Tips and Training from the Dr. Peter Centre Peer Collaborators

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Agenda

1. About the Dr. Peter Centre
2. Supervised Injection Services Knowledge Translation Project
3. Peer Developed Training Content
   - Considerations for Peer Workers
   - What Peers are Looking for in an SIS
4. Reflections on the Process and Collaboration

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Public Health Agency of Canada Contribution Agreement

- **Title:** Building capacity of community-based organizations across Canada to provide supervised injection services for people who use drugs

- **To reach:** Community-based organizations

- **Activities:**
  - Provide capacity and skills building to front-line organizations that will be providing supervised injection services.
  - Over five years, we are working with 12 organizations to provide customized training on SIS.

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Customized Training Modules

For the modules, we collaborated with:

- Dr. Peter Centre Peer Collaborators
- A Curriculum Designer
- Dr. Peter Centre Day Health Clinical Team
- Dr. Peter Centre Evaluation & Knowledge Translation Team

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What do Peers Bring to the Table?

- Lived experience
- Disrupting power dynamics
- Seeing ‘the whole picture’
- Positive Role Modelling
- Awareness of drug reactions and stages of use and recovery

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Considerations for Peer Workers

- Disclosure
- Lived vs Living experience
- The “New Me”
- Blurring lines between service users & providers
- The “Perfect Peer” Phenomenom

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Role Conflict

- Switching hats between service user and staff member
- Boundaries with other service users
  - Pressure to “go the extra mile”
- The role of confidence in boundary setting

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Activity: Confidence Building for Boundaries

	Fill in your own	Examples
One thing I feel confident about is...		• My ability to make decisions quickly • The strength of my intuition and how good I am at reading people
One thing I like about myself is...		• The unique perspective my life's challenges has given me • My inner calm I can share with others who are distressed
One skill I offer in my work is...		• Strong empathy • Street knowledge and access to community networks • Knowing how to react when people direct anger at me
One reason I am good for this role is...		• I am patient and forgiving • I'm happy to meet people where they are instead of asking them to change
One thing I'd like to work on is...		• Giving space for people to feel difficult emotions rather than trying to make them feel better

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Self-Care and Addressing Triggers

- The need to address triggers, including:
  - From service users, staff, or observing other staff
  - Anger
  - Power differentials
- Strategies:
  - Staff support
  - Debriefing one on one
  - Peer-only debriefing circles
  - Peer mentors

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Activity: Self-Care Strategies

Each participant shares what self-care strategies they will employ when triggered at work, or how they would appreciate other staff reacting. For example:

- "I will go for a walk around the block"
- "I will take a break to phone a friend"
- "If I leave the room visibly upset, I would appreciate someone following to check-in with me"
- "If I leave the room visibly upset, I would appreciate space to de-stress on my own"
- "Please give me a moment of space if you see me at my desk with my eyes closed, I am just doing a breathing exercise"
- "I'd appreciate if people brought up issues with my privately instead of in front of clients"

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What are people looking for in an SCS?

- Respect
- To Be Met Where They Are At
- A Happy & Non-judgemental Atmosphere
- Consistency & Transparency

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Reflections from the Peer Collaborators

"My last year as a Peer Collaborator has re-enforced the idea of approaching people where they're at: not where they're from, not how they came to be."

- Sean Grieve

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Reflections from the Peer Collaborators

"The reason I applied to work at the Dr. Peter Centre as a Peer Collaborator was to get a better understanding of why IV drug users need supervised consumption services (SCS). In the past year, I have worked with two other Peers, who have given me a very good education about what an SCS is and who uses them. Today I show more respect towards those who use hard drugs on a daily basis."

- Bernard Andreason

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Reflections on the Process

- Listening and Hearing
- Peer-developed content has a fit for all staff
- The Use of Language
  - Word Choice: “Happy” vs “Comfortable”

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Thank you

Dr. Peter Centre Peer Collaborators: Bernard Andreason, April Vallee & Sean Grieve

Dr. Peter Centre Day Health Clinical Team

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Questions