**Community Peer Support**

**Mini-Grant Application**

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# What is Peer Support?

Peer workers are people who have lived experience with mental health and/or substance use disorders. We did not learn about mental health from a textbook, but from our own lived experience. We use this mutuality of experience to connect with others and help our community to see that recovery is an achievable reality.

Peer support has existed in some form since the late 18th century when a psychiatric hospital in France began hiring former patients with the belief that workers who had been hospitalized in the past would provide more kind and humane treatment than those who hadn’t. Peer support is a key component of the twelve-step movement and has been a growing force in the mental health community since the 1970s.

Peer work exists in many forms and is a growing practice within the professional mental health services landscape. Studies have shown overwhelmingly positive results for people who utilize peer support specialists, including fewer psychiatric hospitalizations than those who do not use peer support (Davidson, L. et al, 2012) and better outcomes in depression symptoms than care as usual (Pfeiffer et al, 2011).

Peer support offers a level of acceptance, understanding, and validation not found in many other professional relationships (Mead & McNeil, 2006). Peer workers strive to promote hope and self-determination within our community. Peer Support Specialists work with participants to develop goals, create strategies for self-empowerment, and offer practical advice along the way. Peer workers know firsthand that a mental health diagnosis does not have to limit a person’s potential and work to promote this ideology among the greater community.

Copied from: <https://www.cvabonline.org/history-of-peer-support>

# Information and Instructions

## Who are we

Developing Peer Support Communities (DPSC) is a program of Consumer Voices Are Born (CVAB) and is partnering with other peer-run organizations in Washington State. CVAB is a nonprofit peer-run organization operating direct services and training across Washington. The DPSC grant seeks to shape the development and implementation of recovery-oriented policies and practices and ensure that peer-delivered services are a part of the array of healthcare and community-based supports. Washington Peer Advancement Coalition (WAPAC), under the direction of CVAB, continues its work to educate about and promote the use of peer support/ services.

## Purpose of the DPSC SAMHSA funded grant H79SM080846

The DPSC grant seeks to collaborate with peer-run and behavioral health organizations that support recovery and peer support/services. The goal of all collaborative efforts is to promote consumer engagement and improve peer support/services policies and practices in underserved communities. All attempts to reduce sigma, train in recovery and peer service models, and support consumers in finding their voices are greatly encouraged through this state networking grant.

## Purpose of the Community Peer Support Mini-Grant

Peer and Recovery Support/Services are evidence-based practices. Each community is uniquely positioned and aware of which services and supports are needed to meet the varied needs of peers. By offering a community peer support organization or peer group the opportunity to plan and implement an event or training unique to the needs of the community, then recovery and peer support services will be uniquely positioned in the community.

The hope is that these monies will be used for an event, a training, or the creation of an ongoing peer support/services group. The focus could be peers, mental health professionals, or both. The mini-grant funding could include Wellness Recovery Action Plan (WRAP) and WRAP facilitator training, Consumer Operated Services Program (SAMHSA EBP Toolkit), and other training determined by needs assessments. The funding could also be used to create an ongoing peer support group. These suggestions are not comprehensive. There are hundreds of ways that peer support/services could be introduced or enhanced in a community.

## Definition of terms

**Peer-Run Organization:**

An organization that primarily services those in mental health recovery and where the majority of the persons who oversee the organization’s operation, whether the Board or Staff, have received behavioral health services.

**Peer-Run Group:**

A group of people whose primary focus is serving those in behavioral health recovery and where the majority of the persons who oversee the group’s operation and make decisions, have received behavioral health services.

**Peer:**

A Peer is an individual who identifies as a person in mental health recovery.

**Underserved Community**

A community that lacks peer support/services or where there is little knowledge of peer support/services. It could also be a community that could benefit from increased peer support/services.

## Criteria

The following criteria will be used to determine eligibility.

* All required documents have been included
* The proposal is in an underserved community in Washington State
* 75% or more of the planning committee are peers
* The plan encourages or trains for peer/recovery services to be introduced or increased in the community.
* The applicant agrees to evaluate the results before, during, and six months after the event date.
* A budget is included. A sample budget and budget form are in the forms document.

## Budget

Our hope in offering this mini-grant opportunity is that it supports programs that will continue with local funding. Therefore, this grant aims at supporting up to 80% of the project, with the average award being $2,000. Even though we understand the desire to provide a meal at events, we are restricted from funding meals via our contract with SAMHSA. Even so, meals can be funded through other sources.

## Distribution of funds:

Applications can be submitted at any time before August 31, 2020, and will be considered immediately. If an application is approved, the funds will be available in the following manner. 45% will be paid directly to begin funding the project; 45 % will be paid after the event when attendance sheets, evaluations, and project reports, are submitted, and the last 10% will be paid when the final 6-month review is submitted**.** Instructions regarding payments will be given after the project has been approved.

## Instructions

Even though the application is seven questions, the expectation is that each answer will be one paragraph. The goal is to show that this request for funding will assist or train for peer supports or services in an underserved community.

Fill out the cover page, answer the application questions, and fill out the budget form. Submit all three via email to porterd@cvab.org. The committee will respond to the application within 14 days.

# Cover Page

Application Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Community Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health Care Authority Region \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Organization Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Name of contact person\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Project Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Target Audience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Projected number of people reached \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Project Date or Date Range \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please share two to three sentences about the grant request including the amount requested and the proposed outcome. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Application Questions

1. **Statement of Need:**

Describe the need of peers in the community and how the mini-grant will address that need.

1. **Proposed Approach:**

Describe the proposed activity, the purpose of the event, and how it will meet the stated community need.

1. **Goals and Objectives:**

State the goal or goals of this project and the objectives that will accomplish the goals. See examples in forms document.

1. **Implementation:**

Describe the implementation process, including how the activities leading up to the event, the event, and post-event activities will promote peer engagement and improve policies and practices in the community.

1. **Key Leaders:**

List the key leaders and their qualifications. Describe the ratio of peer leaders for this project.

1. **Data and Performance:**

Describe how data will be collected, including the number of participants and performance indications before and after the event to show goals met. Indicate the evaluation or assessment process.

1. **Add any additional information unique to the community project.**

# Final Report

1. Describe project including project goals
2. Which goals and objectives were met?
3. Which goals and objectives were not met?
4. How did this project affect peers, peer service/supports, or other behavioral health objectives in the community?
5. If given the opportunity, what would be different, and what would stay the same?