



National American Indian & Alaska Native

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**IOWA**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# Indigenizing Peer Support: Becoming a Peer Support Specialist Part 2

Speaker:

Jessica Carroll, MA, PWS, Osage Nation

Special Guest:

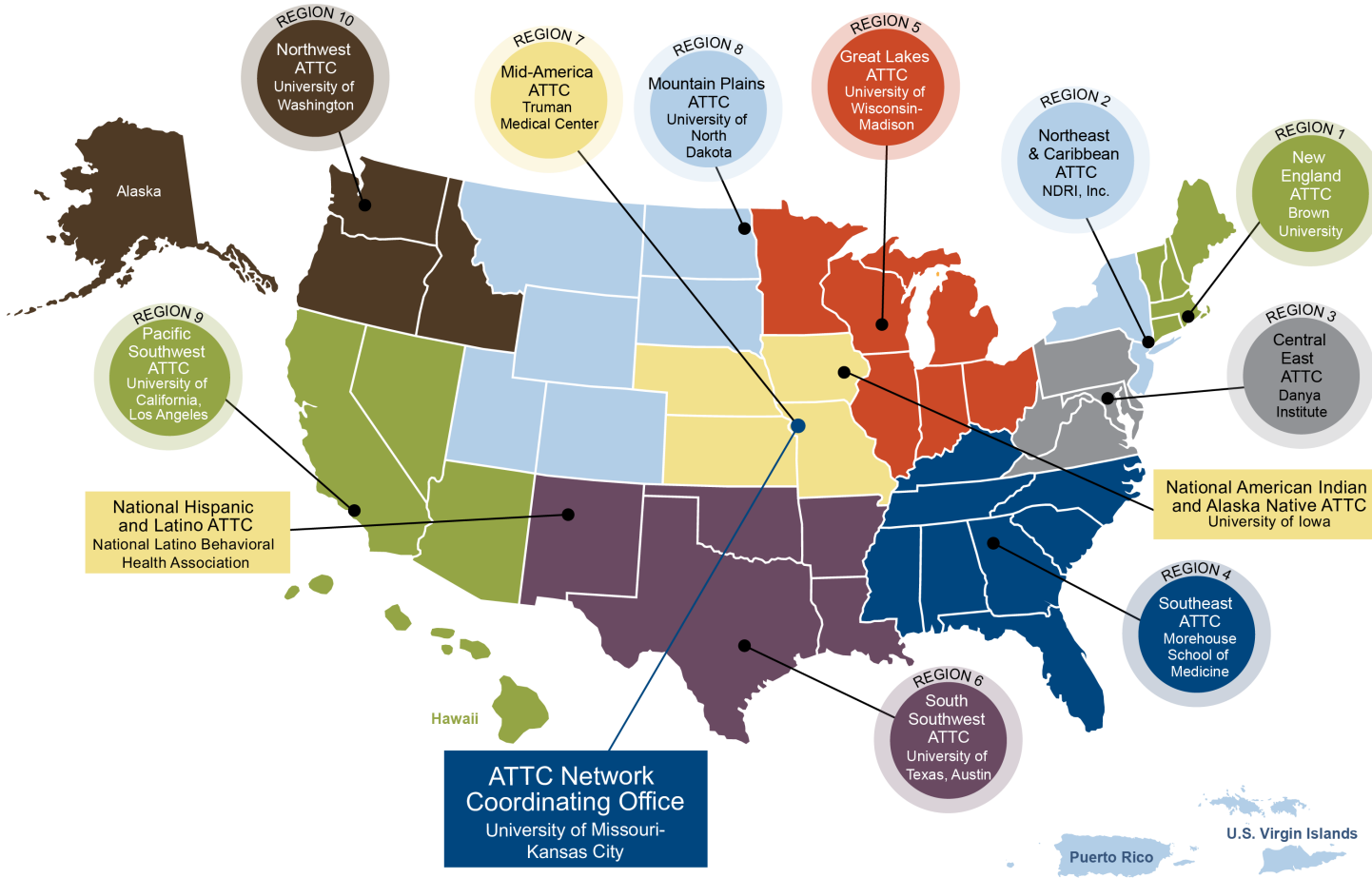
Jim Wikel, PWS, CRM II, PSS, Seneca-  
Cayuga Nation of Oklahoma

