

Peer Workers in Holland



How do we get trained?

Where can you find us?

And: who are we?



- **Trainers**
- **Peer workers**
- **A Co founder and A Peer Worker at Nei Skoen Helmond (www.neiskoen.nl)**
- **Recovery College Eindhoven (www.rc-e.nl)**

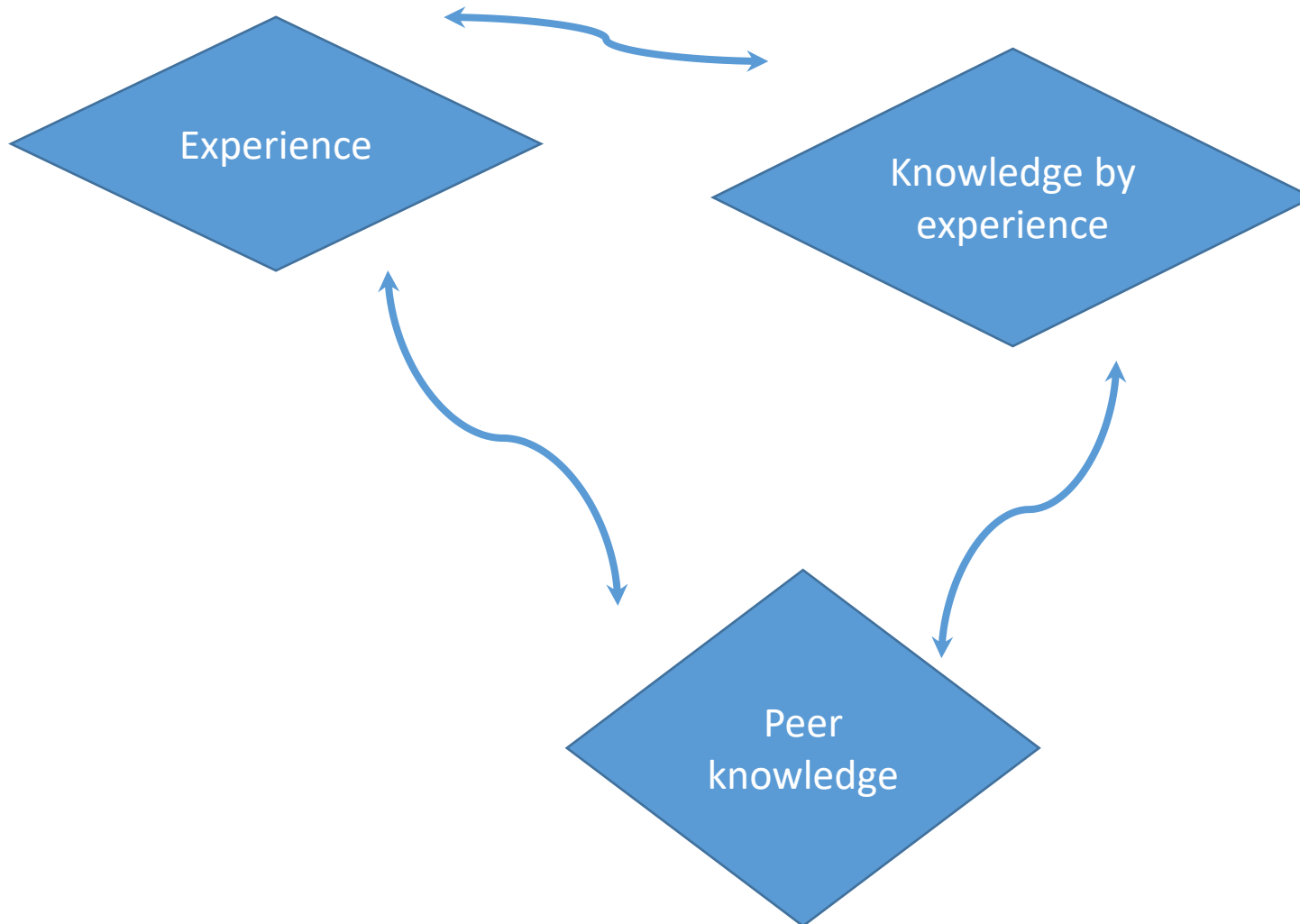
(and one of us is a brilliant guitar player)

What will we do?



