

**Pillars of Hope**  
Peer Support Approaches  
for People with Co-occurring Disorders

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**“Revolutions begin when  
people who are defined as  
problems achieve the power  
to redefine the problem.”**

**John McKnight**

Five Stages in the Recovery Process

...the  
**Disabling Power**  
of a  
Psychiatric Diagnosis

Five Stages in the Recovery Process

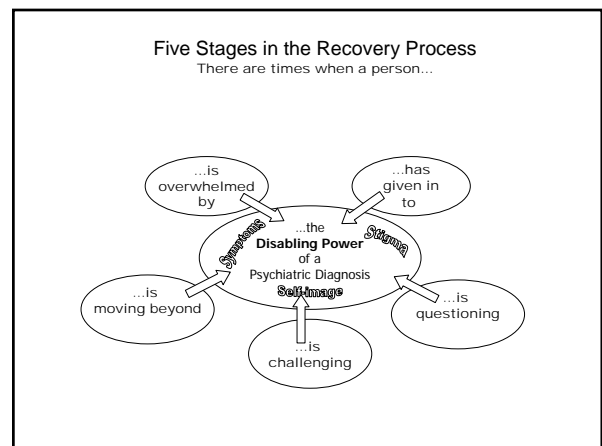
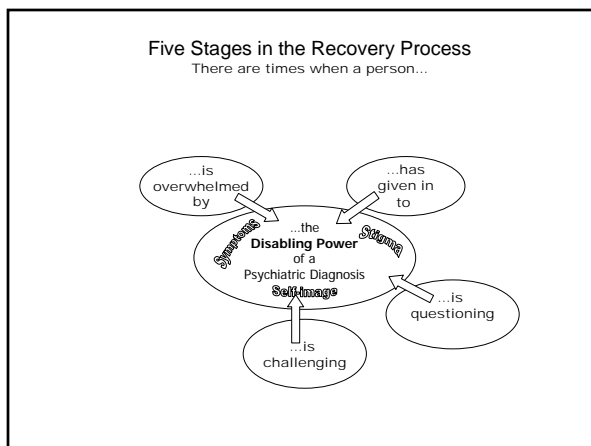
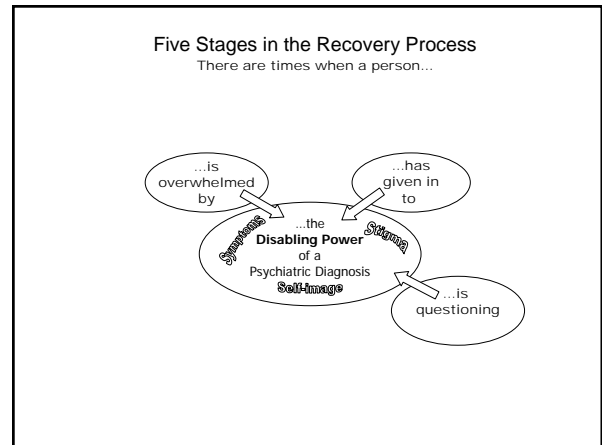
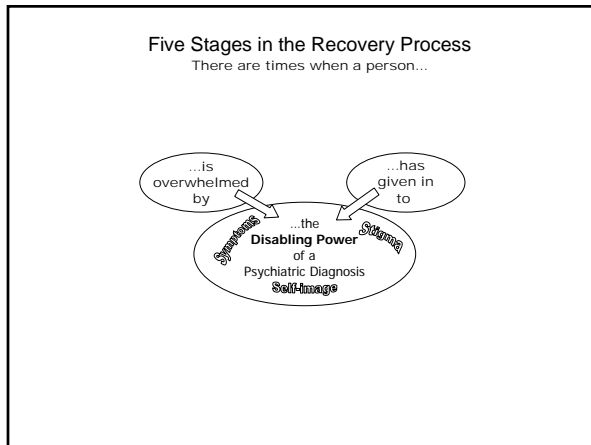
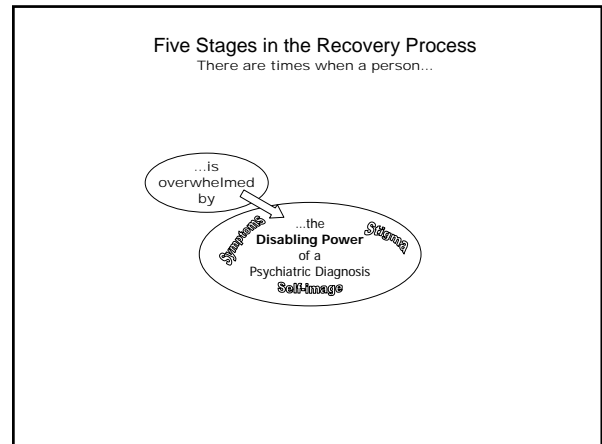
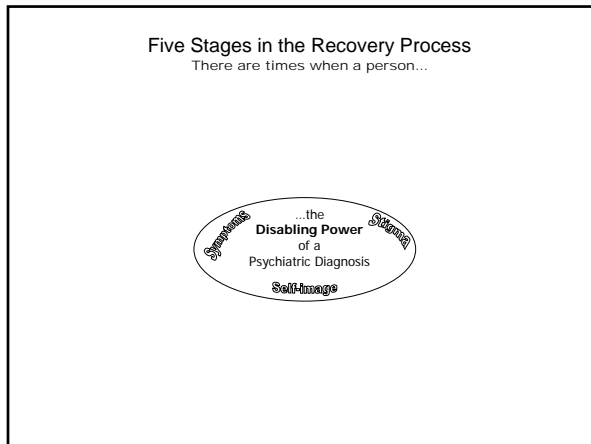
**Symptoms** ...the  
**Disabling Power**  
of a  
Psychiatric Diagnosis

