



2021 YEAR IN REVIEW

INTRODUCING...

The Centre for Innovation in Peer Support broke new ground in 2021 with the introduction of several new programs and opportunities for community partners.

We launched our new [Virtual Learning Centre & Resource Hub](#) regularly updated with educational toolkits, documents and videos. These offerings support the practice and implementation of peer support within Ontario

We piloted a NEW comprehensive Peer Support Core Competencies Training program with 18 youth representing The New Mentality, a program of Children's Mental Health Ontario; and 20 adult peer support workers from the Krasman Centre. Our PSCC Training runs quarterly, is offered completely virtually, free of charge, and has been attended by over 60 participants thus far.

BREAKING DOWN THE NUMBERS

Training sessions



15 training sessions with 225 participants

Webinars



16 webinars with more than 450 participants

Communities of Practice



60 Community of Practice meetings

Community contacts



more than 1100 connections made with members of our community

Consultation



200 + consultation / capacity building sessions with community agencies

Self-Help Groups



241 Virtual peer-led Self-Help groups with 2688 participants

Social Groups



298 Virtual peer-led Social Connections groups with 2154 participants

Navigation



4328 touch-points through our Peer Navigation program

PARTNERSHIPS

Developed and piloted in partnership a Family Caregiver Virtual Group Facilitation Training for the [Ontario Caregivers Organization](#)

Provided ongoing consultation to [Ontario Health](#) on the direct to consumer launch of the [Breaking Free app](#)

Actively representing the voice of lived and/or family/caregiver experience as a stakeholder on the [Mental Health & Addiction COVID-19 Recovery Advisory Table with Ontario Health](#)

Co-building a provincial Women's Mental Health and Substance Use Research-Practice Consortium with [Provincial System Support Program \(PSSP\)](#) at the [Centre for Addiction and Mental Health \(CAMH\)](#), [Addictions and Mental Health Ontario \(AMHO\)](#) & [Jean Tweed Centre](#).

Part of the Ontario Structured Psychotherapy for Alcohol Use Disorder Advisory co-chaired by [Ontario Health Mental Health and Addiction Centre of Excellence \(MHA CoE\)](#) and [Addictions & Mental Health Ontario \(AMHO\)](#)

Created a partnership Train the Trainer program, to provide the province with an accessible, low-barrier and consistent Peer Core Competencies training program. Agencies that participated in our first training cohort include:

- Krasman Centre
- Psychiatric Survivors of Ottawa
- Lived Experience Recovery Network (LERN)
- CMHA Durham Recovery College
- Reach Out Centre for Kids (ROCK)
- Nipissing Mental Health Housing & Support Services (CMHA North Bay)
- Centre for Addiction and Mental Health (CAMH) Recovery College
- Summit Housing & Outreach Programs
- STRIDE

PROVINCIAL RECOGNITION

Key Centre authored documents were adopted for use by Provincial stakeholders

- The Centre's [Toolkit: Sharing Your Personal Journeys for Public Speaking and/or Advisory Engagement](#) was included by the Ministry of Health as a Key Resource for Ontario Health Teams (OHTs)
- The Centre's [Toolkit: Compassionate Language for Mental Health & Substance Use](#) was used for the Minister's Patient and Family Advisory Council (MPFAC) and approved to share with OHTs by the Ministry Engagement Secretariat
- The Centre's [Our Virtual World: A Toolkit for Implementing Virtual Peer Support Groups](#) was identified as a Promising Practice and promoted through the Provincial Mental Health & Addiction Virtual Care Collaborative

CAPACITY BUILDING

It's been our privilege and honour to take on a leadership role in assisting to build the capacity, understanding and infrastructure for Peer Support; and representation of Lived Experience and/or Family/Caregiver Voice through these unique presentation opportunities:

- [Ontario MHA Virtual Care Collaborative](#) "Navigating Services in an Unprecedented Time"
 - Presented "Our Virtual World" Toolkit, and introduced our Virtual Learning Centre & Resource Hub
- [Canadian Mental Health Association Ontario's](#) Governance College
 - Presented "Peer Support and Client Engagement & Representation"
- [The Lived Experience Virtual Conference](#)
 - Presented "Supporting our Wellness in the Workplace"
- [The Provincial HSJCC](#)-Community Justice: Transforming Practices in a New World.
 - Presented "Peer Support: Humanizing People & Services Along the Wellness Journey"
- [Children's Mental Health Ontario](#) Crossroads Virtual Conference: Re-Imagining Better Mental Health Care for Kids and Families.
 - Presented "The Value of Peer Support: A Core Service in Ontario"
- [Provincial Excellence through Quality Improvement Project \(E-QIP\)](#) conference.
 - Presented the keynote presentation, "Listen. REALLY Listen. The Cornerstone of Quality Improvement"
- [Canadian Institutes of Health Research](#) Digital Health Solutions to Support Women with Addictions Event.
 - Presented "Implications & Benefits for Patients, Families & Peers."

We continue to support agencies across the Province of Ontario through our Communities of Practice, running 60 meetings in 2021, and introduced the Family and Caregiver Provincial Peer Network CoP.