Introduction

- Peer specialists have been shown to reduce the number of hospitalizations due to mental illness (Cook et al., 2011; Solomon, 2004).
- Peer Specialists felt they would have been more effective in their roles if they had more training and guidance (Moran, Russinova, Gidugu, & Gagne, 2013; Mowbray, Moxley, & Collins, 1998).
- Peer specialists that do not know how to share their own experiences with other leave their peers at a disadvantage (Moran et al., 2013; Salzer, Schwenk, & Brusllovasky, 2010).
Social Work Relevance

- The Code of Ethics of the National Association of Social Workers (2008) emphasizes the need to provide quality services to clients.
- The Code of Ethics also respects the rights of clients to self-determination regarding their care.
- Providing a training curriculum that provides Peer Specialists good preparation will serve the best interests of clients, and empower the peer specialists to have self-determination in their roles.
The grant will serve an agency in Long Beach California, which serves diverse populations with mental illness:

Data reported from Long Beach’s south bay area showed that the adult racial groups who reported the most serious psychological distress were white people at 5.0% and Hispanic/Latino people at 3.6%.

The two racial groups who were more likely to consider suicide as an alternative were Black/African American people at 15.2% and Asian people at 11.6% (Long Beach Community Health Assessment, 2013).
Methods

- The target population are the Life Coaches, which are employed peer mentors, at a mental health service agency called the Village.
- Strategies used to find funding sources include: multiple searches through the Google search engine and the Long Beach State University database.
- The search found the Weingart Foundation as a potential funding source for this project.
Methods

- A search through the literature established the need for Life Coaches to know how to effectively use their lived experience to better support their peers recovery (Moran et al., 2013; Salzer et al., 2010).
- The grant will potentially secure $25,000 for the Life Coaches program.
- This money will be used to fund: CPR trainers, core skill trainers, stipends for the Life Coaches service, and direct program costs.
Grant Proposal

- Program Summary: This program would train peer mentors to engage with people with mental disorders while learning skills that will maintain their recovery.
- Sustainability: A record of the training curriculum’s effectiveness will be provided to future funders who support programs that give monetary support to already existing projects.
Grant Proposal

- Program Objectives: Developing the Life Coach Training Curriculum; Connecting to facilitators/trainers outside the host agency; Designing Training Materials for Life Coaches; Designing training materials for Life Coaches; Evaluating the Life Coaches Program

- Program Evaluation: Life Coaches will be given evaluation forms after each training and will be interviewed after their service to evaluate the program’s effectiveness.
Lessons Learned

- This literature review informed the grant writer on how the history of mental health services helped give opportunities for peer support.
- This literature review also uncovered a need for more research on the way people in peer support roles are trained.
- The grant writer became informed on the necessity of becoming informed of the physical health disparities that exist for people with mental illness and the need to provide resources for Life Coaches.
References