



S H A R E ! TM

SHARE!

the Self-Help And Recovery Exchange

SHARE! Recovery Retreat

SHARE! PRISM

www.shareselfhelp.org

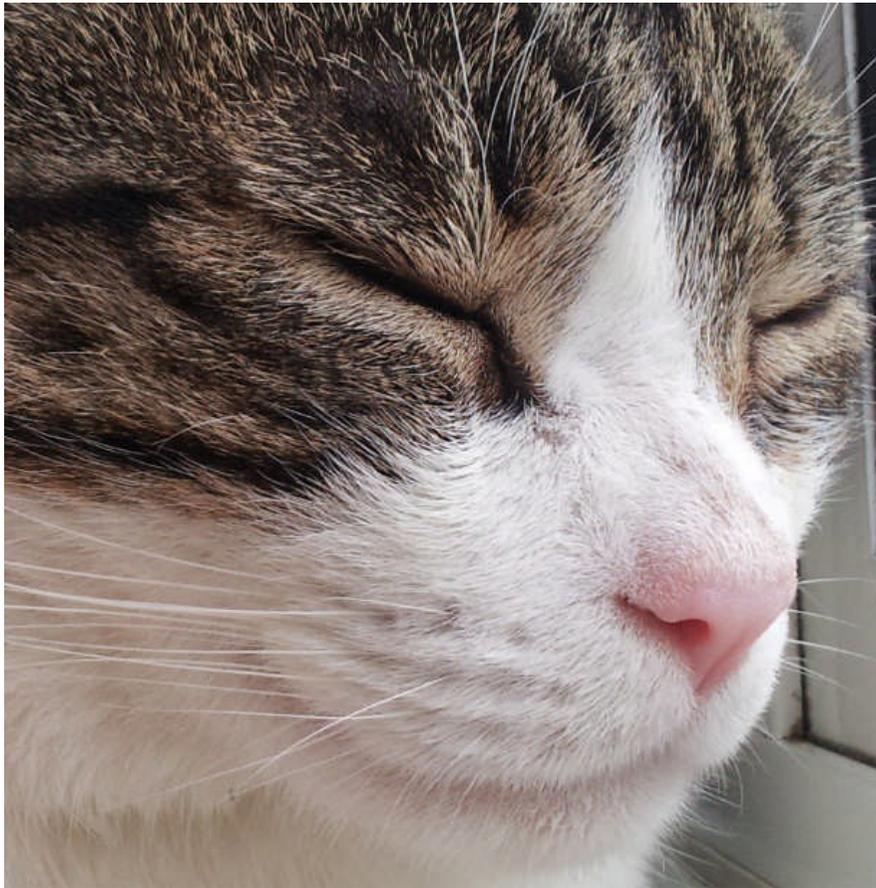
SHARE! EBPs

- Self-Help Support Groups
- Situated Learning
- Helper Therapy Principle
- Same day Housing First
- Critical Time Intervention
- Peer Services
- Intentional Peer Support
- WRAP

SHARE! Values

- Everyone welcome—no one asked to leave for any reason
- “Whatever it takes”
- One-size does not fit all => individualized change plans
- Safe to fail
- Person who cannot conform needs more help than others

Close your eyes and envision success...



If I am successful
what does my life
look like in 5 years?

What would be
worth celebrating?

What would be a
desirable result –
even if I have no
idea how to
accomplish it?

*Write down
your answer*

SHARE! Plan for Success

*Close your eyes & let yourself dream.
What does success mean to you?*

In 5 years I will be _____

4 years _____

3 years _____

2 years _____

1 years _____

9 years _____

6 years _____

SHARE! Plan for Success (cont.)

3 months _____

1 month _____

2 weeks _____

1 week _____

Tomorrow _____

Today _____

Now that you have the plan, make a commitment of one thing that you are going to do each week to further your Plan for Success. Share your commitment with your self-help group, a friend, a Case Manager, a family member or whoever you choose. Then watch your dreams come true!

You are worth it!

You deserve to have your dreams come true!

A 58-year-old black female PRISM participant with severe mental illness and diabetes who had been homeless nine months wrote her Plan for Success after moving into SHARE! Collaborative Housing.

In 5 years I will be leaving California moving back to the east
Coast and living with my significant other. I want to
work independently as an Uber driver and establish a
sewing business. I want to work with my partner in his
business and want to travel to various parts of the world.
I want to make a substantial income so that I can pay my
bills, save money, travel and enjoy life without stress. I
would also like to invest in stocks & funds one day.

A year later...

she has maintained housing, is managing her diabetes, has a job as a cashier at a cab company, owns a car, and has planned an upcoming trip to her family on the East Coast.

SHARE! Recovery Retreat Learning

- Situation Learning is both fast and effective
- Taking people to self-help support groups in their neighborhoods ensured continued attendance
- Integration of Peer Services in MHS is uneven => few referrals from providers
- Intentional Peer Support gave staff a good foundation in peer interventions
- When staff avoid intervening and solving problems people are empowered to take responsibility for their own lives
- When people see that they have everything they need to pursue their Plans for Success, they move quickly into recovery
- Hiring and training peer staff takes longer than 60 days because there are no comprehensive Peer Services training courses available in the community

SHARE! PRISM Learning

- Peer Services improve people's relationships with their families resulting in families being include in treatment
- Integration of Peer Services in MHS is uneven => few referrals from providers
- Staff were more effective when they had personal experience with self-help support groups
- SHARE!'s EBP interventions work– 42% had jobs at 1 year

SHARE! PRISM Learning (cont.)

- PRISM would be a good FSP step down program
- Appointments and assessments undermine Peer Services outcomes
- Meaningful caseload ratio – 25:1 rather than 50:1
- “Case management” activities performed by peer staff limited both outcomes and people’s support networks
- Housing support needs to be done at housing location