

# **ROSE: A peer-led intervention to support peer workers in overdose response settings in British Columbia**

*Presented by:*

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*On behalf of the Peer-2-Peer Project team*



# Background

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- Working in overdose response settings → lasting social, mental and emotional impacts.
- Peer workers are at the forefront of overdose response initiatives in BC.
- Peer workers face increased stress because of their relationships with people they respond to.
- Peer workers lack organizational and mental health supports.



\***Peer Worker:** A person who has lived/living experience of substance use and incorporates that lived experience into their professional work.



# Peer2Peer Project (P2P)

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Funded by Health Canada

**Aim:** Develop, implement and evaluate peer-led support interventions for peer workers who are working in BC Overdose Response Environments.



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BCDC HARM REDUCTION SERVICES

BC  
BC Centre for Disease Control  
An agency of the Provincial Health Services Authority



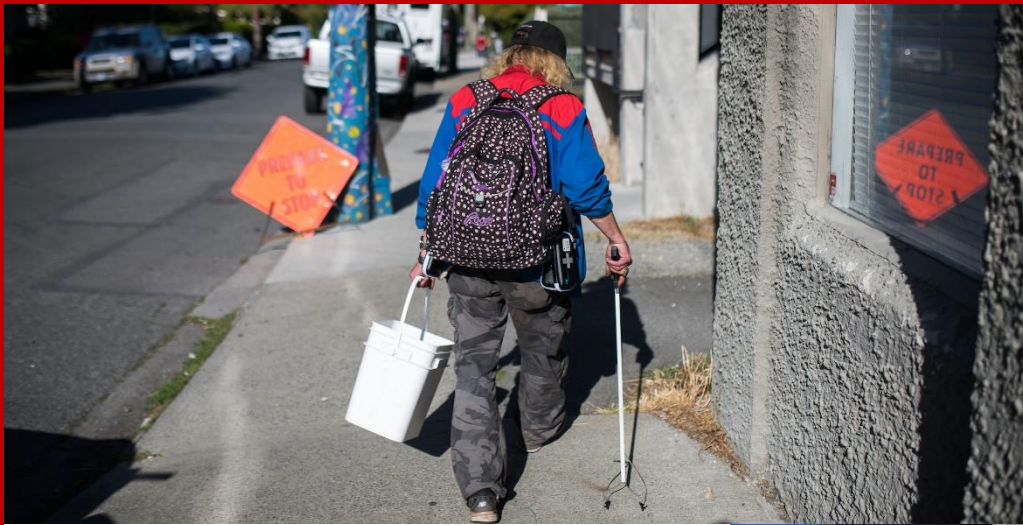
University  
of Victoria

Canadian Institute for  
Substance Use Research



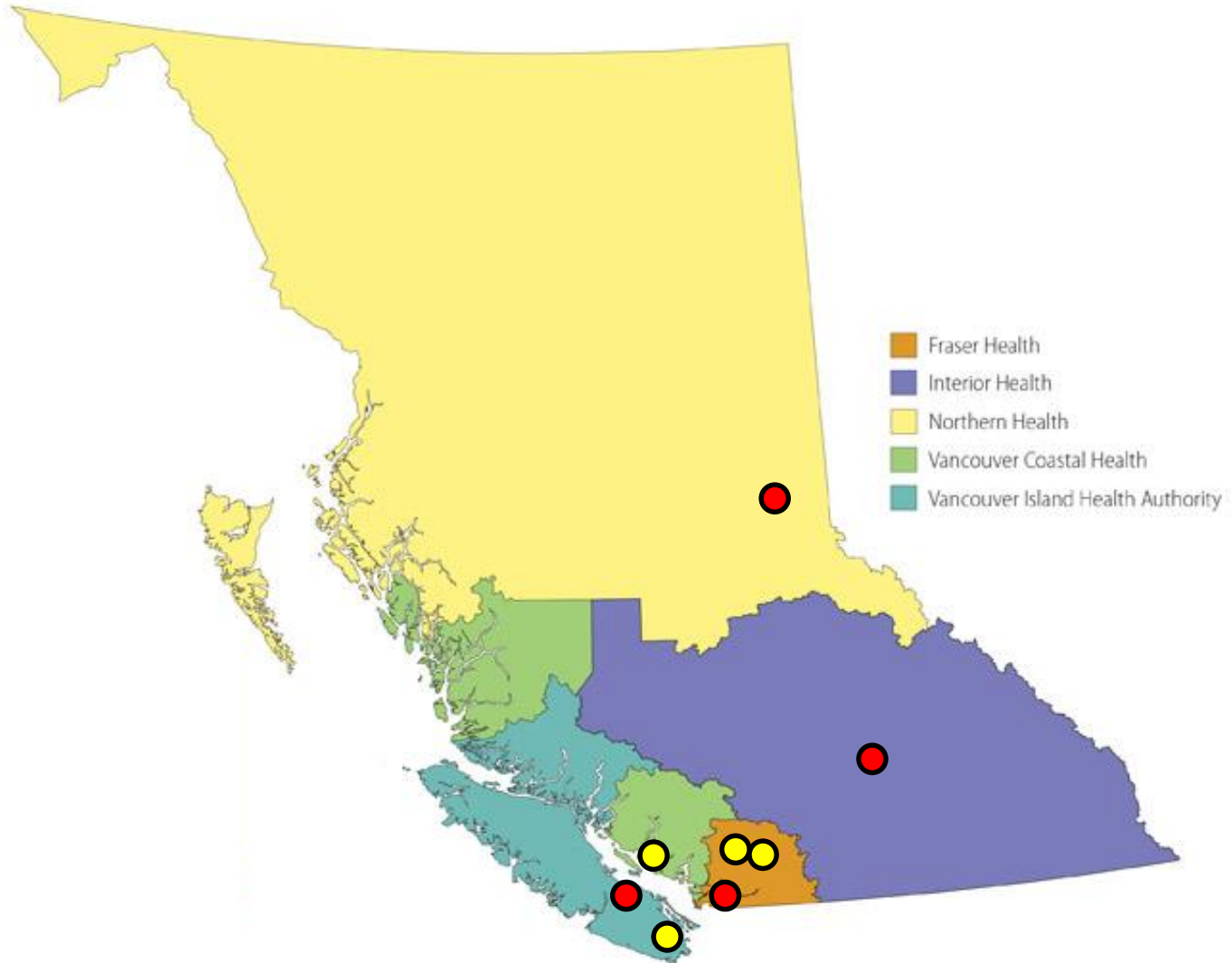
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HOUSING

