



## Mission


Develop resilient individuals and their communities and grow our social impact through responsive, scalable and individualized mental health programs aimed at closing access and delivery gaps.

## What is Peer Support?

Peer support is the process of giving and receiving encouragement and assistance to achieve long-term resilience and recovery. Peer supporters offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, and communities of support. GAH 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 with those who have experienced similar trauma.

## A Trauma-Informed Model

Give an Hour's peer support program, "TIPS," stands for Trauma Informed Peer Support, and is an evidence-informed and customizable peer support training program designed specifically for those affected by trauma. The TIPS training series includes 4 to 6 web-based training and practice sessions (2 hours each), in which participants learn:

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- The effects of trauma and the elements of a trauma-informed approach
  - Prioritizing self-care
  - The four "tasks" (connection, information gathering, goal setting, celebrating success)
  - Special Considerations: Suicidality and Substance Use Disorder Ethics and Boundaries



## The Ideal Peer-Supporter

A TIPS Peer 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.

## Delivering A Message of Hope

TIPS Peer Supporters have experiential knowledge. This provides a powerful message of hope that enhances engagement. The development of a supportive peer relationship builds personal resilience and supports participation with additional community resources.



TIPS Supporters focus on wellness needs and strengths. They help their peer identify needs, build on strengths and resources, and help others in achieving goals.



TIPS Supporters provide support and ensure that all individuals served build on their self-care skills to achieve and/or maintain personally meaningful goals.

## Setting up a TIPS Peer-Support Program

Interested in learning more? Give an Hour can help your organization plan, train, build, and maintain a TIPS Program.