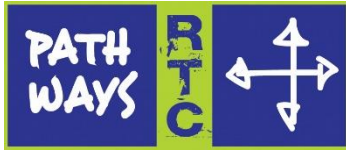


Questions for Collaborating with Peer Support Providers

The following questions are designed to help you think about how you could apply the ideas from this video brief on collaborating with peer support providers in your work with young people. We encourage you to discuss these questions with a supervisor or coworkers, including peer support providers or if unable to, reflect on them individually. The questions may also be useful for peer support providers to consider.

1. Dr. Jetmalani describes the benefits of positive peer support relationships as including **companionship** from young adults who have had similar experiences and enhanced **wellness**.
 - What benefits of peer support have you observed with the young people you work with?
 - What have you done to strengthen peer support for youth?
 - What more could you do?
2. Dr. Jetmalani recommends YouthMOVE as an organization that promotes peer support for youth and provides **connections with safe peers** who have shared similar challenges in a safe environment.
 - What do you see as the advantages of youth connecting with Youth MOVE or similar peer support organizations?
 - Have you observed any disadvantages? If so, how have you addressed them?
3. Martin Rafferty describes peer support as an **alternative or supplement to medication** for youth with mental health challenges and a **bridge to services**.
 - How have you observed peer support as part of a treatment plan?
 - How can peer support be instrumental in engaging a youth in mental health services?
 - Do you have any concerns about using peer support as part of treating mental health challenges? If so, how have you addressed them?
4. Lacy Kendrick Burk Dicharry describes the benefits of peer support in her own life and points to the unique roles of peer providers compared to non-peers with professional training.
 - What are your thoughts about the tensions between professional and peer support roles?
 - If you are a non-peer provider, how do you see peer support as a supplement to your role?
 - If you are a peer provider, how do you see your role alongside non-peer providers?



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- Part 1: [Understanding the Continuum of Informal to Formal Youth & Young Adult Peer Support](#)
- Part 2: Supporting Youth Peer Support in Your Organization
- Part 3: Defining the Developmental Needs of Youth & Young Adult Peer Support.
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