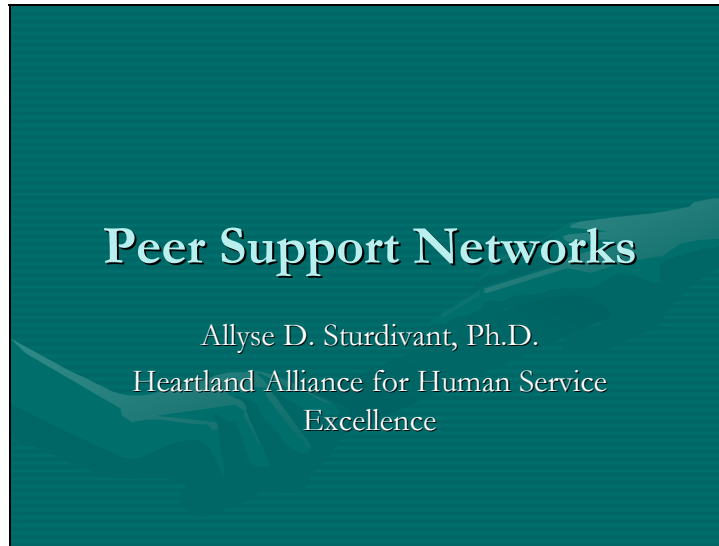


Slide 1



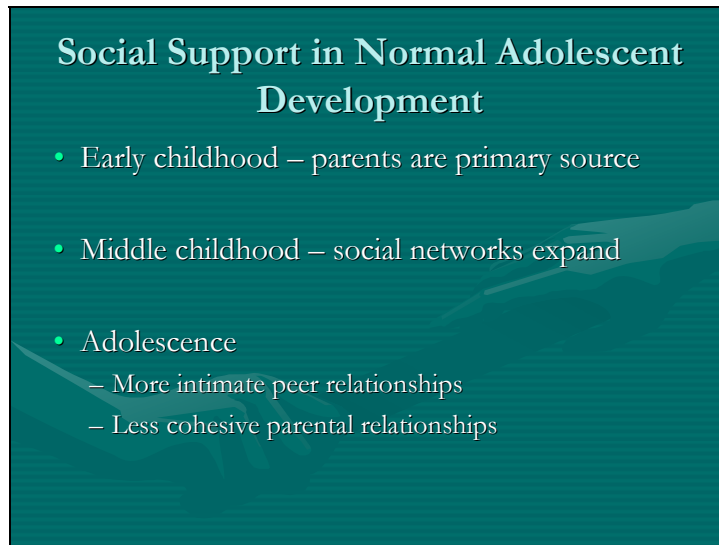
How can agencies/programs develop more peer support networks for adolescents and families?

With time and budgetary constraints, how can providers empower families to develop their own peer support networks?

This can assist with sustainability for families.

Objectives

- To explore the benefits of peer support networks.
- To work through examples of helping consumers develop a peer network



Social Support in Normal Adolescent Development

- Early childhood – parents are primary source
- Middle childhood – social networks expand
- Adolescence
 - More intimate peer relationships
 - Less cohesive parental relationships

Environment plays a significant role in the recovery process

Parents and peers make up an adolescent's environment

Early childhood parents provide of nurturance, support, and growth

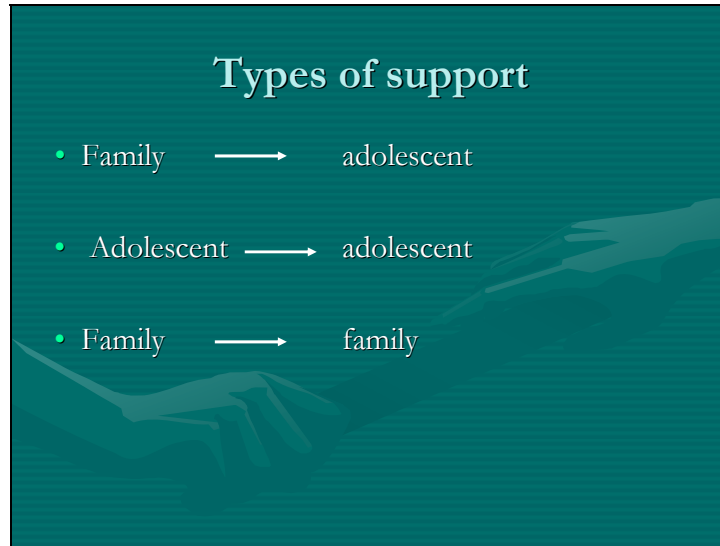
Middle childhood the networks expand as kids spend more time outside of the home/family

