



For the health of correctional agencies, staff and families

Peer Supporter Training (PST) 40-hour Training Curriculum Outline

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Introductions

NATURE OF PEER SUPPORT IN CORRECTIONS

- The Value and Power of Social Support
- What Peer Support Is and What It is Not
- Characteristics of Good Peer Supporters
- Do's and Do Not's of Peer Support

PEER SUPPORT TEAM OPERATIONAL GUIDELINES

- Peer Support Team Leadership Structure
- Clinical Supervision
- Confidentiality and Its Limits
- Relevant Statutes
- Peer Support Team Deployment Details -- Who, When, Where, How
- Reach-outs
- Requesting a Sabbatical from Peer Support Team
- Resignation from Peer Support Team
- Removal from Peer Support Team

STAGES OF PEER SUPPORT

Stage 1: Emotional/Social Support, Exploration and Screening

- Active Listening Skills (non-verbal communication, minimal encouragers, echoing, mirroring, pausing, open-ended questions vs. closed questions, requesting clarification, prioritizing, summarizing)



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- Attunement
- Empathy
- Validation
- Screening Areas
- Skills Practice
 - a. Demonstration Role Play
 - b. Triad Role Plays (Peer Supporter, Peer, and Observer)

Stage 2: Identification of Areas of Need

- Problem/Need Identification
- Values Identification
- Self-Disclosure
- Advanced Accurate Empathy
- Immediacy
- Confrontation
- Skills Practice (Demonstration and Triad Role Plays)

Stage 3: Determination of Actions to Meet Identified Need

- Action Plan Steps
- Provision of Relevant Resources
- Skills Practice (Demonstration and Triad Role Plays)

WARNING SIGNS

- Signs of Extreme Stress
- Signs of Corrections Fatigue
- Signs of Some Psychological Disorders
- Support Following Critical Incidents

THREAT TO SELF -- SUICIDAL IDEATION OR ATTEMPT IN PROGRESS

- Misconceptions vs. Facts

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- Red flags
- Risk Factors
- Protective Factors
- Intervention Strategies
- Suicide Attempt in Progress
- Distress without Report of Suicidal Thoughts
- Postvention
- Skills Practice (Demonstration and Triad Role Plays)

THREAT TO OTHERS -- HOMICIDAL IDEATION OR THREATS

- Action Steps
- Skills Practice (Demonstration and Triad Role Plays)

PEER SUPPORT TEAM MEMBER SELF-CARE AND RESILIENCE BUILDING

- Debriefing
- Dealing with Cumulative Direct and Indirect Traumatization as Peer Support Team member
- ABC's of Self-care
- Resilience-promoting Skills and Behaviors -- Social, Cognitive, Emotional, and Physical
- Skills Practice (Demonstration and Triad Role Plays)

- Comprehension Quiz
- Evaluations

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DWCO MISSION

Advancing the well-being of correctional staff and their families,
and the health of correctional agencies, through data-driven, skill-based training