

RARE CARE PEER SUPPORT

WHAT IS PEER SUPPORT?

Peer support is the process of giving and receiving encouragement and assistance to achieve long-term resilience. Peer supporters offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, and communities of support. Give an Hour trained peer supporters offer their unique lived experience to provide support focused on advocacy, education, mentoring, and motivation. Peer support is not therapy or professional counseling. While peer supporters have been trained and are being supported by a team of mental health professionals, peer supporters are NOT licensed mental health clinicians. They are peers who want to connect and support those who have similar experiences.

A TRAUMA INFORMED APPROACH that prioritizes SELF COMPASSION

Give an Hour's Rare Care Peer Support is a customized training series specifically designed for rare disease caregivers. The series includes six, two hour, web based training sessions.

Participants will learn:

- The four tasks of reciprocal peer support (connection, information gathering, goal setting, celebrating success)
- How trauma affects us and how to use a trauma informed approach
- How to intentionally practice self compassion
- How to prioritize self-care
- Special Considerations: caregiver burnout, medical issues
- All About Boundaries
- Special resources for Rare Caregivers



Founded in 2005 to serve the mental health needs of our nation's veterans, active military members, and their loved ones, Give an Hour is excited to share our latest mental health and wellness support program.

THE IDEAL PEER SUPPORTER

A Rare Care supporter is an individual with a lived experience who has made a personal commitment to his or her own self-care and has a desire to use what was learned from that lived experience to assist others with similar challenges.

BUILDING RESILIENCE TOGETHER

Rare Care peer supporters have experiential knowledge that provides a powerful message of self compassion and self care that enhances mental health and emotional wellbeing. The development of a supportive peer relationship builds personal resilience and supports participation with additional community resources.

- Rare Care supporters focus on emotional needs and strengths. They help their peer identify needs, build on strengths and resources, and help others in achieving goals.
- Rare Care Supporters provide support and ensure that all individuals served can build on their self compassion and self-care skills to achieve and/or maintain personal meaningful goals.

ONGOING SUPPORT FOR THE RARE CAREGIVERS COMMUNITY

In Give an Hour's Rare Care Peer Support, those who become trained peer supporters will have weekly, web based support meetings provided by a licensed mental health specialist.

Interested in learning more? Please contact Rare Caregiver Program Manager Sonja Chapman at schapman@giveanhour.org.

Is your organization interested in learning more about initiating a peer support program? Give an Hour can help. Please contact Kirsti Thompson, Director of training at kthompson@giveanhour.org.