Health  
Canada



# Peer2Peer Project (P2P) sites

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# Needs Assessment Findings

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Better Working  
Conditions



Recognition



Improved Living  
Conditions



More Workplace  
Resources



Equitable Pay



Community  
Resource Awareness



Skill Development



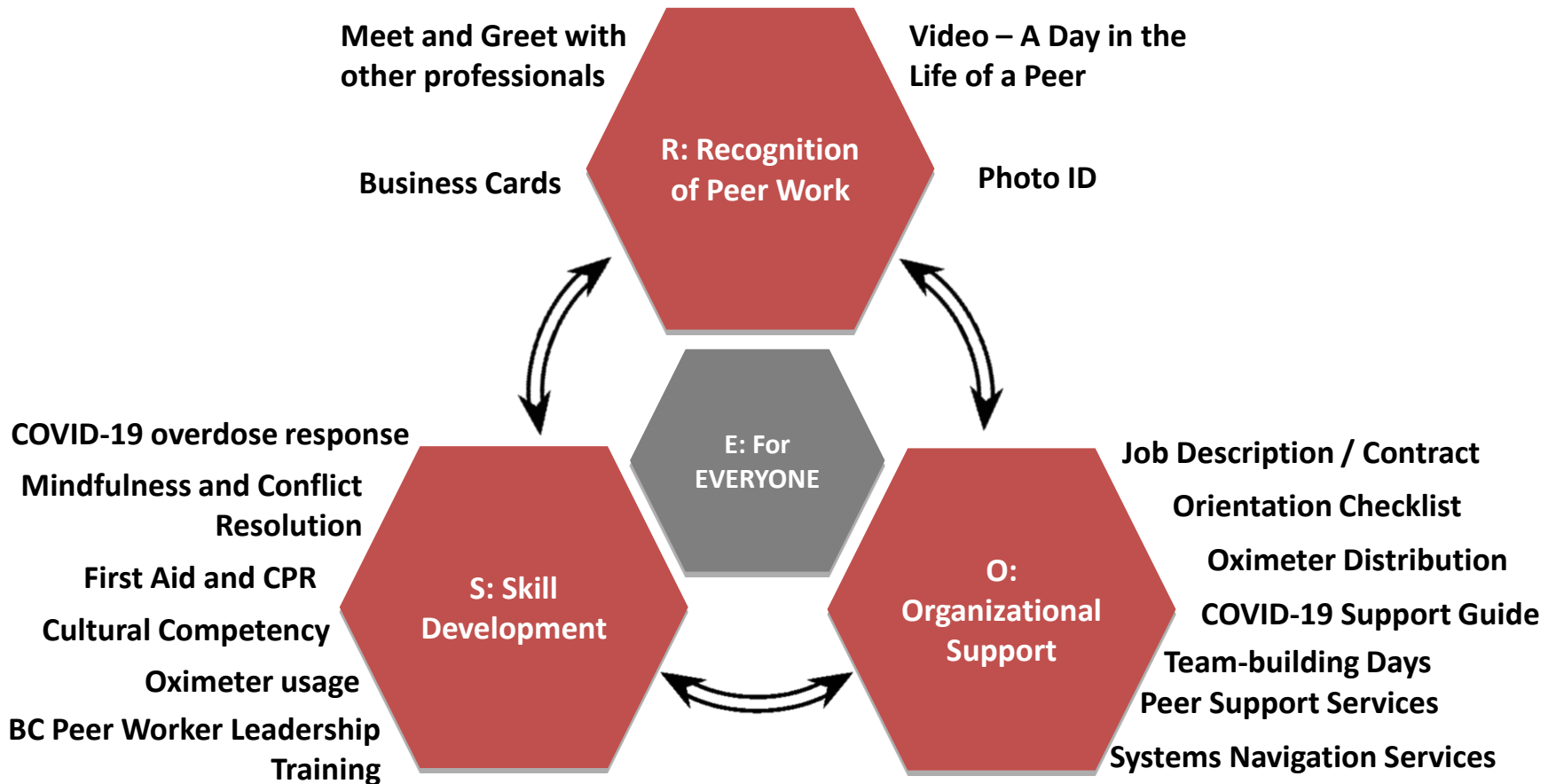
Peer Debriefing



Art/ Music and  
Physical Activities



# The 'ROSE' Model



More info: <https://towardtheheart.com/resource/about-rose/open>



Short version: [https://www.youtube.com/watch?v=Ed\\_5QRYXTSc](https://www.youtube.com/watch?v=Ed_5QRYXTSc)

Long version: <https://www.youtube.com/watch?v=XcMBpGJqwGU>



# BC Peer Worker Leadership Training



## Module 1: Recognizing Mental Health Disorders

Launch Training

### RESOURCES

- Module 1 Summary Handout: Responding to Emergency Situations with Mental Health Disorders



## Module 2: Effective Communication

Launch Training

### RESOURCES

- Language Matters Poster
- Common & Clinical Language Guide
- Module 2 Summary Handout - Effective Communication



## Module 3: Peer-to-Peer Counselling Skills

Launch Training

