

# Disability in Practice Webinar Series

## Issue #2: Peer Support

October 25, 2011

This webinar series is sponsored by the Disability and Health Program, Division of Human Development and Disability, National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention, and hosted by the Association of University Centers on Disabilities as part of a Cooperative Agreement with the National Center on Birth Defects and Developmental Disabilities.

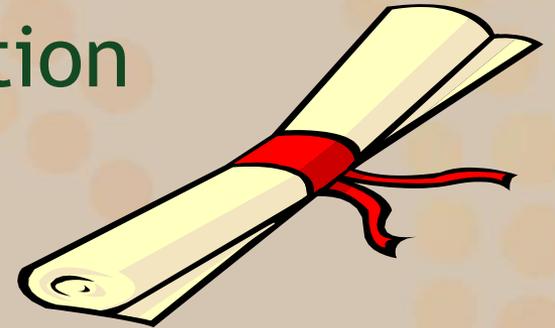


# amputee coalition

saving limbs. building lives.

# Peer Visitor Program

- *Peer visitor certification*
  - One day certification seminar
  - Annual online recertification
- *Trainer certification*
  - Three day certification seminar
  - Biannual online recertification



# The Matching Process

- Call our toll-free number or visit our website and complete a form to request a visit.
- Peer matches are made according to geographical location, gender, level of limb loss and etiology.
- Variety of peer visitors: civilian, military, veterans, parents and caregivers.

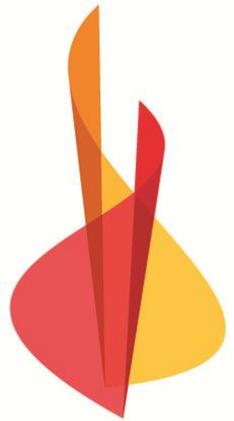
# V.A. and Military Peer Support Program

- Amputee Coalition has certified trainers in the major military hospitals and in all VISN's of the V.A.
- They certify individuals on a regular basis to provide peer support throughout the hospital systems.

# Amputee Coalition

## Paddy Rossbach Youth Camp

- Opportunity for children with limb loss or limb difference ages 10 - 17 to give and receive peer support
- Counselors are also amputees and serve as adult role models
- 100 children attended in 2011
- Group discussion sessions as well as fun camp activities



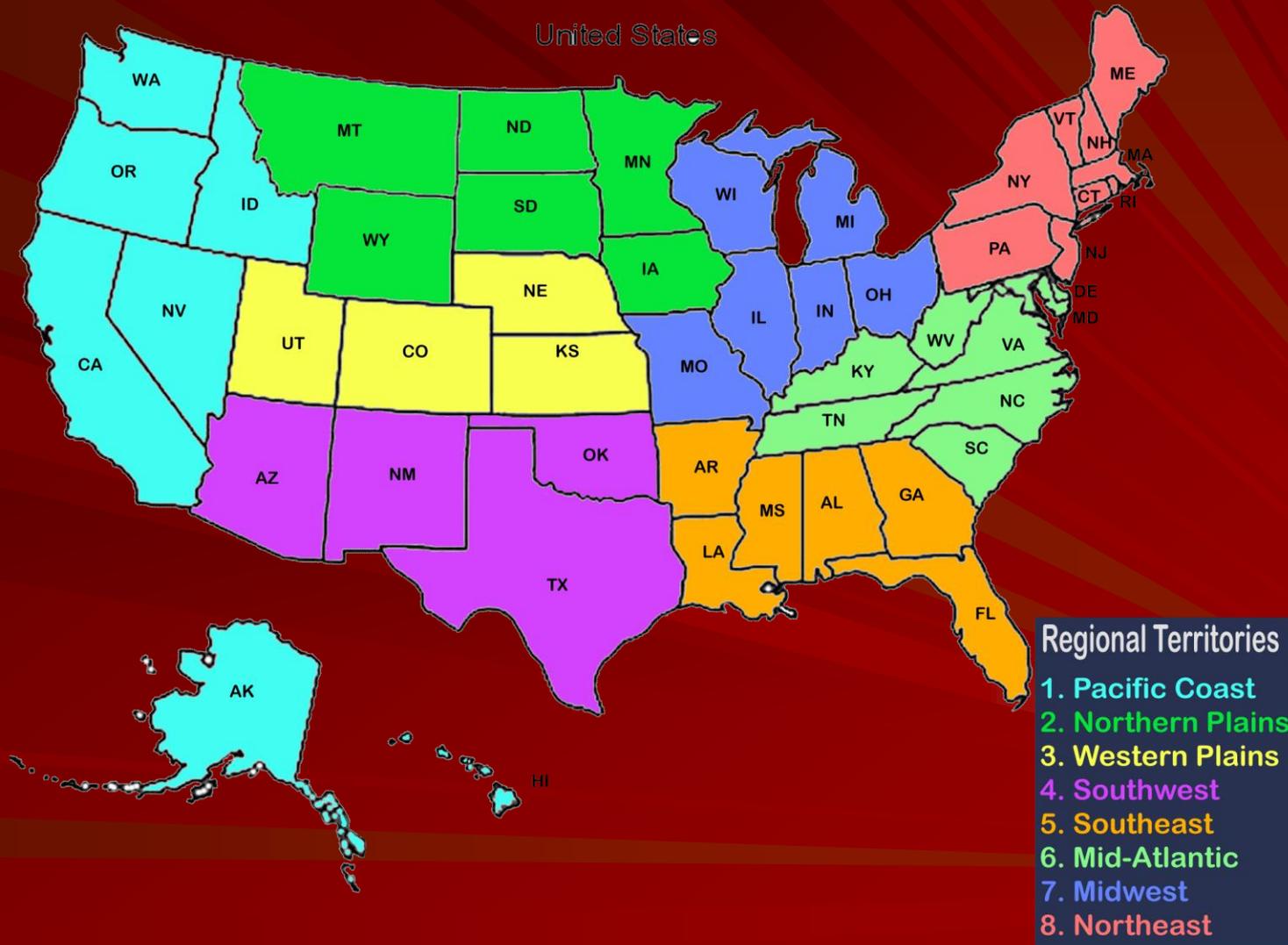
REEVE FOUNDATION

PEER & FAMILY  
SUPPORT PROGRAM

# Program Goals and Features

- Peer mentors are people who are paralyzed, family members, caregivers and health professionals.
- Our goal is to decrease social isolation and increase awareness of and access to information and resources for people who are paralyzed, family members and caregivers.
- Peer mentors operate in hospital and community settings.
- We're recruiting a diverse pool of mentors so that we can match clients with peer mentors with similar backgrounds and experiences.

# Regional Territories



# Training and Certification Program

- Application and background check
- Hybrid training program with on-line modules and on-site training.
- Periodic recertification
- Train-the-Trainer program with ACA



