

PEER SUPPORT SERVICES

2024 - 2025
Catalog



Canadian Mental
Health Association
Edmonton
Mental health for all



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Health Association**
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OVERVIEW

The Canadian Mental Health Association-Edmonton Region (CMHA-ER) hires Peer Support Workers who are trained through the new CMHA-ER Peer College. Peer Support Workers can be contracted to deliver Peer Support Services to assist people with lived experience of a mental health challenge and/or addictions concerns.

The purpose of Peer Support Services is to connect Peer Support Workers to people who are seeking assistance with Independent Living Skills and with Advocacy and Wayfinding supports.

The Peer Support Workers are available for scheduled appointments where they can help people with lived experience to improve their ability to live successfully and independently.

INDEPENDENT LIVING SKILLS

Families and individuals can contract a Peer Support Worker (PSW) who has graduated from the CMHA-ER Peer College. The PSWs have taken training and have experience in the following areas for successful independent living:



COMMUNICATIONS



FOOD ASSISTANCE



PROFESSIONALS & APPOINTMENTS



NEIGHBOUR & LANDLORD RELATIONS



SELF CARE



SOCIAL TIME



MONEY & FINANCIAL LITERACY



TRAVEL



JOB SEARCH & VOLUNTEERING



PHYSICAL ACTIVITY



INDEPENDENT LIVING SKILLS

Peer Support Workers are trained to work alongside their peer clients so the clients can learn how to do various tasks or activities for themselves. PSWs are mentors and motivators who will coach their clients.

Peer Support Workers will go into the home and do various tasks if their peer clients are not able to do those tasks for themselves or they might teach their peer clients how to do various tasks for themselves.

Peer Support Workers can support their clients with going out into the community by accompanying them to appointments or grocery shopping or dining out as a few examples.



ADVOCACY & WAYFINDING

Many people with lived experience of a mental health challenge or addictions concern struggle to find the right resources at the right time. Many don't know where to turn for the help they are looking for, sometimes because they don't have the needed help seeking skills, or they have never tried to reach out for help, or they have had a negative experience in the past.

Through the Peer Support Services program, people with lived experience can receive assistance:

- Identifying services that meet their needs, while working together to explore choices and options
- Help with filling out forms and applications
- Learning about their rights and developing effective skills to self-advocate
- Establish meaningful connections in the community that support their wellbeing
- Someone to talk to about strategies and making plans
- And many other ways to navigate the mental health and addictions system

PEER SUPPORT SERVICES FOR INDEPENDENT LIVING

The following is a more detailed description of the work that families or individuals can hire Peer Support Workers to do.



COMMUNICATIONS

Communicating with others is a skill. Learn from a PSW about in person communications, email communications, and other kinds of communication.



NEIGHBOUR & LANDLORD RELATIONS

Positive relationships can be very rewarding, and it feels good to get along with others. Learn about positive relationships with neighbors, landlords, and others.



MONEY & FINANCIAL LITERACY

Many people who live on a fixed low-income struggle to make ends meet financially. Learn about budgeting on a fixed income, credit options, tips for saving money, and other financial tasks.



FOOD ASSISTANCE

Food is an essential element at the heart of every home. Work together and learn about meal planning, shopping for groceries, basic food preparation, and food safety.



SELF CARE

Love of self is called self esteem and from it flows love of others. Love of self includes personal hygiene routines and things that we do to take care of ourselves and improve our sense of wellness. PSWs can work with you to develop routines and strategies to enhance your wellbeing.



TRAVEL

Taking the bus can be challenging for some and PSWs offer coaching in taking the bus when you are going out into the community.



PHYSICAL ACTIVITY

Anything that gets you up and moving about is good for your physical and mental health. PSWs are available to help improve your physical activity by going for a walk outside or mall walking or going to yoga.



PROFESSIONALS & APPOINTMENTS

Learn about communicating effectively and how to self-advocate with professionals such as doctors, nurses, and dentists. PSWs will accompany you to appointments you may have in the community such as medical and hair appointments.



SOCIAL TIME

Having someone to go out with to activities in the community can be a great way to explore your social self. PSWs are available to take people out to community activities such as going out for lunch or dinner, to a movie, show, or to a sports event.



JOB SEARCH & VOLUNTEERING

When you help others, you help yourself. PSWs will help you find volunteering opportunities and if you're looking for a job, PSWs can connect you with employment support organizations.

RATES & SCHEDULING

Peer Support Workers are available for a minimum of 2 hours to a maximum of 6 hours per session. Scheduling will be based on availability of Peer Support Workers. Peer Support Services are available at two different rates:

\$40.00 PER HOUR FOR COMMUNITY ACTIVITIES WHICH INCLUDE:

Physical Activity	Mall Walk, Outdoor Walk
Attending Appointments	Doctor, Dentist, Bloodwork, etc.
Food Security	Grocery Shopping, Meal Planning, Budgeting
Advocacy & Wayfinding	Landlord tenant relations, peer-to-peer conversations, support with paperwork
Social Time	Dining out, movies, theatre, sports games (hockey, soccer, baseball, football), going for coffee, etc.

**FOR MORE INFORMATION ABOUT
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