

What's this project about?

Peer Support refers to the help and support that people with lived experiences are able to give to one another. Peer support can take an emotional, social, or practical form and is meant to provide support and mentoring without directing an individuals' recovery journey. Peer supporters are not case managers, clinicians or therapists.

The AMH SCN™ supported the Canadian Mental Health Association (CMHA) Calgary branch in the original provincial consultation to gather information on current peer support practices and the potential for expansion in the future.

Where are we now?

As part of our *Helping Kids and Youth in Times of Emotional Crisis* project, the AMH SCN™ partnered with Dr. Gina Dimitropoulos at the University of Calgary and the CMHA-Calgary to submit a grant to trial the use of Peer Supporters at the Alberta Children's Hospital Emergency Department. As part of this grant, Dr. Dimitropoulos will be studying the usefulness of integrating Peer Supporters in the Emergency Department for youth and families who arrive with addiction and/or mental health related concerns. Peers who are connected with CMHA-Calgary's Peer Support School will be recruited for this study.

CMHA-Calgary has also received funding to support the launch of the **Recovery College**, using peer support as a foundation. The Recovery College provides the opportunity for people to take more than 58 courses to help develop their own resourcefulness and awareness to support themselves or their loved one's recovery journey. For more information on the Recovery College or to sign up for courses please visit: <http://www.recoverycollegecalgary.ca/>

For more information, please contact the Addiction and Mental Health SCN: addictionmentalhealth.scn@ahs.ca