# On-Line Training

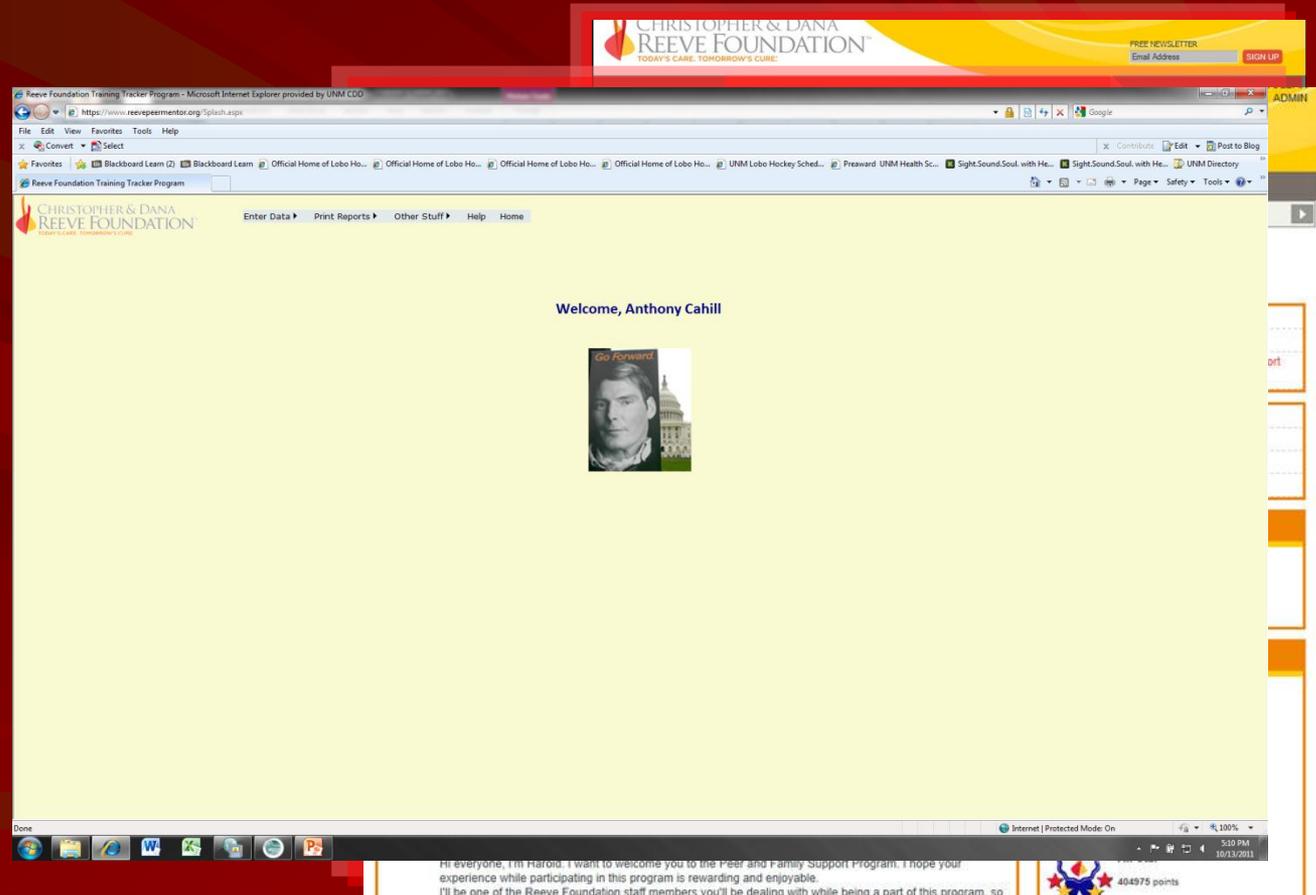
- **Overview of the PFSP Program**
- **About The Christopher and Dana Reeve Foundation**
- **About The Paralysis Resource Center**
- **Change and Re-discovery for People who are Paralyzed**
- **Being an Effective Peer Mentor**
- **Being an Ethical Peer Mentor**
- **Important Factors in Communication  
Multiculturalism and Diversity**
- **Rights and Benefits**

# Resources For Peer Mentors

PRC Website  
Resources

Secure On-Line  
Community

On-Line Access To  
Resources





# **Mentoring for the MVP (Military & Veterans Program)**



- **Currently designing on-line and on-site modules and resources for active-duty military and veterans who are paralyzed**
- **Collaborating with United States Special Operations Command Care Coalition**



## Peer Support Programs

Lisa L. Raman, R.N., MScANP, M.Ed  
Information & Referral Coordinator

October 25, 2011

# Facebook

facebook


Mark Bohay Home



- Wall
- Info
- Friend Activity
- Q&A
- Twitter
- YouTube
- Discussions
- Find your friends here
- Photo Contest
- MORE ▾

**About**

The mission of the Spina Bifida Association is to promote the prevention of...

More

10,103

like this

474

talking about this

Likes See All

 CDC

 National Walk-n-Roll for Spina Bifida

## Spina Bifida Association Like

Non-Profit Organization





**Wall** Spina Bifida Association · Everyone (Most Recent)

Share: Post Photo

Write something...



**Spina Bifida Association**

5 Reasons to Hire the Disabled <http://disability.about.com/od/DisabilitiesInTheWorkplace/tp/5-Reasons-To-Hire-The-Disabled.htm>

**5 Reasons to Hire the Disabled**

disability.about.com

There are many myths about hiring the disabled, which creates an atmosphere of uneasiness for employers. Learn about the 5 most common myths, and...

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**Spina Bifida Association**

MTV To Focus On Students With Disabilities <http://www.disabilitycoop.com/2011/10/18/mtv-students-disabilities/14263/>



**MTV To Focus On Students With Disabilities - Disability Scoop**

www.disabilitycoop.com

MTV is taking its cameras deep into the world of young adults who are deaf on a new reality series debuting on the network's college channel.

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16 people like this.

