

Peer Support – Let´s do it well

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LEARNING OBJECTIVES

- How to integrate persons with lived experience into care.
- How to facilitate community peer support outside clinics.
- How to ensure adequate training of peer supporters and the rehabilitation team.

Endless of individuals with SCI have praised peer support as a critical and effective strategy when resuming their participation in society. Yet, peer support is often an ill-defined additive with a vague role in rehabilitation.

During the workshop you will get the chance to reflect upon how you can help move rehabilitation forward with the use of peer support.

Stimulating examples of organizations and individuals providing in-patient and community peer support will be presented together with research on what is required from peer supporters and also the staff members to help fulfill the needs of individuals with SCI. The success story of how high-quality peer support made its way into the care of persons with mental health problems and what the SCI community may learn will also be told.

The workshop strives to inspire rehab centers and provide insights on how to develop in-house peer support and to integrate and facilitate community peer support

The following structure of the workshop is:

Quality peer support in practice, *Sebastian Forsén*

How to organise peer support at a national level - challenges and solutions,

Helle Schmidt and Cathrine Guldborg

Is peer support effective?, *Anestis Divanoglou*

Connecting people - fora for peer support, *Erika Nilsson*

Peer mentors' characteristics and strategies to optimize peer support, *Shane Sweet*

Peer support in mental health – factors for success, *Sonny Wählstedt*

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