They begin to develop peer groups and start spending more unsupervised time with peers

During middle childhood there is instrumental and self esteem support from peers, but it isn't until adolescence that these relationships become intimate

There is a shift toward peer relationships, but this shift is not absolute and so support from both parents and peers can be key to initiating and maintaining recovery

Slide 4

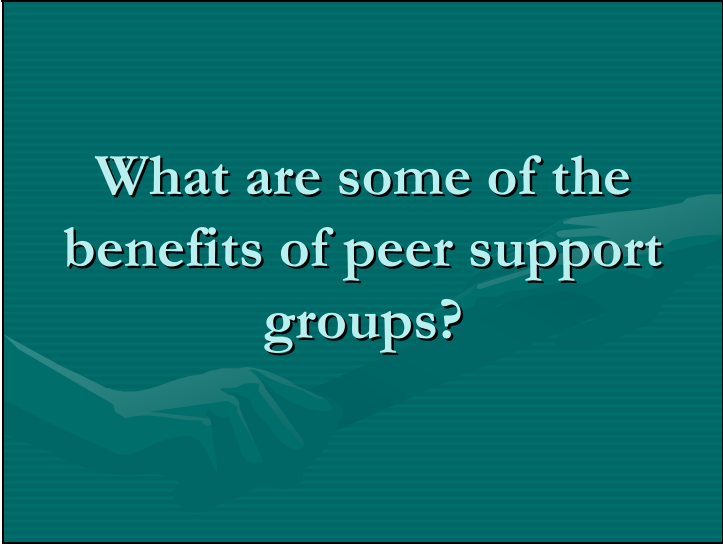


The role of the provider can be to nurture these types of support

Focus on creating safe and effective recovery environment

Keep in mind that “family” is not always biological

Who can be supportive to the adolescent if the members of the household are not?



What are some of the
benefits of peer support
groups?

Shifts the focus of recovery from treatment specific

Reduces feelings of isolation

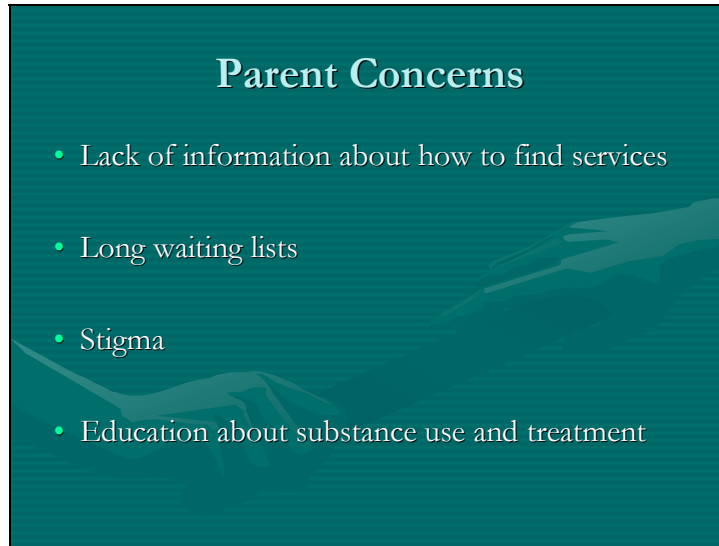
Opportunity for modeling and practicing skills

Provides a sense of community

Lack of judgment

Understanding from someone who shares a similar experience

Slide 6



Information from the listening sessions indicated that finding resources and treatment was one of the most challenging parts of the treatment process.

How can we increase access to information?

