Building Peer Supports on a Stages of Change Continuum

A presentation by David Bain (CUCB Peer Specialist), Sharon Scott-Kish, Anna B. Gutierrez, Varian Pierce, Elizabeth Barr (Peer Response Team members)
IOCDF Annual Conference, July 8, 2017
Who Are We?

• Non-profit
• Work in close collaboration with organizations
• Focus: Peer Led, Support, Education, Research
Stages of Change

- **Precontemplation**: No intention of changing behavior
- **Contemplation**: Aware a problem exists. No commitment to action
- **Preparation**: Intent upon taking action
- **Action**: Active modification of behavior
- **Maintenance**: Sustained change - new behavior replaces old
- **Relapse**: Fall back into old patterns of behavior

*Upward Spiral: Learn from each relapse*
Stages of Change

Precontemplation:
- No intent to take action
- Often unaware behavior is problematic or produces negative consequences
- Underestimate the pros
- Places too much emphasis on the cons
Stages of Change

Contemplation:

- Intention to start healthy behavior
- Recognize behavior is problematic
- More thoughtful consideration of pros & cons
- Equal emphasis on both pros and cons
- Still ambivalent about change
Stages of Change

Preparation:
- Ready to take action in next 30 days
- Small steps to change are taken
- Believe change can lead to a healthier life
Stages of Change

Action:

- Recent changes in behavior
- Intent is to continue change behavior
- Change may be modification of problematic behavior or developing new healthy behavior
Stages of Change

Maintenance:

- Have sustained change for more than 6 months
- Intent is to maintain changed behaviors
- Work to prevent relapse
Stages of Change

- **Relapse**: Fall back into old patterns of behavior
- **Precontemplation**: No intention of changing behavior
- **Contemplation**: Aware a problem exists. No commitment to action
- **Preparation**: Intent upon taking action
- **Action**: Active modification of behavior
- **Maintenance**: Sustained change - new behavior replaces old
- **Upward Spiral**: Learn from each relapse

[Diagram of the Stages of Change cycle]
Precontemplation

Initial Contact

Intervention

Crisis
Contemplation

Establishing relationship
Initial action taken
What next?
Peer Response Team

• Goal:
  – One-on-one support
  – Education
  – Referrals
  – Create connection between the community and MHA
Preparation

Support Groups:

- I am not alone
- Finding a safe place – community
- Taking that first step
- Sharing their story
- Information & Resources

Support Groups Offered:

- Drop-in meets weekly
- LGBTQ meets bi-monthly
Action

Taking that next step:

- Buried in Treasures
- CBT Therapy Group
- Training
- Resources
Buried in Treasures

• First group held 2012
• Results provided justification for further research
• Findings published 2016

Current Services Provided by MHA

http://sfresourceconnect.org/index.php
Continued progress:

- Unbit Group
- Family Support Group
- Second cycle BiT Groups
- Training
- Annual Conference
- Annual Convening
- Information & Referrals
Education & More Action

What next?

- Training
- Annual Conference
- Annual Convening
- Information & Referrals
Current Services Provided by MHA

http://sfresourceconnect.org/index.php
Q & A

THANK YOU

www.mentalhealthsf.org