- **We will give an overview: how are peers trained / educated in Holland**
- **We will give an overview of where peers in Holland can be found**
- **We will share our own personal experience**

Different ways of learning: **1: Self Research**



No Beginning <-----> **No end**

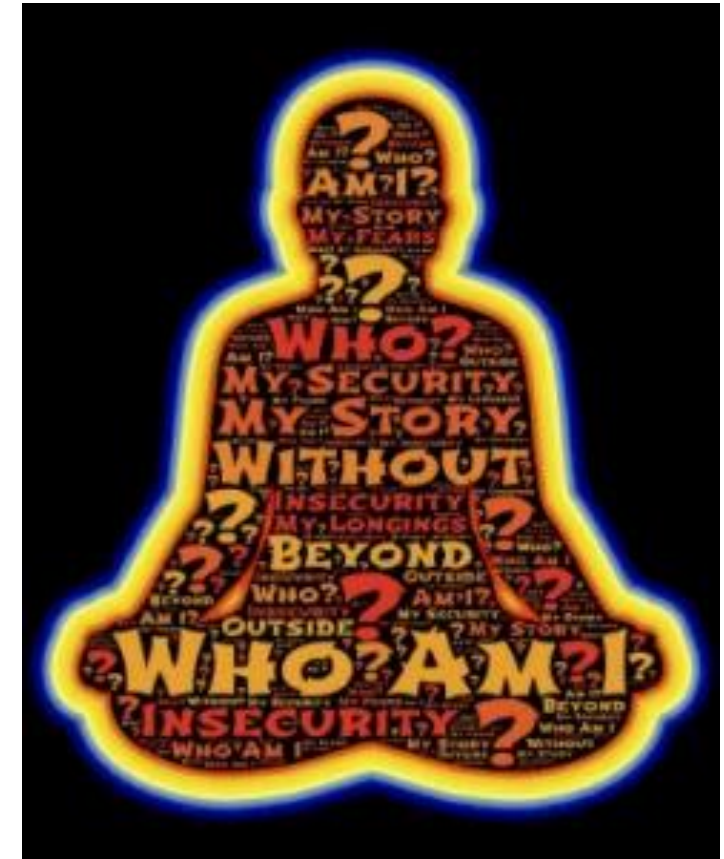
Continuous Interaction

Different ways of learning: **1: Self Research**

Self research: what have I learned by **three evaluations:**

- **The 'I test':** write your story and read it several times.
Improve it.
- **The 'you test':** share your story and improve it.
Recognitions and Acknowledgement
- **The 'We test':** we create our story as family, as team, as group. Typical form: the holiday story of a family
Recognitions and Acknowledgement
- **A port folio** as a visible result of self research

**In most training programs for peer workers
this is an important part**



Different ways of learning: **2: Sharing Experiences**

Sharing stories of experience

- **Contributes to the development of experiential knowledge**
- **Helps organizing and analysing experiences**
- **Finding Cohesion and finding those elements that matter**
- **Recognizing**
- **Acknowledging**



2: Sharing Experiences

why do peers understand each other so easily?

The experience expert knows better than anyone how important it is to share experiences.

We speak here of **Tacit knowledge**:
https://en.wikipedia.org/wiki/Tacit_knowledge

We understand the unspoken words

Explicit knowledge:

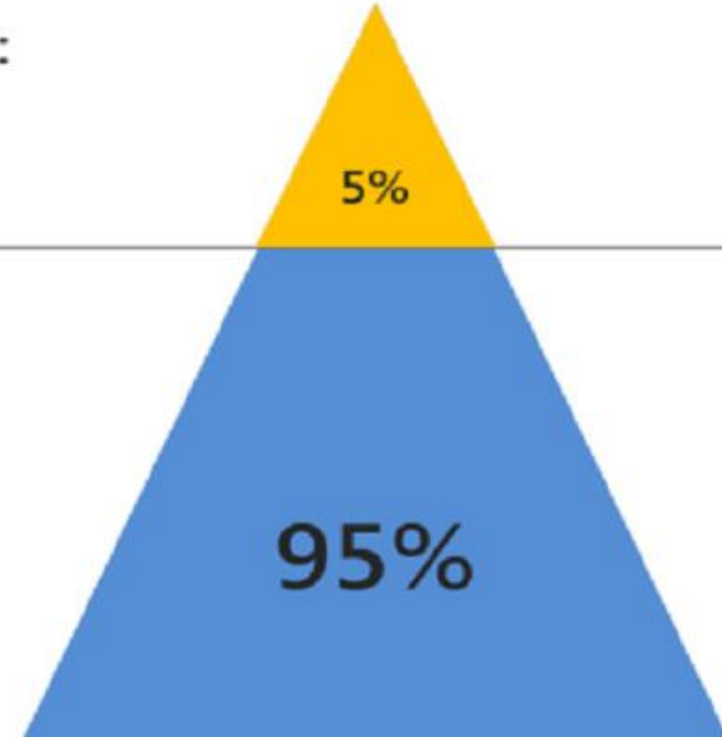
- Data, information
- Documents
- Records
- Files

5%

Tacit knowledge:

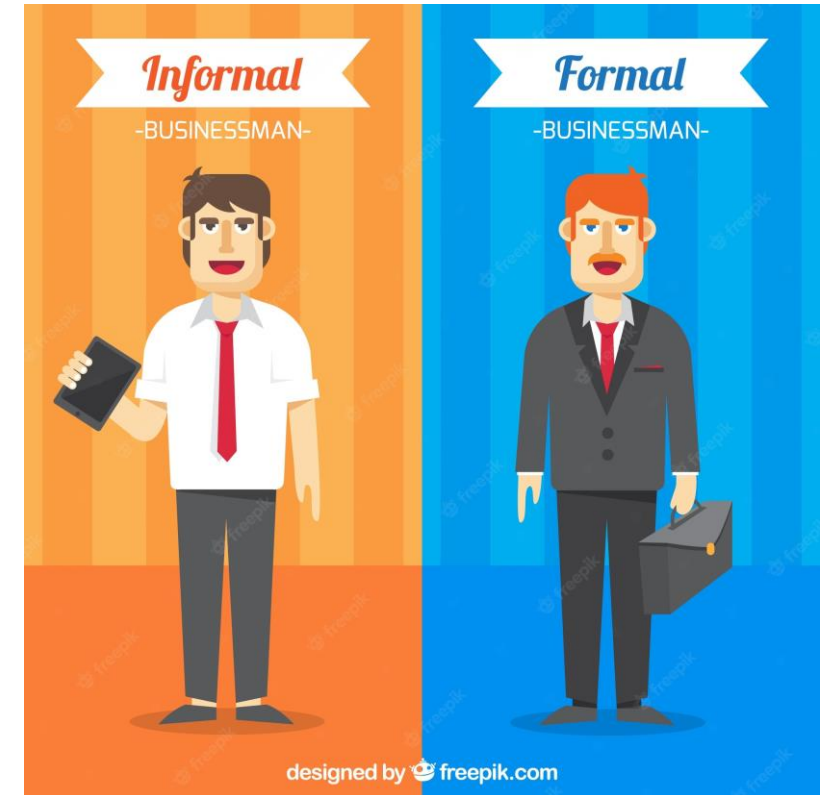
- Experience
- Thinking
- Competence
- Commitment
- Deed

95%



Many informal ways in which people can develop experiential expertise, such as :

- by following courses and workshops
- participating in self-help groups
- working as a volunteer in assistance.
- InterVision and Supervision are often used to deepen and strengthen experiential expertise.

