

P2P M3 S4 SESSION PLAN

MODULE 3: PEER CONCEPTS AND PRACTICE: Preparing to put peer knowledge and skills into practice.

We highly recommend that each potential participant completed the Preparing for P2P Module prior to this Module.

This module builds on the work completed in The Peer Support Relationship. It explores the application of peer knowledge and skills in a practical way to support the recovery journey of others.

Prior to delivering this Module we suggest you read the Mini Knowledge and work through the Workbook for Participants.

This session is **130minutes** and the times start at zero, enabling you to put your times in whilst understanding the expected lengths of each component. Timings are a guide, based on experience and enough pace to inject energy. No more than 10 people. This can be delivered in person or online.

S=Slide

SESSION 4: SHARE YOUR PERSONAL RECOVERY STORY AND RECEIVE FEEDBACK ON IMPACT

This is the final session on the P2P programme that we have created. The pre-work should have been completed as part of the Preparing for P2P module. It's important that you have checked with participants that they have completed their recovery story based on the guidance in the Preparing for P2P Workbook. Ideally you have printed a copy of Wilma's Recovery Story for each participant.

SESSION	RESOURCES	GUIDANCE
00.00-00.05 Welcome	S1	<p>Have the opening slide on the screen.</p> <p>Welcome participants when they arrive, make everyone feel comfortable, use people's names and thank them for coming. Ask them to go around and introduce themselves and share a word about how they feel about being in the session.</p> <p style="color: green;">5 minutes</p>
00.05-00.15 Boundaries and Learning Intentions	S2/S3	<p>S2 Explain that every session will have learning intentions, participants should have seen these in the Workbook where they will have completed some pre-work before they arrive. Learning Intentions help everyone see the direction of travel and how it fits into the overall Module.</p> <p>S3 Share the slide as a starting point for agreeing the components of an empowering and safe learning environment. The points show how CHIME can be used to support this. Whilst some may not have come across CHIME at this point, just explain it's a framework used in peer support and that you are using it to set the boundaries for the session.</p> <p style="color: green;">About 5 minutes for these two slides.</p> <p>Next ask them, what they think about S3 and if there is anything they would like to add and record this on a flipchart. After the session add any additions to the slide for every session you complete with this group. Appreciate this may mean you are changing this slide multiple times based on how you chose to use these resources. No more than 5minutes.</p>

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00.15-00.30 Checking In	S4	<p>S4 Explain that on each session there will be a checking in question and a checking out question. For each of these questions you will expect to hear from everyone and on each occasion, they will have 2 minutes to think about the question and make notes (if they wish).</p> <p>What one word describes the learning from writing your recovery story?</p> <p>After 2 minutes ask who would like to go first, explain they will have a minute each. and then go to their left. Thank everyone after they have spoken, don't get involved in the responses no matter what they are. When you have heard from everyone reflect back some themes. Sum up by saying this is a good way to level the thinking for everyone to get their voice in the room. No more than 13minutes.</p> <p>15minutes for all of this.</p>
00.30-01.15 Recovery Story Preparing to share your story	S5 Preparing for P2P Workbook. <i>Wilma's Recovery Story</i> S6 S7	<p>S5 is a reminder of the chapters in the recovery story that were laid out in the Preparing for P2P workbook. Remind the participants about the work they have done laying the foundations of their story in this format. 5 minutes</p> <p>Join the group in pairs and ask them to read and reflect on Wilma's story, especially noting what they found helpful. 15minutes</p> <p>Hear a learning point from each pair and then sum up with S6 10 minutes</p> <p>S7 is the self-reflection activity 15minutes.</p>
01.15-01.25	COMFORT BREAK	
01.25-01.55 Sharing your story	S8	<p>S8 back in the same pairs as before, 20minutes</p> <p>Come back and hear a learning point from each pair. Make sense of what you hear, reflecting themes that have emerged. 10 minutes.</p>

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SESSION	RESOURCES	GUIDANCE
<p>01.55-02.10 Checking Out</p>	<p>S9</p>	<p>S9 is the checking out question.</p> <p>What’s been significant and surprising about your experience with us today?</p> <p>After 2 minutes ask who would like to go first, explain they will have a minute each. and then go to their right. Thank everyone after they have spoken, don’t get involved in the responses no matter what they are. When you have heard from everyone reflect back some themes. Sum up by saying this is a good way to get feedback on the session and that you will be reflecting the themes on the Post Session Reflection.</p> <p>Thank everyone and let them know you will follow-up with an arrangement for a 1-1. If it is helpful, you can complete the Reflection Document, that you can find in the ‘Extra Resources’ in the toolbox.</p> <p>You may also want to issue certificates if you are using this as the last session on your programme.</p>