Write a comment...

**Birthdays** See All



**Pablo Manriquez**

It's his birthday.

Say Happy Birthday

**Friends' Events** See All



**NOW at Night**

Friday, October 21, 8:00pm-12:00am







RSVP: Yes · No · Maybe

**Sponsored** Create an Ad



**Jason Mraz - D.C. 10/26**

See Jason Mraz free in his film debut for the movie FREEDOM at the Corcoran in D.C. 10/26 at 7pm. Click here for premiere details.

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Build your city, lead an army, rule the empire. Try one of the best games on Facebook today for FREE! Play Now!

Danielle Mitchell played this.

**Stop Hair Loss Today!**

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Breakthrough - All Natural Anti-Hair Loss Solution. Don't Wait - Try it Free for 30 Days!

**\$2000 off iLASIK Ending!**

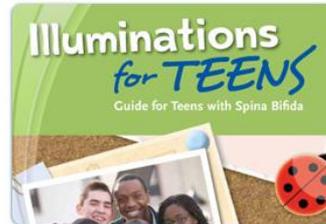
theeyecenter.com



Only a few weeks left. So hurry & click here to reserve your \$2000 savings on iLASIK with

# Tween2Teen

The screenshot shows the Tween2Teen website header with a blue navigation bar containing links for HOME, FOR TWEENS, FOR TEENS, BLOG, MEDIA, and ASK THE EXPERT. The main banner features the Tween2Teen logo, the text 'FOR TEENS', and the headline 'Volunteering: Give back'. Below the headline is a paragraph: 'Learn something about yourself while making new friends. Plus, you can connect with your community, help those who need it, and make a difference!' and a 'READ MORE' button. The banner also includes a photo of four diverse teenagers pointing at the camera and navigation arrows.



## Get Your Free Teen Guide

SBA has recently published a new booklet, *Illuminations for Teens: Guide for Teens with Spina Bifida*. Click [here](#) to receive your free copy today.

[GET STARTED >](#)



## From the Blog

A new show debuting on NBC next season will feature Brock Waidmann, a 12-year old with Spina Bifida!

[GET STARTED >](#)



## Real Stories

Tweens and teens with Spina Bifida are doing extraordinary things and having amazing adventures every day. Read these accounts highlighting their amazing achievements...and share a few of your own!

[GET STARTED >](#)



## Programs / Services

National Resource Center

Quality Of Life

Prevention



## SB Preparations

Becoming an Adult Living  
Successfully with Spina Bifida

SB Tween  
& Teen a new place  
for tweens  
and teens

Illuminations  
Program



# eCommunities

SBA offers many eCommunity to provide opportunities for interaction with other Spina Bifida Community.

SBA ListServ options are:

- [SBProfessionals ListServ](#)  
Provides an online discussion resource for nurses, nursing students, physical occupational therapists, and other health care personnel who are routinely in treatment and care of individuals with Spina Bifida.
- [SB Parents ListServ](#)  
For any parent of a child who has Spina Bifida. Use the SB Parents ListServ resources, debate, and have some great discussions.
- [SBA Occulta Listerv](#)  
A networking opportunity for the Spina Bifida occulta community.

# Parent's listserve

## Re: [SBParents List] Baby being placed for adoption in Texas

SBParents@lists.sbaa-communities.org on behalf of Jennifer Clark <jjwclark@yahoo.com>

Extra line breaks in this message were removed.

Sent: Wed 10/19/2011 8:47 PM

To: SBAASBParents

We have never been involved in SBHGC, but I would like to get involved. I sent an email once and never got a response, do you know who I should contact?

From: Delanie C <thepersonalgoddess@gmail.com>  
To: SBAASBParents <SBParents@lists.sbaa-communities.org>  
Sent: Wednesday, October 19, 2011 7:40 PM  
Subject: Re: [SBParents List] Baby being placed for adoption in Texas

Next Previous

Jennifer, I'm in Richmond near sugar land. Are you going to the SBHGC Xmas party?

Sent from Team iPhone

On Oct 19, 2011, at 6:50 PM, Jennifer Clark <jjwclark@yahoo.com> wrote:

> We go to Texas Children's. I already let the clinic nurse know and she said she passed it on to those who might be able to spread the word further.  
> Where do you live in Houston? We are in the Woodlands.

