



Deflection and Peer Support

DATE: December 18, 2024 PRESENTED BY: Janie Gullickson, MPA:HA

Disclosures

- I have nothing to disclose

Learning Objectives

Participants will

- have a general understanding of the history of peer support as a profession
- learn the differences between Peer Support and (Peer) Case Manager
- understand the role of Peer Support and Case Managers in Deflection programs



What is peer support?

A brief history



painting by Tony Robert-Fleury, 1876

“As much as possible, all servants are chosen from the category of mental patients. They are at any rate better suited to this demanding work because they are usually more gentle, honest, and humane.” [Jean-Baptiste Pussin](#)

More recent history

Peer support has existed in various forms for many years.

- Indigenous Cultural practices (the Wounded Healer)
- Self-help groups (12 step recovery)
- Grass roots movements (C/S/X)
- Drop-in and recovery centers
- Professionalized peer services



Lived experiences connect us



We do
recover!



Peer Support Services in Practice

- Are an evidence-based practice
- Are a principle of trauma informed care
- Are a rapidly growing profession in behavioral health

Peer Support as a Profession

SAMHSA's Core Competencies for Peer Workers

- Recovery oriented
- Relationship focused
- Person centered (directed)
- Voluntary
- Trauma informed



Peer Support and Deflection

“Peer support workers are uniquely well-suited to work within deflection and pre-arrest diversion teams to help people with SUDs navigate complex systems, access critical services and care and support people in their recovery.”

[DEFLECTION AND PRE-ARREST DIVERSION: Integrating Peer Support Services](#)

Lessons Learned

“Peer support workers do not collude with the person they are serving against the system nor collude with the system against the person they are serving.”

[National Practice Guidelines for Peer Specialists and Supervisors](#)

Peer Case Managers

- Informed by the values of peer support
- May also have a clinical credential (CADC, QMHA)
- Can address compliance, conduct assessments, be more directive
- Put into practice (LEAD and Washington County)



Takeaways and what you can do

- As a deflection program administrator
- As a deflection partner providing peer services
- A deflection peer support worker



Thank You

Email: jgullickson@mhaoforegon.org