

# Peer Support Program.

1. Treatment based on Recovery - because a lot of but not all mental issues are alcohol or drug related. And before prison were potentially self-medicated.
2. Inmate Facilitated - us as Peer Support Specialists are well trained to use our own past experiences to not only show our participants that are not alone in their struggle to deal with their issues.
3. The Participants are alot more comfortable talking to somebody that is more like them. You know the been there, done that sort of thing.
4. Goals - As Peer Support Specialists along with our participants set goals for themselves these are not only things that they can work on. It gives us as P.S.S. a starting tool to use to help them get to achieving those goals.
5. Progress - I personally not only do I turn in my progress reports to the treatment dept. I keep a journal of my participants. And at the end of every month we discuss if they've achieved or in some cases surpassed the goals. I use this to also show my participants their progress. Also shows them that I invested myself in to helping them in their recovery process.
6. Myself - I love the feeling of knowing that when of mine achieved one of his goals, I assisted in them achieving that goal.
7. Walk-A-Mile - the system just had a trauma training. that was designed to teach us as residents working in these programs to spot trauma situations. As a Peer Support Specialist it is a little easier to help a resident get through these situations, having already gone through them.

Thomas  
Mason

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