Welcome to Webinar 46: Supporting Peers through a Pandemic: How Technology Can Make Peer Support Accessible Right From Home

Please introduce yourselves in the chat:

- Name
- Where are you located?
- What do you hope to get out of the webinar today?
- Please MUTE and TURN OFF VIDEO

The webinar will begin at 10am Pacific, 11am Mountain, noon Central, 1:00pm Eastern
About iNAPS

National Association of Peer Supporters

- Membership association for the peer support profession
- Members include peer specialists, supervisors, and allies
- Our mission is to grow the peer support profession by promoting the inclusion of peer specialists throughout healthcare and other community systems
These webinars are recorded and available on the iNAPS website for future viewing. As a participant in the webinar, your name, if you choose to provide it in the chat function, may be included in the recording.
Please mute your device and No video cameras, please...

Participant video cameras and background noise may interfere with the presentation.

If your video and/or sound is on, please click the video camera/microphone in your toolbar to turn it off.
Accessing the Chat Feature:

Your audio will be muted throughout the webinar

- Submit questions and comments during the webinar using the Chat Feature at the bottom of your screen. You can select “everyone”, or an individual. Chats are recorded.
Opinions expressed in this webinar series are those of the presenters and do not necessarily reflect those of iNAPS.

Thank you for your participation!
Webinar #46
Supporting Peers through a Pandemic: How Technology Can Make Peer Support Accessible Right From Home

Presented by
Amanda Stoddard and Bill Brown
Supporting Peers through a Pandemic: How Technology Can Make Peer Support Accessible Right From Home

Presented by: Bill Brown and Amanda Stoddard from the Recovery Center of Hamilton County
Meet Your Presenters

Amanda Stoddard, CPRS, BA
Director of Communications at Recovery Center of Hamilton County

Bill Brown, CPRS
Program Manager at Recovery Center of Hamilton County
Today's Takeaways

Who the Recovery Center of Hamilton County Is.

Different Online Platforms You Can Utilize for Peer Support and why each of them work.

The Impact Peer Support Can Have on the Community
LEARN MORE ABOUT RCHC
How peer support has directly impacted both Bill and Amanda throughout their mental health recovery journey.

Bill's Story

Hear how Peer Support has impacted Bill's life.
Hear how Peer Support has impacted Amanda's life.
Benefits of Peer Support

- Increased Self-Esteem & Confidence
- Increased sense of control and ability to make changes in their lives.
- Raised Empowerment Scores
Benefits of Peer Support

- Increased sense of hope and inspiration.
- Increased empathy and acceptance (camaraderie).
- Increased social support and social functioning.
Benefits of Peer Support

- Decreased psychotic symptoms and depression
- Reduced hospital admission rates and longer community tenure.
- Decreased substance use
Benefits of Online Peer Support

Provide Connection for those who are home-bound.

Support when and where you need it.

Routine when struggling through the pandemic.
Question Time: How Have You Utilized Social Media in your field during COVID-19?

*Please use the chatbox to answer*
Why is offering peer-support online important during COVID–19?
THE IMPACT OF COVID-19 ON MENTAL HEALTH CAN BE VERY OVERWHELMING.

COVID-19 impact can include:

- increased depression, anxiety, fear, and trauma-triggers.
- Some individuals could be home-bound with their abusers.
- Some individuals are at higher risk and quarantined in assisted living.
Positive Impacts include:

- decreased depression, anxiety, fear, and trauma-triggers.
- feeling less alone with the ability to connect to others who feel the same way as them.
- a way to get a little extra help for those who can't connect to resources because of COVID-19 and its impact on clinical services.

PEER SUPPORT CAN HELP INDIVIDUALS COPE THROUGH MUTUAL UNDERSTANDING!
How do we get people involved and interactive with technology?

Because let's face it, not everyone will want to get involved - technology can be overwhelming.
Ways to encourage peers to connect to online services

01 Meet people where they are!

02 Walk them through it, show them it's not so scary - teach them how!

03 Show them examples.

04 Give them various platforms to work with.

05 Provide them with ways to get connected without a smart phone or a computer.

06 Do general outreach phone calls!
How RCHC is offering Peer Support Online

01 Morning Check-In on Facebook Live
02 Facebook Live Classes
03 YouTube Live Classes
04 Zoom Classes (which can also be utilized through telephone)
05 Daily Peer Support Check-In and discussion
06 Member outreach via Phone and Email
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<td>11:45</td>
<td>Weight Loss &amp; Management Support Group Maria/Zoom</td>
<td>Stay Connected to Yourself! David/Facebook Live</td>
<td>Boost Your Recovery! Clayton/Facebook Live</td>
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<td>Nutrition &amp; Healthy Cooking Class Maria/Facebook Live</td>
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<td>1:30</td>
<td>Attitudes of Gratitude Brian/Facebook Live</td>
<td>Creative Writing Brian/Zoom</td>
<td>Healing Through Arts Mary/Facebook Live</td>
<td>Bipolar &amp; Depression Support Group David/Zoom</td>
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www.recoverycenterhc.org  
Promoting Wellness. Inspiring Hope. Changing Lives  
Facebook: @RecoveryCenterCincy
Recovery Center of Hamilton County Offers Free Virtual Meetings (WKRC)

Recovery Center of Hamilton County
@RecoveryCenterCincy

Home
About
Posts
Photos
Reviews
Videos
Community
Groups
Events

Watch together with friends or with a group

Start

Like
Comment
Share

62 Comments 79 Views

CORONAVIRUS PANDEMIC

COPING WHILE AT HOME

RECOVERY CENTER OF HAMILTON COUNTY OFFERS VIRTUAL RESOURCES
Why So Many Different Platforms?
SIMPLE!

More ways to connect

Different avenues for those who struggle with technology

More traffic to your organization from various mediums.
What are the benefits of Facebook?

- Users can connect in a chat-room like function with their personal pages.
- Start watch parties with other peers.
- The video is accessible on Facebook until deleted.
- Each staff can have their own business page to share their own class content and connect with peers in their own way.
- Facebook groups can be utilized for peers to connect to one another.
What are the benefits of YouTube?

- YouTube is accessible by anyone, you don't need to have an account to watch these live videos.
- You can also interact in a chat room like function when you sign-up.
- You can premiere videos previously recorded as if they are live.
- Content lives on the platform and is easily accessible after posting.
What are the benefits of Zoom?

- More privacy and interaction between peers, including the ability to do one-offs.
- Can call-in by telephone if internet is not accessible.
- You can screen share and play fun games such as jeopardy, or share class content.
- You can broadcast Zoom meeting to both Facebook and YouTube Live.
Both YouTube & Facebook can increase your social media reach and engagements.
What our members have to say!
"you've made such a difference to me"

"I don't know where I'd be right now if it wasn't for the reach out phone calls you've been doing"

"These daily check-ins make my whole day, it gives me something to look forward to"

"I am happy to find people who really relate to me about the world right now. I feel less alone."
CONTACT US

513-241-1411

info@recoverycenterhc.org

recoverycenterhc.org
Thank you!
Certificates are a Member Benefit

If you are a member of iNAPS, you can send an email requesting a quiz for webinar #46 to: membership@inaops.org

After you complete the quiz you will receive a certificate.
Allow 1-2 weeks for the certificate to be processed
Thank You

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