

COMMUNITY-BASED ORGANIZATIONS LED BY PEER WORKERS PLAY A GROWING ROLE IN HELPING PEOPLE FIND RECOVERY

IMPROVING MENTAL HEALTH THROUGH FITNESS

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“I AM AN EXPERT AT NOT BEING AN EXPERT, AND THAT TAKES A LOT OF EXPERTISE,”

SAID ONE (ANONYMOUS) PEER WORKER, HIGHLIGHTING THE SUPPORTIVE RATHER THAN DIRECTIVE NATURE OF THE PEER RELATIONSHIP (PROMISE RESOURCE NETWORK, 2016)



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CORE COMPETENCIES

- **Recovery-oriented:** Peer workers empower them through partnership while building on their strengths and exploring different pathways to recovery. They inspire them to achieve their goals while helping them find meaning and purpose in life.
- **Person-centered:** Peer recovery support services are personalized and led with the participant's best interests and needs in mind. Peer workers help participants explore and identify specific goals and hopes, allowing them to feel valued while encouraging change.
- **Voluntary:** Peer workers act in partnership with those they serve and are not evasive in their approach. They do not dictate the elements of recovery plans that will guide their work with peers. Participation in peer recovery support services is always contingent on peer choice.
- **Relationship-focused:** The relationship between the peer worker and the peer is foundational in the outcomes of peer recovery support services. The relationship between the peer worker and peer is respectful, trusting, empathetic, collaborative, and mutual.
- **Trauma-informed:** Peer recovery support utilizes a strength-based framework that emphasizes physical, psychological, and emotional safety and creates opportunities for survivors to rebuild a sense of control and empowerment.

Self-Honesty is key to sobriety

"Initially, the youths were hesitant in sharing and felt ashamed and closed off. In recovery, we learn the importance of self-honesty and confidentiality. Having honest communication while sharing my hardships and downfalls during my addiction, were relatable for them, which made it easier for them to open up."

-**Nohona Ho'opi'i**, a Maui Native and recovering addict who dedicated his life to sobriety by relocating to Kaua'i to help strengthen his recovery. He also serves as the a Peer Recovery Mentor and enjoys surf sessions and workout routines with youths during the 30-day camp program.

Peer Support Workers for those in Recovery. (n.d.). SAMHSA. <https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers>

MISSION: TO PROVIDE A SAFE SPACE FOR KIDS WHERE THEY FEEL THAT THEY BELONG

OBJECTIVE: TO INTERVENE EARLY-ON TO PREVENT CONTINUED USE AND POTENTIAL SUBSTANCE USE DISORDER AS ADULTS



For more information about our programs or to make a donation please visit our website at:



If you would like more information on the enrollment process and forms for your youth scan the QR code



ENHANCING HEALTH, WELLNESS, AND RECOVERY THROUGH PEER SUPPORT, MENTORSHIP

HOW DOES PEER SUPPORT HELP?

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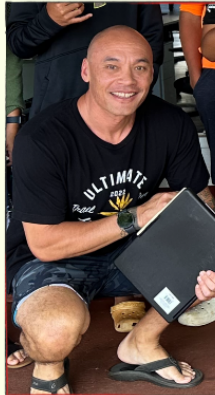
WE ALL OPEN UP AND SOME OF US DON'T OPEN UP LIKE ME.
-12 YR OLD, KAUAI NATIVE MALE YOUTH

A peer support is someone with lived experience who provides support after recovering from a mental illness or substance use disorder, or both. They provide a non-clinical approach that is strengths-based through their own journey of recovery that becomes their credential. They inspire hope for those seeking recovery while walking alongside individual's recovery journeys. They help to dispel negative stigma of mental illness or substance use disorder while providing them with self-help tools and resources including the 12 steps to recovery. (Peer Support Workers for Those in Recovery, n.d.)

"Peer support workers promote connection and inspire hope"

"When they suffer, we suffer with them. We don't ask them to do anything that we've not already done. We wake up together, meditate together, workout together, this is the true essence of unity that builds meaningful connections."

-Billy Quereto, a Kauai Native and recovering addict of 9 years who almost lost his life to an overdose. He is a living example of a man dedicated to his sobriety and now serves as a CrossFit Coach with Keala Foundation and is also the Program Director for KSEIP.



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Words from the Lead Peer Recovery Coach

"A lot of them are not comfortable in their own skin and are worried about fitting in. The program helps you to open up and they get to see their part in the trouble. We encourage accountability through inclusive feedback so they have a voice and that's empowering for them. We're all working a program. The connection deepens and trust is built and they feel safe sharing."

-Kale Gibson, a Kauai Native and recovering addict with nearly 9 years of sobriety, who has had his share of trouble with the law. He is active in his recovery and enjoys CrossFit training and being of service to youths while serving as the Lead Peer Recovery Coach.

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WHEN I HEARD THE UNKS (UNCLES/PEER SUPPORTS) SHARE THEIR STORY, IT GAVE ME HOPE THAT IF THEY CAN CHANGE THEN I GET ONE CHANCE TOO.

-15 YR OLD, KAUAI NATIVE MALE YOUTH WHO HAS BEEN SOBER SINCE ATTENDING THE PROGRAM 6 MONTHS AGO

WHAT'S YOUR FAVORITE PART OF THE PROGRAM?
"WORKING OUT"

For more information on How to Help My Child Grow Up Drug-Free & Recovery-Based / Family Resources scan the QR code below:

