

Behavioral
Health
Workforce
Development



PWI/EPOC Webinar: Building Peer Communities

Presented by: Tara Moreno-Wallen

Monday, December 5th, 2022

Guest Speaker Introduction: Tara Moreno



Introduction

Master's degree in Composition and Rhetoric from the University of Michigan

Bachelor's in Telecommunications from Michigan State University.

Former news and feature reporter for newspapers and magazines for four years

Former college professor

Trained in recovery coaching through Genesee Health Systems in 2016

Member of the Genesee County Prevention Coalition & MSU Health in our Hands Initiative, Advisory board member of Genesee County's Family Against Narcotics advisory, Genesee Health System's SUD Advisory Council

Certified Usui Reiki master teacher and developer of Recovery Reiki® & author of the Recovery Reiki® Manual: Self-Healing & Emotional Mastery

Certified Acudetox Specialist

Co-owner of Green Tara Holistics, LLC



Agenda

The Pillars

Core Values

Trauma-
Informed-
ROSC

Boundaries

Honesty &
Transparency

Stigma
Reduction

Multiple
Pathways

Engagement

Growth



The Four Dimensions of Recovery (SAMHSA)

- Health
- Home
- Purpose
- Community



Core Values

- What are the guiding lights of your peer community?
- Continuously reminding folks of these values
- Encourage folks to base decision making on these core values



Trauma-Informed: Recovery Oriented Systems of Care

- The CDC estimates that 60% of the general adult population has experienced trauma and another study estimates 46% of youth aged 17 and younger experienced at least one traumatic event
- <https://www.thenationalcouncil.org/resources/trauma-informed-recovery-oriented-systems-of-care-toolkit/>



Drawing the line

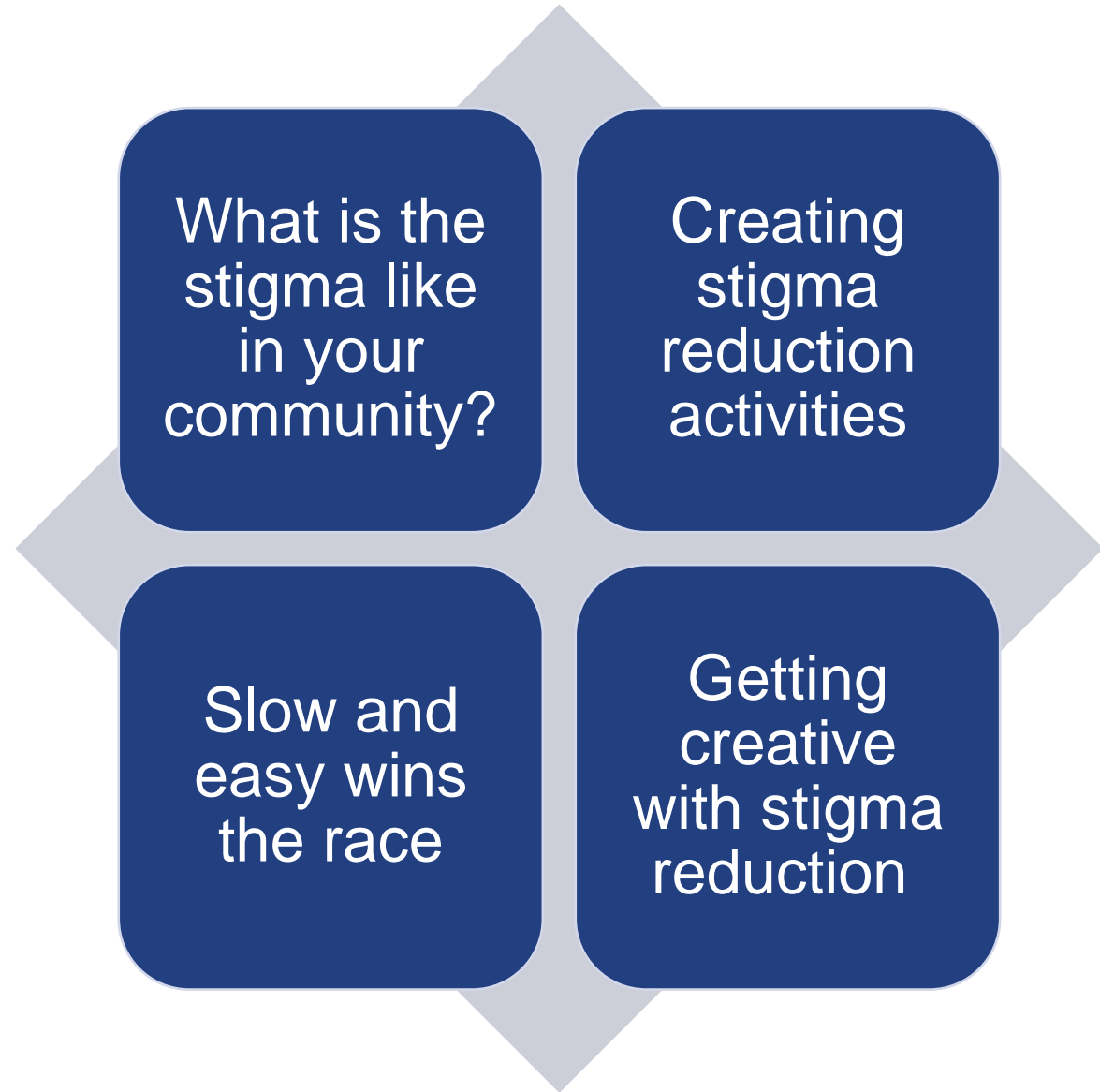
- Clinical services vs. Peer Support Services
- Honoring the voices of those with lived experience
- Understanding Peers are special human beings
- Providing a brave space for those who are leading the peer community



Taking an honest look

- Where are you at now in the Building a Peer Community?
- What Resources are available?
- What are the dominant Peer Supports currently at play?
- What is the current stigma climate like?
- What does the readiness look like in the community?
- What is your vision for your Peer Community?

Stigma Reduction





Multiple Pathways

- The 12-step community
- SMART Recovery
- Refuge Recovery
- MAT
- Faith-based
- Holistic Recovery
- Athletics for Recovery

Focus groups & Info Sessions

- Get the pulse of the community
- Stakeholder meetings
- Engaging those in treatment
- Engaging recovery coaches
- Engaging business owners/the chamber
- Engaging politicians and other decision makers



As Peer Communities Grow

- Encourage Self-Reflection and Community Reflection
- Welcome open communication between community leaders and stakeholders
- Create Conflict Resolution Practices
- Remember to celebrate small wins





Questions