Forensic Peer Support: Research & Implementation Science Perspectives

NEV JONES PHD

DEPARTMENT OF PSYCHIATRY, MORSANI COLLEGE OF MEDICINE

UNIVERSITY OF SOUTH FLORIDA

GENEVRA@USF.EDU

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Mechanisms & Contributions

Mechanisms of Peer Support

Sense of community/sense of belonging

- Especially important in the context of stigmatized group identities/experiences
- Criminal justice record housing & employment

Other psychological variables

· Hope, confidence, positive self-regard

Experiential knowledge

- · Navigating systems, benefits
- Managing symptoms, substance use
- Social rejection, discrimination

'Connector' and 'bridger' functions

- Clinical <-> community resources
- Clinical <-> social/community relationships



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Potentially Unique Contributions

Credibility of support/guidance with respect to:

- Substance use in the context of incarceration/release/probation
- · Navigating incarceration related institutional trauma & "post-incarceration syndrome"
 - Understanding and acceptance
 - Listening and hearing
 - Experiential knowledge
- · Gang involvement (as applicable)
- Crime (as applicable)
 - Including navigation of relationships with current/former 'criminal associates'
 - Forming alternative social networks

Employment/career discovery

In light of the ramifications of a CJ history

Post-Incarceration Syndrome (Gorski; Liem & Kunst, 2013)

Institutionalized personality traits

- · Stem from deprivations experienced during incarceration & the often high threat prison environment
- Chronic learned helplessness
- Psychological defenses
 - E.g. behavioral adaptations to deal with threats/coercion/bullying

Social sensory deprivation

- Prolonged exposure to solitary confinement
- · Restricted social contact
- Restricted sensory experience

Also valuable parallels with returning service members

• Eg loss of community crystallized through common hardship/trauma

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Implementation

Organizational Preparation & Support

Buy in from key organizational (and community) thought leaders

- Executive leadership
- Senior clinicians

Buy in for the broader values in which peer support is embedded

- Recovery orientation
- De-pathologization focusing on social goals and contexts rather than intrinsic illness or psychopathology
- Belief that people can/do change



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Optimizing Implementation

Finding & hiring peer support workers who match the target client population $% \left(1\right) =\left(1\right) \left(1$

- Credibility tends to hinge on
- Similar experiences, including navigation of the systems that clients are working within

Training and ongoing coaching

- Specifically, training that maximizes responsiveness to the effects & consequences of incarceration
- Psychological, legal, physical, social, environmental
- Understanding contexts/experiences not personally shared
- Eg hearing voices, violence/aggression, substance use
- Co-reflection when possible
- Deepening understanding of challenges faced through collaborative discussion and reflection with peers

Materials that support implementation

- Strong awareness of workplace accommodations (ADA), processes in place
- Peer role manual
- Concrete tools, potentially including psychosocial/community needs & strengths assessment, WRAP or PADs etc

Wages kept as high as possible

Investment in career development & career ladders, where possible

Training in Other States

George DBHDD

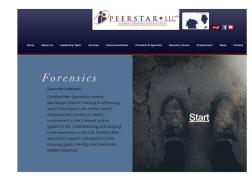
- week-long intensive, didactic and experiential training
- Focuses on helping FPS use their own experience of past CJ involvement and recovery to help individuals they will support
 with transition/release planning

Pennsylvania

- 3 day intensive FPS training curriculum
- Train the trainer model (to build capacity statewide)

Connecticut

- FPS training developed at Yale PRCH
- · 3 day intensive
- Understanding the culture and impact of incarceration
- Rates and impact of trauma/PTSD, including trauma experienced within prison settings
- Trauma informed care as it applies in the specific contexts of FPS
- · Person centered planning & Intentional Peer Support
- · Citizenship proactive focus on reentry as a return to citizenship
- Employment with a CJ history
- · Probation and parole



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Performance Monitoring & Evaluation

Performance & Outcomes Monitoring

Fundamental to quality improvement in general

We have to understand problems & gaps in order to address them

Funder-driven reporting/monitoring not the same as high quality CQI

• The goal is *not* to make the program look good

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Measuring individualized goals/priorities & linking goals to peer support relationship(s)

INSPIRE	People to dis about recovery in different verys. One way to think about it is "heing a satisfying distribution and the second of the second o							Support section							
								An important part of my recovery is I feel supported by my worker with this							
								S18 Being able to manage my mental health	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
								S19 Trying new things	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much
Support section Please read each question and decide whether it is important	S20 Building on my strengths	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much							
If your answer is Yes, then dide the grey box to rate how much support you get from your worker. An important part of my recovery is I feel supported by my worker with this								Relationship section Circle the option that best matches your relationship with your worker							
S1 Feeling supported by other people	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much	R1 I feel listened to by my worker	Stongly disagree	Disagree	Neutral	Agree	Strongly agree		
S2 Having positive relationships with other people	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much	R2 I feel supported by my worker	Stongly disagree	Disagree	Neutral	Agree	Strongly agree		
S3 Having support from other people who use services	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much	R3 I feel that my worker takes my hopes and dreams seriously	Stongly disagree	Disagree	Neutral	Agree	Strongly agree		
S4 Feeling part of my community	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much	R4 My worker respects me	Stongly disagree	Disagree	Neutral	Agree	Strongly agree		
SS Feeling hopeful about my future	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much	R5 My worker treats me as an individual — more than a 'diagnosis' or a 'label'	Stongly disagree	Disagree	Neutral	Agree	Strongly agree		
S6 Believing that I can recover	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much	R6 My worker supports me to make my own decisions	Stongly disagree	Disagree	Neutral	Agree	Strongly agree	Thank	
S7 Feeling motivated to make changes	No	Yes:	Not at all	Not much	Somewhat	Quite a lot	Very much	R7 My worker keeps hopeful for me even when I feel at my lowest	Stongly disagree	Disagree	Neutral	Agree	Strongly	taking to comple questio	the time to te this nnaire
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QUESTIONS