



How can peer support reduce stigma? And how do I work with peers?

Overcoming stigma in mind and society

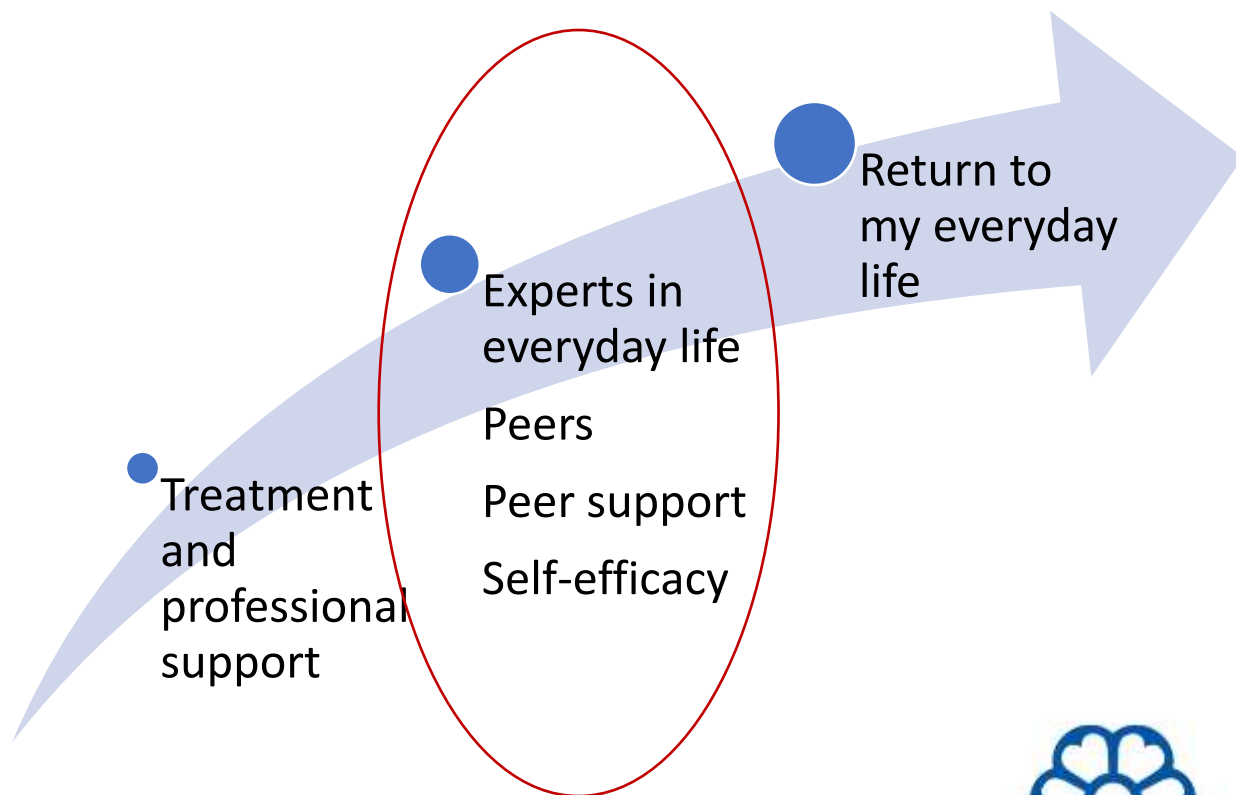
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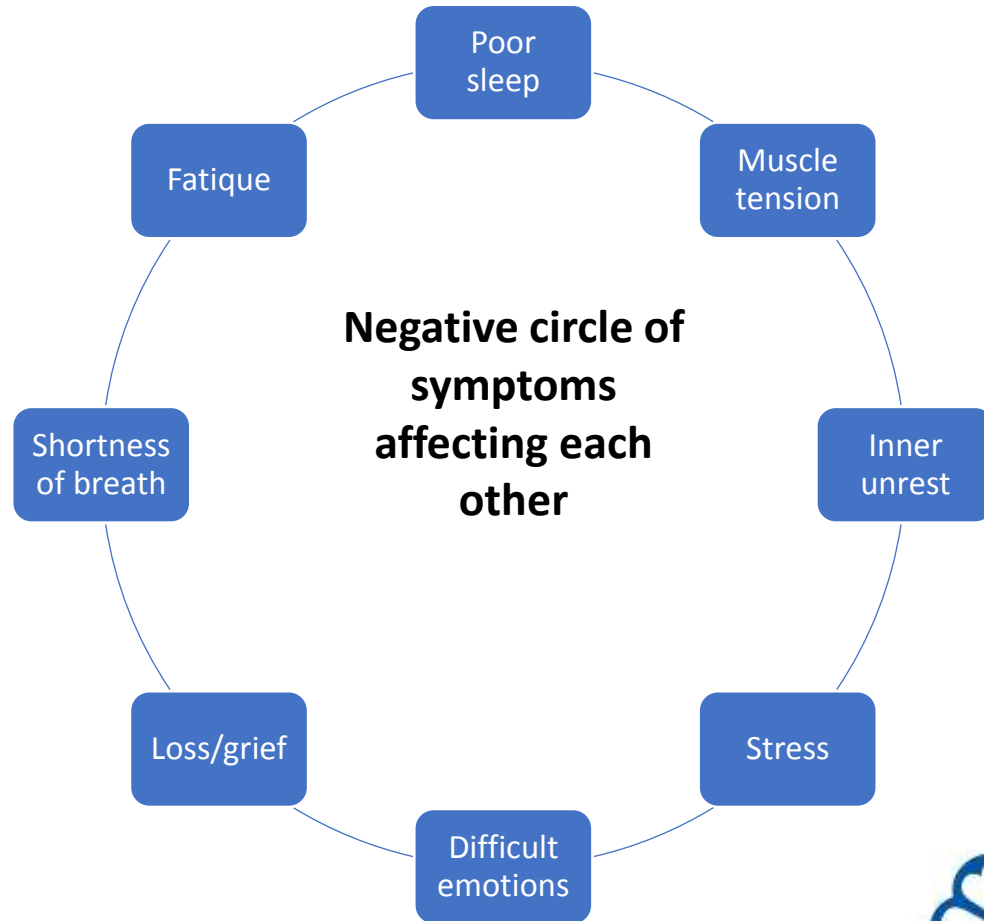
Agenda

- Why use peers in the recovery process?
- An example of an intervention using Peers:
CDSMP
- What is necessary when working with peers? The Peer framework
- Next step?
- Questions?

Process of recovery



Management of everyday life



CDSMP – mental health (LÆR AT TACKLE angst og depression)



7 weeks workshop 2½ hour each week

2 peer leaders

Target: to increase self-efficacy/Management of everyday life

Evidence-based

Structured

27 countries

Peer framework - needs

Analogy to professional networks:

- Structural education
- Possibility of further education
- Quality assurance
- Annual meetings for social and professional networking
- Research



Peer framework - results

Many different educational activities to support peer work?

Quality assurance in LÆR AT TACKLE

Annual network meetings

Randomized controlled trials with significant effect outcomes



The future of peer work

The perspective and involvement of users

Is the future health care professional a former user?





Questions?

Thank you for listening!

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