

**New York State
Readmissions Collaborative Meeting
June 7, 2013**



PEER TO PEER ENGAGEMENT

VERNELL ROBINSON

PEER COUNSELOR

CERTIFIED PEER HEALTH COACH

WRAP FACILITATOR

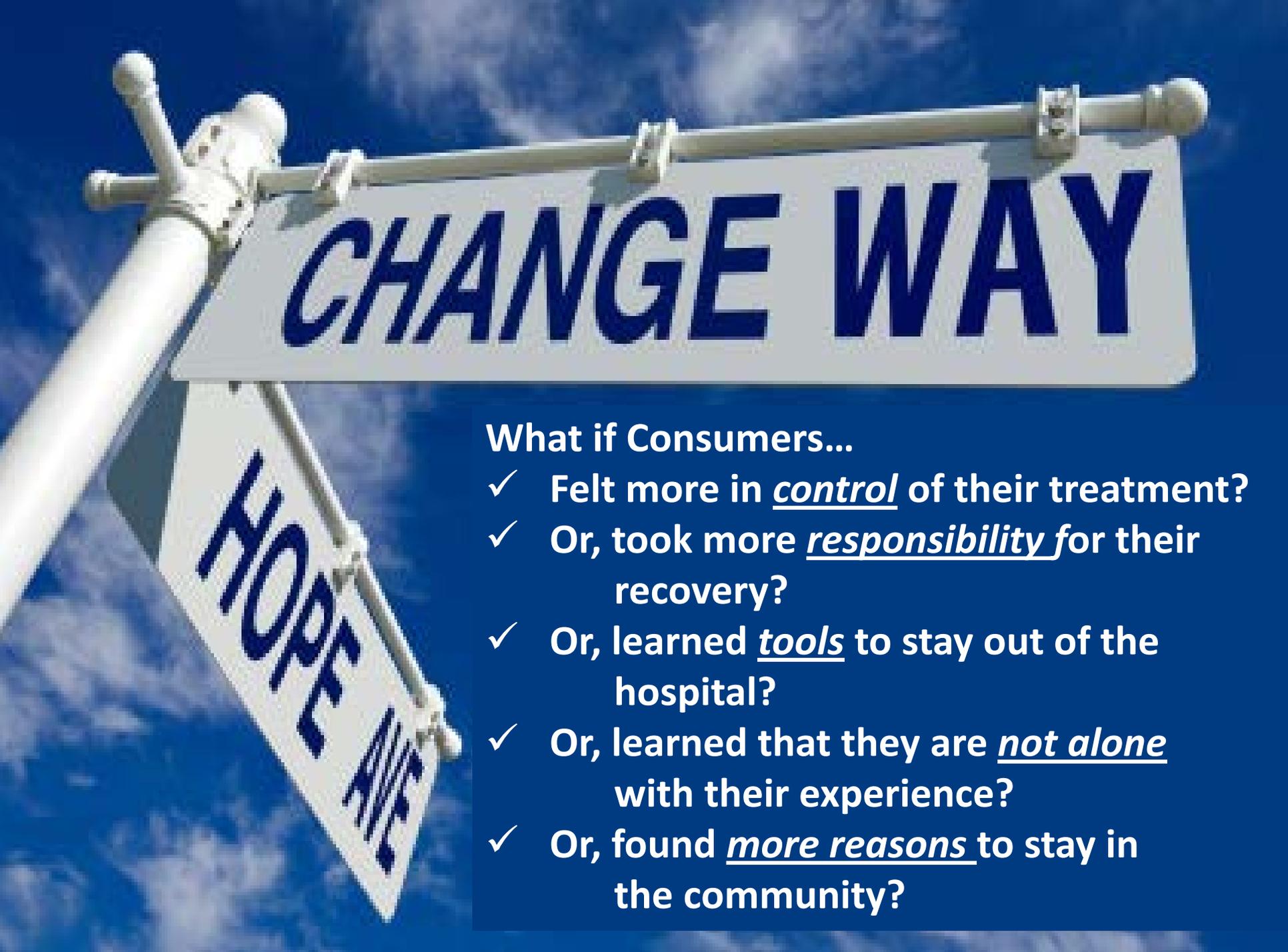
NEW YORK CITY HEALTH AND HOSPITALS CORPORATION (HHC)



Vernell: About Me



- Peer Health Coach/Counselor
- Howie T. Harp Graduate
- Recovery to Practice Training – Sponsored by Substance Abuse and Mental Health Services Administration (SAMHSA)
- Wellness Recovery Action Plan (WRAP) Training
- National Alliance on Mental Illness (NAMI) – Peer to Peer Recovery Training



CHANGE WAY

What if Consumers...

- ✓ Felt more in control of their treatment?
- ✓ Or, took more responsibility for their recovery?
- ✓ Or, learned tools to stay out of the hospital?
- ✓ Or, learned that they are not alone with their experience?
- ✓ Or, found more reasons to stay in the community?

Leading Consumer Groups at HHC



Inpatient and Outpatient Consumer-led Groups

Inpatient

- Help consumers identify early warning signs and understand what they are and why it is so important to identify them.
- Educate consumers about how to talk to their treatment providers and keep focus on treatment.
- Help consumers understand why they need to continue treatment in the community.
- Use Keeping Healthy Guide to better understand how to stay out of the hospital.

Leading Consumer Groups at HHC



Outpatient

- Recently started
- Counsel consumers about early warning signs, treatment being effective and recovery is possible.
- Educate about the importance of a wellness and recovery plan.
- Coach consumers about the 8 dimensions* of wellness.

*Emotional, Social, Occupational, Intellectual, Financial, Environment, Spiritual, Physical

Power of Peers



- Support, hope and stay determined to maintain recovery.
- “If I can do it you can do it”
- Peer Counselors/Coaches can be part of a treatment team with special focus in engaging our peers in recovery.