Peer-to-Peer Support Training: A Collaborative Approach to Managing Traumatic Stress and Suicide Prevention

Purpose, Scope and Terminology of Peer Support Programs *
1. Demonstrate understanding of shared language around peer support methods.
2. Utilize evidence based concepts around the efficacy of peer support to healthcare workers.
3. Recognize scope of practice interventions can be utilized.

Trauma Informed Care: Considerations for Providers and Staff*
1. Demonstrate increased awareness of factors of both past and present trauma responses.
2. Discuss ethical needs and considerations due to past and present trauma
3. Explain the physiological/internal roots of trauma, vicarious trauma, moral distress and compassion fatigue.

Emergent Need for Psychological or Emotional Support Interventions*
1. Demonstrate awareness of bias and cultural competency in interventions with peers,
2. Explain methods to build secure connection with peers,
3. Demonstrate increased knowledge of intervention skills.

Question, Persuade, Refer; Suicide Prevention Training*
1. Describe how to interpret and respond to peers that are experiencing suicide ideation,
2. Recognize how to utilize referrals for actively suicidal person (non-Cook specific);
3. Prepare for how to appropriately engage with suicidal ideations in peers.

Referrals & Employees in Crisis*
1. Describe appropriate referrals (non-cook specific) for individuals in crisis
2. Create safe plans with interdisiciplinary teamwork

Legal & Ethical Considerations*
1. Explain the ethical considerations of disclosure after adverse event and referrals with peers (non-cook specific)
2. Identify legal resources and differentiate between priviledged and confidential conversations.
3. Summarize the ethical importance of appropriate interventions

Applying Emotional Support Interventions in Peer Interactions (Role-play Workshop)*
1. Roleplay how to interpret and respond to peers that are experiencing trauma, moral distress or suicide ideation.
2. Identify proactive strategies to empower peers with behavioral tools and appropriate consults
3. Employ proven strategies for emotional peer support to improve teamwork and care delivery across interdisicplinary teams.

Logistics & Reporting of Peer-to-Peer Interactions
1. Describe what information is able to reported in peer-to-peer interactions and the ethics of this information being collected.

Looking Forward - Next Steps and Final Q&A
1. Discuss the benefits of peer-to-peer support to peers and how and when to utilize these tools in real-time situations.

* Accredited sessions