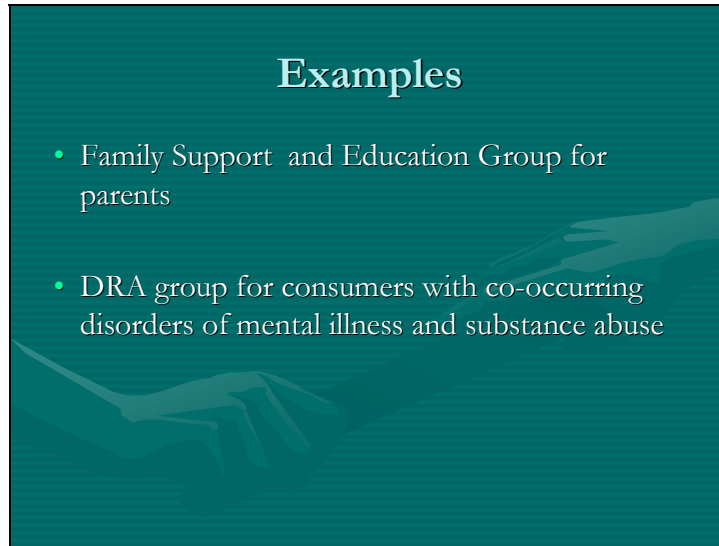
How can we reduce waiting lists so that families are able to get services when they are ready to engage?

Adolescent Concerns

- Isolation
- Embarrassment
- Practicing recovery skills
- Developing healthy peer networks

Developing Peer Support Networks

- Identify target group
- Group logistics
- Publicity/marketing
- Leadership/facilitation



Family Support and Education Group

Challenges included getting family members to come to the group

Targeted other community partners to publicize event and learned that personal invitations from providers proved more effective

Lessons learned: it can be more effective to take a grass roots personalized approach

Don't be afraid to make phone calls, knock on doors, or do some outreach to engage families

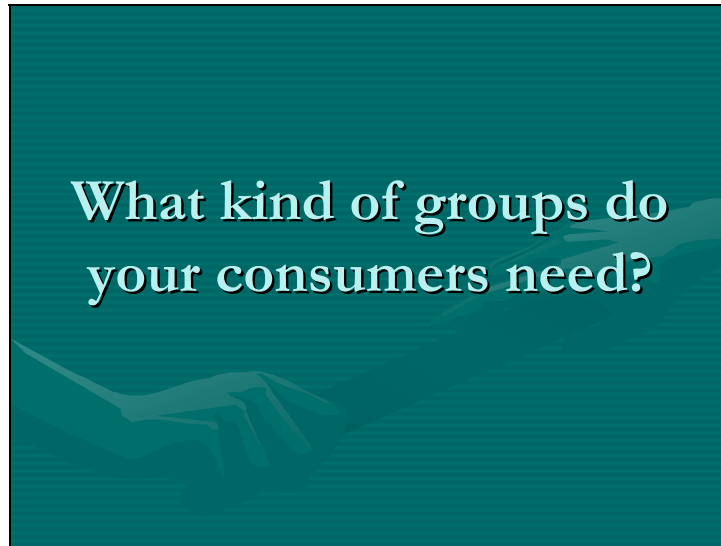
Use multiple resources to create a team approach: teachers, probation officers, peers, spiritual leaders, community organizations

DRA group

There was recognition that there was a gap in services and a need to address co-occurring disorders with consumers in one particular community

A coalition of providers facilitated the development and maintenance of the group

Lessons learned: working with a team maximizes resources and outcomes in a way that effectively meets the needs of consumers



Ala-teen

Boys & Girls club/YMCA

4H

FFA

Ala-Non

Families Anonymous

School groups

CODA

Nar-Anon

Gang outreach

Have staff member who plans activities or committee

Dance clubs without substances/music based

Help identify jobs and potential careers (application, resume assistance)

Families with culture specific groups

Hotline

Family mentoring/advocacy

Internet resource: family alumni, egroup

CAMA/CAMA-Teen group

Town hall meetings

Book clubs

Cooking class