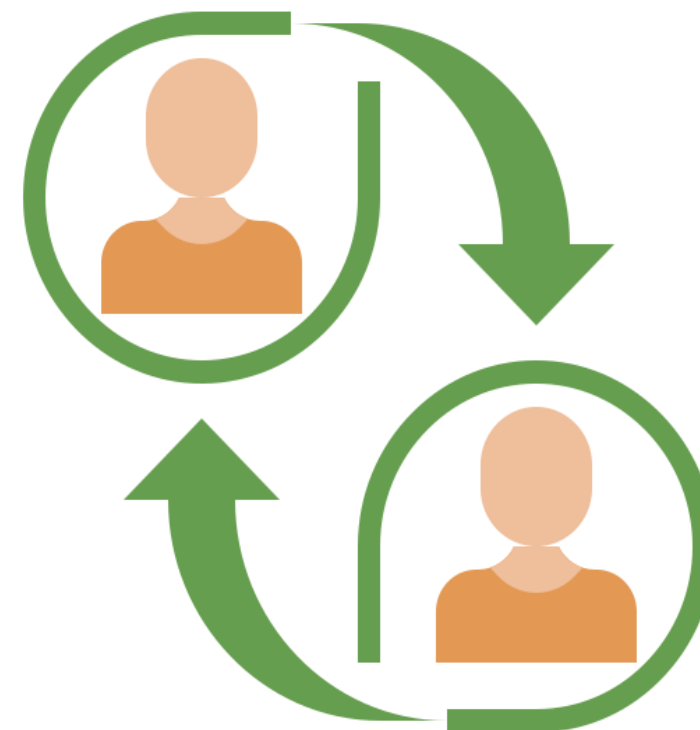


Recovery it is up to you

12 meetings with different themes in which participants open up and share
Evidence based

Working with my own experience

- For people who want to **orient** themselves on the use of their own experiences with mental health care, addiction care and social care.
- No requirements regarding education and work experience. With a minimum attendance of 10 of the 12 lessons





Different kinds of training to become a peer trainer



Training and education offered by various organizations and institutions.

For example, there are training courses to become an expert by experience in **mental health care, addiction care and care for the homeless.** These courses can vary from a few days to a few years, depending on the institution and the level of the course.





Examples OF larger trainings:



Associate degree :

a 2-year training - 1 day a week. **Needed:**
client experience

Result: Professional Peer worker

Level: bachelor

How:

You learn how to use your own disruptive (client) experiences to support others in finding space for their personal (recovery) process, rediscovering social roles and emancipation.



Examples OF larger trainings:



Howie the Harp :

a 1-year training – 4 days a week and half a day online

Result: Professional Peer worker

How:

your recovery process and that of your fellow students is part of the overall learning process. You learn to look at personal experiences from a distance and learn your own life lessons from them
You have your own coach

[Luciano can share his experience here](#)



Professional roles peer worker:

- **Supporting** individual recovery processes
- **Facilitator:** recovery groups, selfhelp groups, communities of practise
- **Activist:** 'Quarter Maker-', sharing knowledge, fighting stigma
- **Trainer, coach, supervisor**
- **Researcher, publisher**
- **Supervisor, coordinator** of recovery in initiatives
- **Policy Maker**





Peer work has a broad range of fields:

From 'helping with home work'

And 'swimming lessons'

To 'Certified Peer worker'

And everything in between



Different Recovery Initiatives:

- **A Recovery College** is a place where people recover by learning.

Most common activities: workshops, trainings, presentations etc

Participants are
students

- **A Living Museum** is a place where people recover by making art.

Participants are **artists**

- **A Recovery Learning Community** is a place where people recover by being part of a supportive community. Participants can learn of everything that happens

Participants are
participants

These are usually 100 % Peer Run

What do they have in common?

- All these initiatives provide a free space, a **sanctuary** which is like an **oasis** in the world of protocols and regulation
- They all are driven by peer workers, mostly 100 % **peer run**
- They improve the **quality** of the neighborhood



We need more of them and in a wide **variety**



Music makes miracles

WOLFF
WOLFF



Luciano shares some experiences as Peer Worker in two Recovery initiatives

