

How to Apply

Use the following to get in touch with
Michelle Way, Peer Support Coordinator

Mental Health Support Network
South East Ontario Corp.
C2-350 Front Street
Belleville, ON K8N 5M5

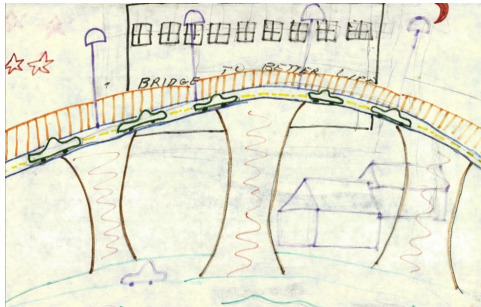
mway@mhsn.ca

613-403-1318

Successful applicants will receive the 5-Day OPDI Peer Support
Training Certification

<http://www.caho-hospitals.com/wp-content/uploads/2012/12/Transitional-Discharge->

[Model-ARTIC-Project-Information-Package.pdf](#)



Providence
Care

Become a Community

Peer Supporter

What is a Peer Supporter

A Peer Supporter is someone who has experienced their own difficulty with mental health at some point and has received OPDI Peer Support Certification to assist and best support others who are their own journey of mental health recovery.



Qualities of a Peer Supporter

- Strength in listening
- Respect for confidentiality
- Caring and genuine nature
- Approachable/non-judgmental
- Enthusiastic and positive
- Committed and reliable

Benefits of being a Peer Supporter

- Certification for you as a Peer Supporter through OPDI
- The opportunity to share in the recovery journey with others
- Authentic engagement with Peers in the community
- Personal growth
- Experiential learning of Mental Health and the Mental Health system and sector
- Increased Confidence and Learning
- Help empower someone to take Control of their lives
- Be part of an open and trusting relationship
- Aiding in instilling HOPE in the people being discharged from hospital

Transitional Discharge Model

The transitional discharge model that is being practiced is based on the provision of therapeutic relationships which assumes that people heal in relationships and that a network of relationships (such as staff and peer relationships) provided during transitional period of discharge from hospital to community will assist in individuals recovery.

Peer Supporter Role in the Transitional Discharge Model

The Peer from Mental Health Support Network South East Ontario Corp. who is trained to provide informal/social support to the participant leaving hospital.

About MHSNSEO Corp.

The mission of the Network is to enhance the mental health quality of life for those seeking recovery through supportive, nurturing, compassionate and engaging environments through Peers, in order that support is extended for the person to believe in themselves and be as well as they can be.

About OPDI

Ontario Peer Development Initiative's mission is to acquire, understand and amplify the unique and distinct voice of consumer/ survivor organizations across Ontario. The experiential expertise of our peers will shape the mental health system to achieve a valued, recovery- oriented, community-base approach to support.

About Providence Care

Providence Care is southeastern Ontario's leading provider of specialized mental health care, physical medicine and rehabilitation, specialized geriatric services, complex continuing care, palliative care and long-term care. Affiliated with Queen's University in Kingston, and as a member of the Council of Academic Hospitals of Ontario, Providence Care is a major centre for health education and research. Providence Care is sponsored by the Catholic Health Corporation of Ontario.