>  
>

> From: Delanie C <thepersonalgoddess@gmail.com>  
> To: SBAASBParents <SBParents@lists.sbaa-communities.org>  
> Sent: Wednesday, October 19, 2011 11:35 AM  
> Subject: Re: [SBParents List] Baby being placed for adoption in Texas

> Jennifer, what clinic do you go to? We will be at Shriners on Friday  
> and I'll tell them.

>  
>

> On Wed, Oct 19, 2011 at 11:17 AM, Jennifer Clark <jjwclark@yahoo.com> wrote:

>  
>

>> I am also in Houston area and can let the clinic here know

>>  
>>

>>  
>>

>>  
>>

>> From: Delanie C <thepersonalgoddess@gmail.com>

See more about: Jennifer Clark.

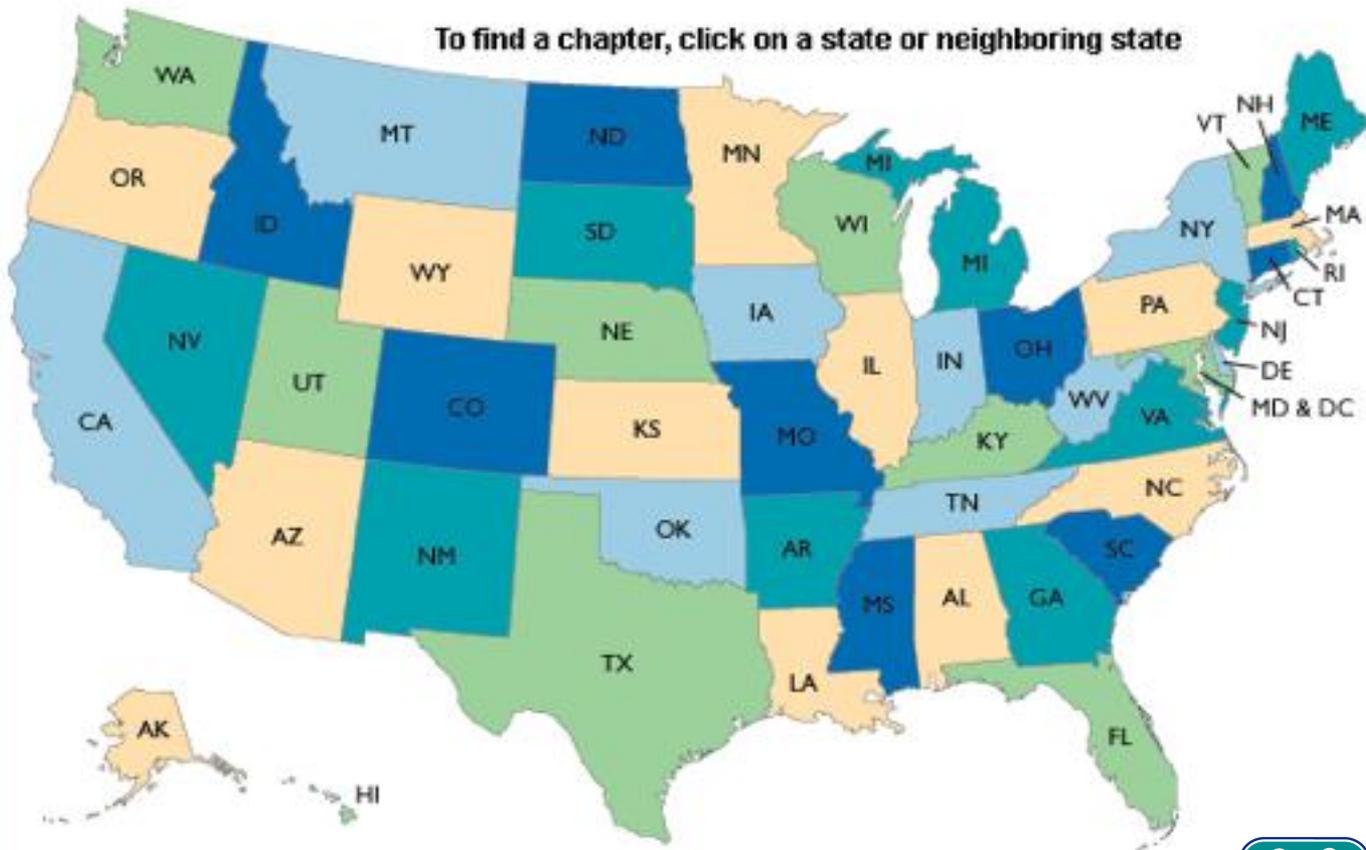
All folders are up to date. Connected 100%



# SBA Chapters

SBA provides many of its direct services through a nationwide network of chapters and support groups. Chapters provide public and professional education, information, and support on a community level.

