

**TRAINING PEERS TO  
ENGAGE PARTICIPANTS:  
A PEERS PERSPECTIVE**

**BY**

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# WHAT IS ALLIES

- Forensic Certified Peer Specialist Services
- Staff are Certified Peer Supports who:
  - Are in Recovery
  - Have a criminal background
- The individuals who qualify for this service will have a
  - Present or history of mental illness.
  - Have a co-occurring substance use disorder and/or other conditions.
  - specialize in providing peer support to individuals who are or have been involved with the Criminal Justice system,

# WHAT HAPPENED

- Low service hours
- High no-show
- High cancelation

# AN OVERVIEW OF HOW WE TRAIN PEERS

- Presentations by highly educated professionals
- Send to institutes
- Shadowing

# THE ANSWER WAS RIGHT IN FRONT OF ME

- Listen to staff
  - Staff wanted to work nontraditional hours
  - Don't let what you Can't Do...
- High performer
  - Find someone who doesn't have cancelations
  - Find someone who likes to teach

# WHAT IS MOTIVATION?

- Textbook definitions:
- The reason or reasons one has for acting or behaving in a particular way.
- The general desire or willingness of someone to do something.

# HOW DO YOU MOTIVATE YOURSELF?

- Before we figure out how to motivate another, lets first examine how we motivate ourselves?

Ask yourself

How do I motivate myself?

Do I have difficulty completing tasks on time if at all?

Am I aware of when I need motivation?

# HOW TO MOTIVATE YOUR PEERS

- Most people are motivated by their individual needs.

Feeling unsafe can motivate someone to seek shelter

Finding out what someone needs can be a strong factor that causes someone to act.

If someone is homeless they are not going to care about meditation skills or mindfulness coloring as much as they are about finding food and stable housing

This is why strengths and needs assessments are important



# HOW TO CONNECT WITH YOUR PEERS

- Finding out what people enjoy doing
- Peers are not going want to work on goals all the time
- Sometimes its important to de-stress and enjoy activities such as going for a walk, color, listen to music
- Simply ask what people enjoy doing, what places they enjoy going to

# REFLECTIVE LISTENING

- Listening with understanding and empathy. (verbally, and non-verbally)
- Reflect back thoughts , feelings, and opinions without judgment, or changing the meaning of what is being said. Do not confuse with parroting what that person is saying
- Start with “you feel”, “you think”, “it sounds like your saying”

# VIDEOS RL

<https://youtu.be/95IANIIoeBk>

<https://youtu.be/HQWorEVFjUo>

<https://youtu.be/4VOubVB4CTU>

# MOTIVATIONAL INTERVIEWING

- **Motivational interviewing** is a technique that attempts to move an individual away from a state of indecision towards finding **motivation** to making positive decisions and accomplishing established goals.
- Basically this is a technique on how to talk about change.
- It is goal-oriented, and client-centered to achieve behavior change in ambivalent clients

# 4 STEPS TO MOTIVATIONAL INTERVIEWING

- Engaging
- Focusing
- Evoking
- Planning

# ENGAGING

Establishing a working relationship based on trust and respect.

Utilize reflective listening for maximum effectiveness. Encourage our peers to talk about their need for change and their own reasons for wanting to change

Can be a lot of socializing taking about things that are important to the peer and their wellness. Getting to know who they are, likes dislikes, triggers

# FOCUSING

The ongoing process of seeking and maintaining direction

Mutual agreement on treatment goals, tasks, and expectations will help peers reach those goals.

Often focusing on the positives can help people from trying to do everything at once. Affirmations, and coping skills are really important here.

# EVOKING

Eliciting the client's own motivations for change, while evoking hope and confidence.

This is where it is important to inspire hope, sharing your challenges to recovery and how you overcame them can be a big motivator and our unique tool as a CPS.

It helps to remind peers what's important to them in life, this step is often the biggest hump.



# PLANNING

Involves the client making a commitment to change, and together developing a specific plan of action.

A key factor with planning is make plans the person is going to commit to. It helps if what your planning is something that's very important to that person.

Things are rarely gonna go 100% but that's life, stick to the positives and keep moving forward try to have a back-up in case things don't go a certain way

# BEYOND THE 4 ACTION

- Getting out there and doing things.
- Working with people where there at with what their willing to do
- Starting small and building up
- Will also help peers build commitment and confidence

# LEARNING

- Planning falls apart
- Relapse
- Mistakes
- “Failures”
- All of these are a part of life and are pretty much unavoidable, but what is avoidable?
- Return to Planning with what in mind?



**THANK YOU!**

**ANY QUESTIONS?**