### RESOURCES

- Module 3 Summary Handout - Counselling Skills



## Module 4: Conflict Resolution

Launch Training

### RESOURCES

- Module 4 Summary Handout - Conflict Resolution



## Module 5: Organizational Etiquette

Launch Training

### RESOURCES

- Module 5 Summary Handout - Organizational Etiquette



## Module 6: Problem Solving with Emotional Intelligence

Launch Training

More info:  
<https://towardtheheart.com/peer-worker-training>

# Compassionate Action: Anti-Stigma Campaign



People Who Use Substances and Employment



Hierarchies of Perceived Acceptable Substances and...



Peers Workers' Interactions with Other Professionals



People Who Use Drugs and Primary Care



Inequity Faced by Peers/Experiential Workers ...



Scroll to the bottom of:  
<https://towardtheheart.com/peer2peer-project>

# Evaluations



# Evaluation – Quantitative

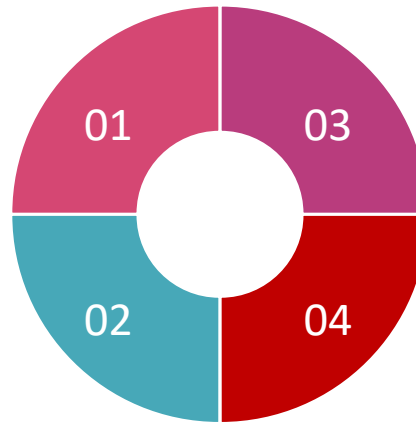


## Respect and Recognition at Work

More peers feel appreciated at work

## Deriving Meaning from Work

Peers are more satisfied with their work, and feel good about the people they are helping



## Relationships and Support Network

Peers feel more connected, have more trusting relationships, and like their coworkers more