Please contact the chapter closest to you for more information on what is provided in your area. If there is no chapter located in your area, please contact the National Office for assistance.



Go to State: [A-E](#) [F-J](#) [K-O](#) [P-T](#) [U-Z](#)



# Peer Support: A Pillar for *Living Well with a Disability*

**Craig Ravesloot, PhD**  
**Tracy Boehm, MPH**  
**Meg Traci, PhD**  
**University of Montana**



*Supported by the Disability and Health Team  
Centers for Disease Control and Prevention*

# Basic Structure of the Living Well Program

- 10-week, peer facilitated workshop
- Groups of 8-10
- Groups meet 2 hours per week
- Peer facilitator guides the group through exercises in each of 10 chapters of a self-help workbook

# Living Well Program Content

- Goal-setting
- Problem-solving
- Healthy Reactions
- Beating the Blues
- Healthy Communication
- Information Seeking
- Physical Activity
- Nutrition
- Advocacy
- Maintenance



## LWD Participant

"Living Well is indeed a remarkable program...when you combine quality leaders with the input of other disabled group members an improvement in lifestyle is inevitable."

# Observations

- CIL pre-requisite for peer mentors
- Peer support in Mental Health  
Great Falls, MT



# Peer Support in Living Well (4th ed.)

## Chapter 2: Problem-solving

*A peer is someone whose life experiences are similar to yours. If you have a disability, a peer is someone who also has a disability. Peer support lets people with less experience in living with a disability learn from people with more experience. Peer support can make you more confident about solving problems so you can reach your goal.*

# Peer Support in Living Well (4th ed.)

## Chapter 4: Beating the Blues

*It can be easier to admit that you're discouraged to someone who has gone through the same struggles. That person probably got discouraged too. If you have a disability, a peer is someone who has the same disability (blindness, a mobility impairment, emotional challenges, etc.). People with disabilities often experience frustration related to their limitations.*

# Peer Support in Living Well (4th ed.)

## Chapter 6: Information Seeking

*Widen your perspective and expand your knowledge by asking informed people for additional information sources. Your peers are often a great information resource. If they don't know much about your specific problem, they may know others who do. Ask one person, then network with others until you find the exact information you need.*

## Training Peers

- 41% of CILs use training materials to train peer mentors
- Peer support works best when it is provided with some content area
- LWD provides content training
- LWD does not provide peer process training

# Three-Tiered model of Peer Training

Peer Training	a 3-session training introducing peers to peer support and how to tell our stories	Peers will be able to offer basic peer support to others. They will understand the principles of peer support and will be able to tell their stories.
Peer Support Training	a 6-session training that delivers an introduction to the interpersonal skills needed by peers support workers	Peers will be able to offer skilled peer support to others. Peers will know how to respond to the people they are helping.
Peer Specialist Training	a 3-session training that delivers information about psychiatric conditions that may be experienced by people with disabilities	Peers will feel more confident in responding to the needs of people experiencing psychiatric conditions.

## Summary

- Peer support emerges naturally when people get together.
- Focusing on a common content, like problem-solving facilitates PS.
- There are specific skills that can facilitate peer support effectiveness.

To learn more about the Living Well program and peer support contact:

Craig Raveslout

Rural Institute on Disabilities

52 Corbin Hall, University of Montana

Missoula, MT 59812

Phone: (406) 243-2992

Email: [craig.raveslout@umontana.edu](mailto:craig.raveslout@umontana.edu)

Website: [www.livingandworkingwell.org](http://www.livingandworkingwell.org)