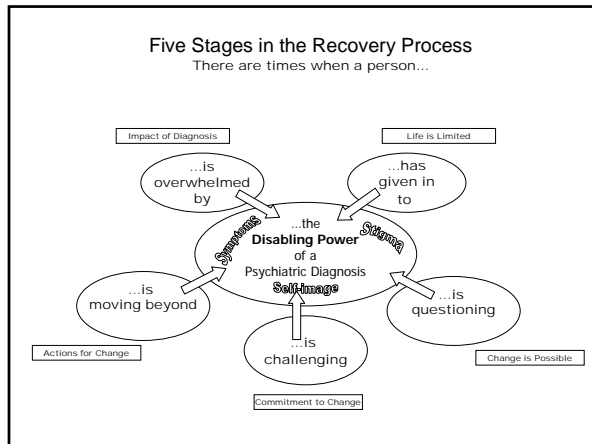
Five Stages in the Recovery Process

**Symptoms** ...the  
**Disabling Power**  
of a  
Psychiatric Diagnosis  
**Situations**

Five Stages in the Recovery Process

**Symptoms** ...the  
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Psychiatric Diagnosis  
**Situations**  
**Self-Image**





- ### New Peer Roles for System Transformation
- Outreach to homeless, aging, young adults
  - Trauma
  - Community integration from institutions
  - Peer Support Whole Health

### NASMHPD Morbidity and Mortality Report

"People with serious mental illness served by the public mental health system die, on average, 25 years earlier than the general population."

NASMHPD  
Morbidity and Mortality in People with Serious Mental Illness  
October 2006

### USA Today: Mental Illness Linked to Short Life

"Adults with serious mental illness treated in public systems die about 25 years earlier than Americans overall, a gap that's widened since the early '90s, when major mental disorders cut life spans by 10 to 15 years...."

USA Today  
May 3, 2007

- ### NASMHPD Morbidity and Mortality Report (con.)
- Causes:
- Preventable Medical Conditions
    - Metabolic disorders
    - Cardiovascular disease
    - Diabetes

- ### NASMHPD Morbidity and Mortality Report (con.)
- Causes:
- Preventable Risk Factors
    - Obesity
    - Smoking
    - Substance abuse
    - Inadequate access to medical care
    - Some psychiatric medications

### Adapting and Testing Health Self-Management Model

- Designed for people with serious mental illness
- Rollins School of Public Health, Emory University
- Directed by Dr. Ben Druss
- Adapting the Chronic Disease Self-Management Program (CDSMP), Stanford University
- Druss research funded by NIMH

### Adapting and Testing Health Self-Management Model (con.)

#### CDSMP:

- Results in sustainable change in healthy behaviors and health in persons with a range of chronic conditions
- Is consistent with efforts to incorporate self-management and peer support to foster recovery for people with SMI
- Is applicable to populations with multiple risk factors and/or comorbid conditions

### Peer Support Whole Health

- Peers trained by Benson-Henry Institute for Mind-Body Medicine at Mass General teaching the relaxation response that changes physical/emotional response to stress and:
  - Decreases metabolism
  - Decreases heart rates
  - Decreases blood pressure
  - Decreases breathing
  - Decreases muscle tension
  - Decreases cortisol
  - If practiced regularly, can have lasting effects

### Peer Support Whole Health Pilot Training

- Peer Support Whole Health Pilot Training, May 5-7, Battle Creek, MI
- 12 one-hour modules and health kit
- Training and kit address preventable medical conditions and risk factors in NASMHPD Report

### Peer Support Whole Health Study

- 8 week study by Benson Henry Institute for Mind Body Medicine and Appalachian Consulting Group
- 3 State study at peer centers in Georgia, Michigan, and Massachusetts
- Reduction of body mass index