## Stressors

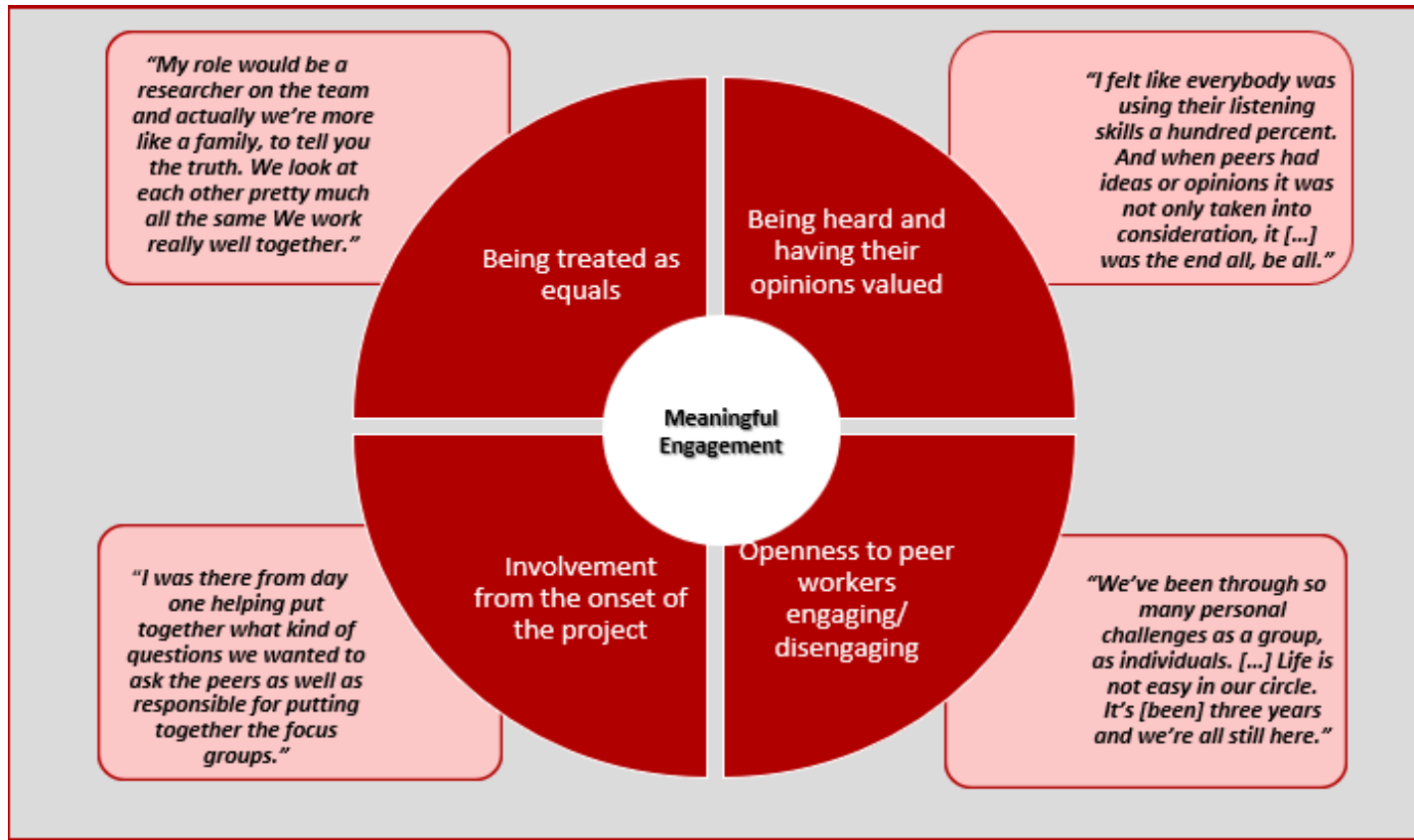
The number of peers who are stressed about their work situation has decreased



Full report:

<https://towardtheheart.com/resource/quantitative-evaluation-of-the-peer2peer-project-/open>

# Evaluation – Qualitative



Full report:

<https://towardtheheart.com/resource/evaluation-of-peer-engagement-p2p-project/open>

# Conclusion

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- The resources created through the Peer2Peer Project hold much promise improving working conditions and recognition for peer workers in overdose prevention.
- It is the collective responsibility of all service providers involved in harm reduction work to provide supports and improve the experience of people who use substances.





# Acknowledgements

We would like to recognize the hard work of our *Research Teams* based across the province.

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# THANK YOU!

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<https://towardtheheart.com/peer2>

[peer-project](https://towardtheheart.com/peer2)



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