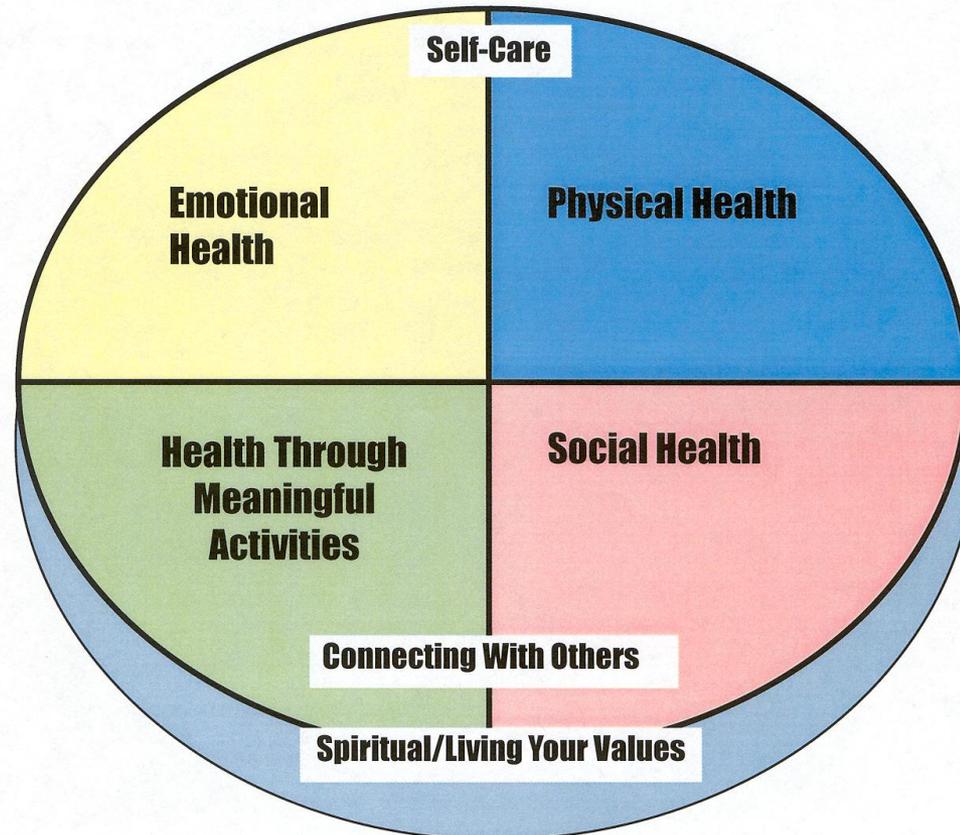
***Healthy Lifestyles for  
People with Disabilities***  
**Making Opportunities for Healthy Lifestyles**  
**Angela Weaver, MEd**

# Healthy Lifestyles Structure

- Implemented through CILs by trainers with disabilities
- Highly interactive and experiential
- Retreat-like workshop that meets on 3 consecutive days
- 6 months of support group meetings (2 hours once a month)

