

Peer Support Strategies in the Justice System

Facilitator: Ret. Judge Kate Hayes

Panelists:

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Peer support-- Definition

- Nonclinical assistance provided by individuals with lived experience of similar conditions
- Other professional titles that may be used to describe individuals who offer peer support services include: peer support specialists, recovery coaches, peer workers, and peer advocates
- 12-Step programs of all kinds have long successfully used peer-based approaches--peers in 12-steps are known as sponsors, and in fact, the 12-step approach is arguably the original peer-run recovery approach

Why peer support?

- Peer support is grounded in the principle that individuals who have shared, similar experiences can help themselves and each other. Peer support is empowering to the individual.
- Peer support services leverage resources that already exist in the community, including many people with lived experience who seek opportunities to serve their communities.
- Peer support services are flexible and tailored to the individual.
- Peer support services may be offered at any time: before an individual enters treatment, as an adjunct to treatment, or after treatment.
- Individuals who choose not to participate in treatment may also engage with a peer support worker.