May 1, 2023



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## U.S.-based ATTC Network



# American Indian & Alaska Native Addiction Technology Transfer Center

# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

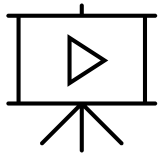
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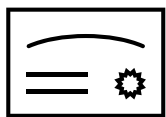


# Follow-up

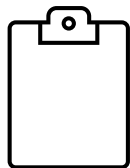
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs



Link to our evaluation survey (GPRA)



# Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited. Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.





## Today's Speaker

Jessica has a Master's Degree in Counseling Psychology from the Graduate Center of Education and Counseling at Lewis & Clark College in Portland Oregon and a Bachelor's Degree in psychology from Portland State University. Jessica has dedicated the last decade of her professional life to advancing Peer Services. She is currently a Program Manager at the State of Oregon where she administers programs and implements systems change utilizing her lens of lived experience.



## Special Guest

I am from The Wolf Clan of The Seneca-Cayuga Nation of Oklahoma.  
Currently residing in Salem OR working as lead Peer Supporter for a tribal organization.

"Protect your spirit because you are in the place where spirits get eaten."  
~John Trudell



# Becoming a Peer

Jessica Carroll (Osage) MA:PMHCA



# Becoming a Peer

1. Peer support - a brief description.
2. Are you ready?
3. Destigmatizing your story
4. Certification

# Peer Support - a Brief Description

Peer support is a formal relationship between two people; the Peer Support Specialist, and the person who they are supporting (Peer).

The peer relationship is a non-judgmental and non-coercive relationship based on mutuality and respect.

# Peer Support - a Brief Description

- Success in peer support is how well the Peer Support Specialist can meet someone where they are at, not their outcomes.
- Remember - you cannot force change, but you can hold hope for others until they are able to hold it themselves

# Are You Ready?

Before entering any helping profession, it is wise to ensure that you are ready to provide that help to everyone and anyone who needs it.

Peer support is no exception. In fact, because our lived experience tends to be similar to our Peers', we need to take extra care to ensure we are ready.

# Are You Ready?

Things I asked myself:

- Am I able to help anyone who needs it? No matter who they are or what they might have done?
- Am I able to hear and hold other's traumatic stories and events? How can I compartmentalize in a healthy way?
- Am I ready to tell my story?

# Our (Peer) Stories

Our stories are important because:

- They are vital to our work
- They provide hope for others
- They are the evidence to others that stigma and bias are misguided
- They are sometimes uncomfortable to tell...



# Fear

Because stigma and bias are so prevalent, it can be uncomfortable or or even scary to tell our stories outside of peer interactions or people with whom we feel safe and/or comfortable

This fear and discomfort can lead to anxiety and/or stress. It can also lead us to silence in moments where our story is vital.

Can you think of a time when you when you felt uneasy sharing your story?

Secret! (I had some of these very thoughts while writing presentation and deciding whether to share my story)



# The Source

So, if my story is so important to breaking stigmas, then why am I so afraid to share it with teachers, professors, employers, colleagues, friends, family, and others?

Can It be that I might have biases too?!?!?!?!?

Yes! We all have biases - Learning to recognize them is what's most important (Topic for another day).

# Getting Comfortable

Getting comfortable telling your story is key. Here are some steps:

- Start with people you trust
- Identify which parts of your story might be helpful in the moment
- Identify appropriate situations where your story might be beneficial
- Practice!!

# Storytelling

Every time we tell our story, we are actively working to destigmatize our experience and the experiences of other peers.

Remember - If we are feeling discomfort around our story - it is likely something that someone else needs to hear 😊

Your stories are part of what make you the person you are today!

# Certification

National credentials - Mental Health America, International Certification & Reciprocity Consortium (IC&RC), NAADAC

State certifications - Vary by state

How does credentialing work in your state?