# Healthy Lifestyles Wheel

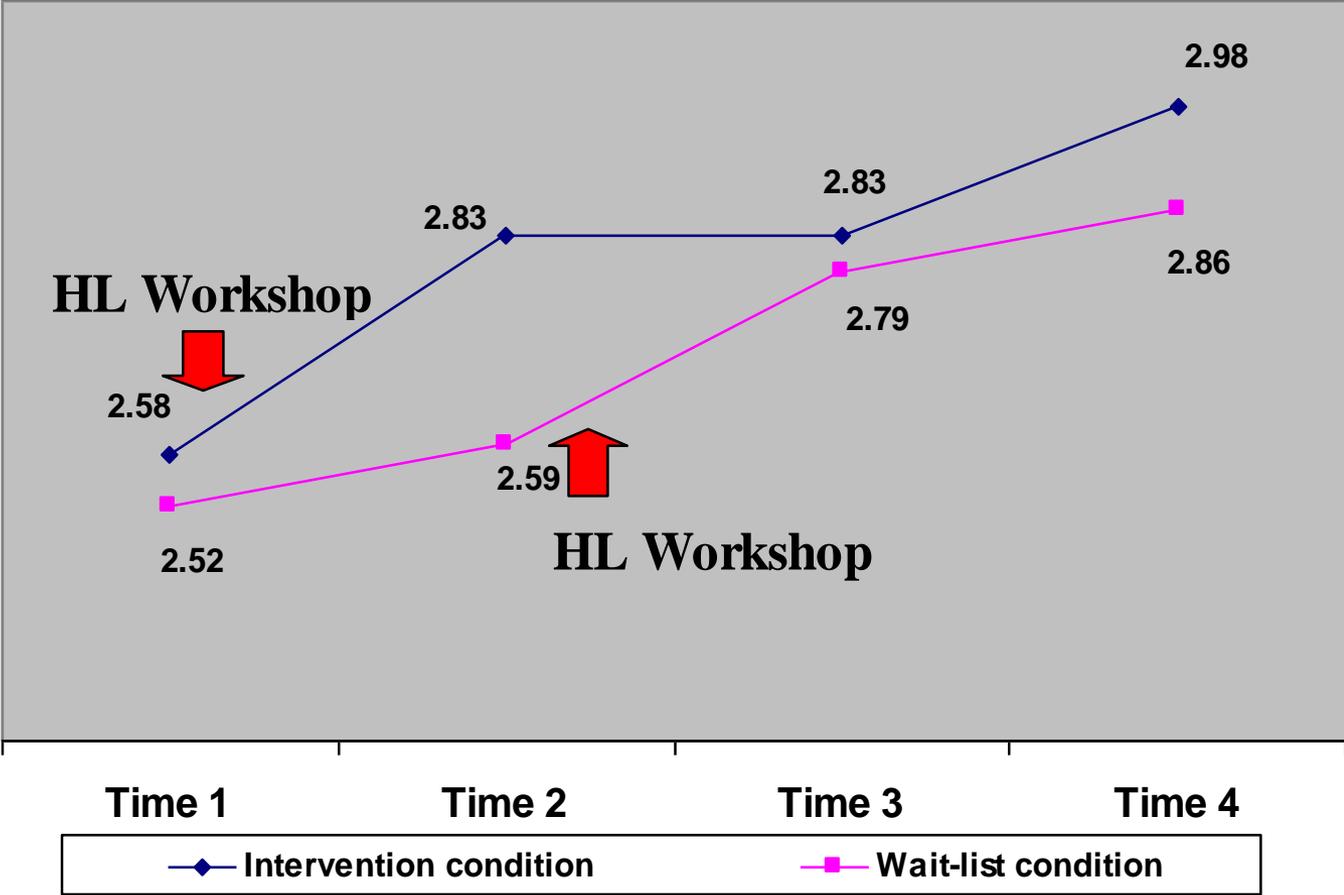
## Healthy Lifestyles Wheel



# Support Groups

- Opportunity to increase knowledge:
  - Speakers on specialized topics
  - Q&A
- Opportunity for peer support:
  - Share successes
  - Discuss barriers and ways to overcome them
  - Create friendships and sense of community

# Healthy Lifestyles Evaluation Project



# Subscale Scores

- Subscale scores showed improvement patterns similar to those for the total HPLP.



# Unanticipated Findings



- Participants informally reported:
  - Weight loss
  - Increased energy
  - Increased mobility
  - Improved mood
- After program-led support groups ended, some participants continued to meet on their own

# Pre/post/follow-up data

- Significant increases in:
  - Healthy behaviors
  - Days felt very healthy and full of energy
- Significant reductions in:
  - Secondary conditions
  - Days felt sad, blue, depressed
  - Days felt worried, tense, or anxious

# Contact Information:

- For more information on OODH:

Angela Weaver, M.Ed  
Oregon Office on Disability and Health  
Oregon Health & Science University  
707 SW Gaines Street  
Portland, OR 97239  
Email: [weaverro@ohsu.edu](mailto:weaverro@ohsu.edu)  
Phone: 503-494-1205  
Web: <http://www.ohsu.edu/oodh>



# Discussion

# Presenter Contact Information

- Susan Tipton, Amputee Coalition  
[Susan@amputee-coalition.org](mailto:Susan@amputee-coalition.org)
- Bill Cawley, Reeve Foundation  
[bcawley@christopherreeve.org](mailto:bcawley@christopherreeve.org)
- Lisa Raman, Spina Bifida Association  
[lraman@sbaa.org](mailto:lraman@sbaa.org)
- Craig Ravesloot, Montana DHP  
[cravesloot@ruralinstitute.umt.edu](mailto:cravesloot@ruralinstitute.umt.edu)
- Angela Weaver, Oregon Office on Disability and Health  
[weaverro@ohsu.edu](mailto:weaverro@ohsu.edu)