

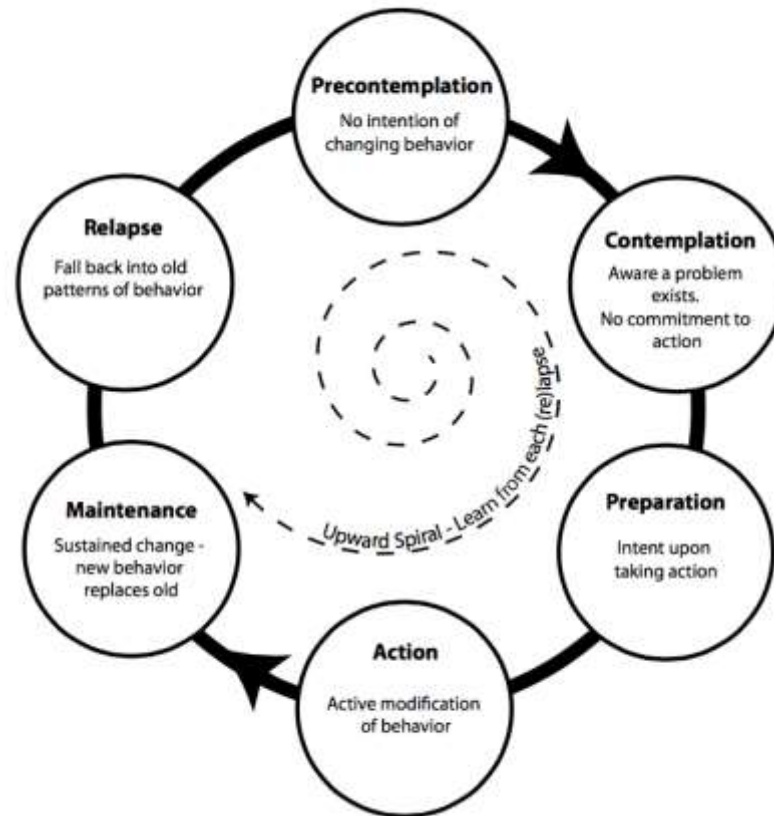
Building Peer Supports on a Stages of Change Continuum

A presentation by David Bain (CUCB Peer Specialist), Sharon Scott-Kish, Ana B. Gutierrez, Varian Pierce, Elizabeth Barr (Peer Response Team members)

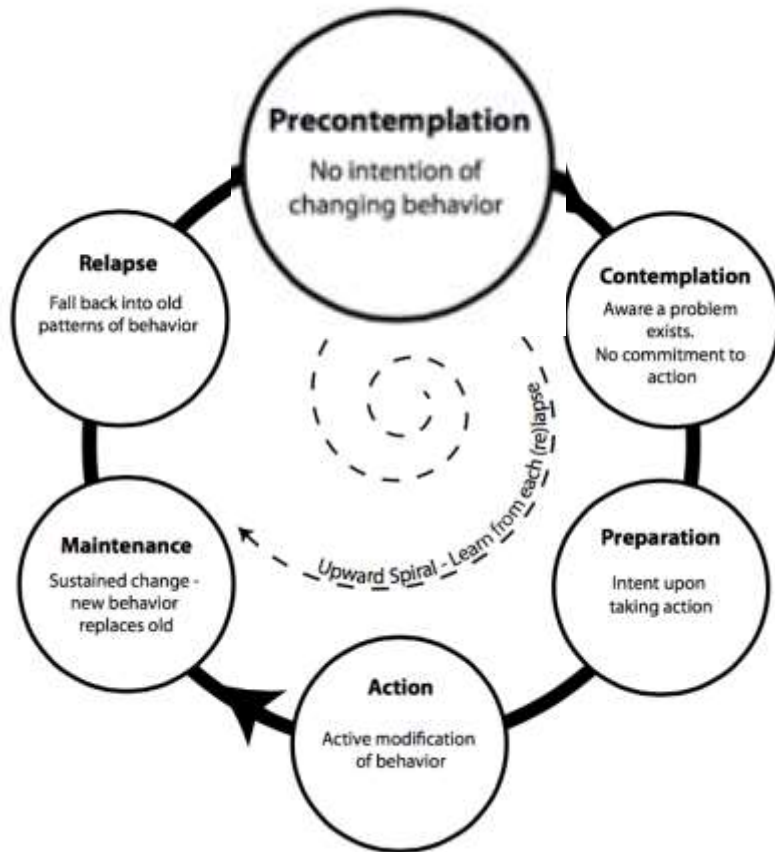
Who Are We?

- Non-profit
- Work in close collaboration with organizations
- Focus: Peer Led, Support, Education, Research

Stages of Change



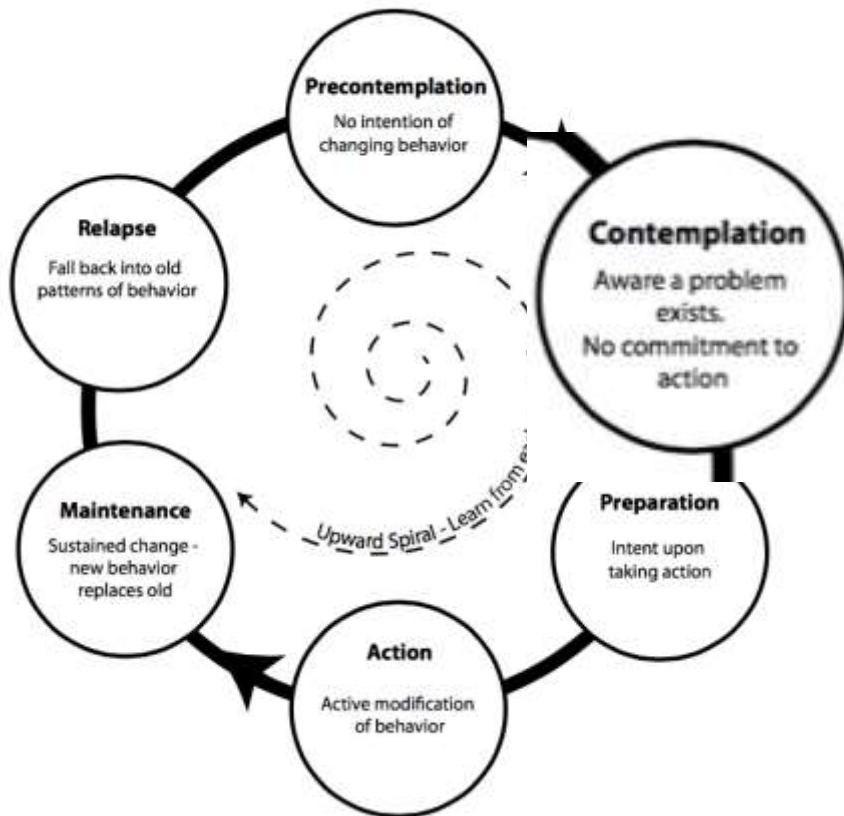
Stages of Change



Precontemplation:

- No intent to take action
- Often unaware behavior is problematic or produces negative consequences
- Underestimate the pros
- Places too much emphasis on the cons

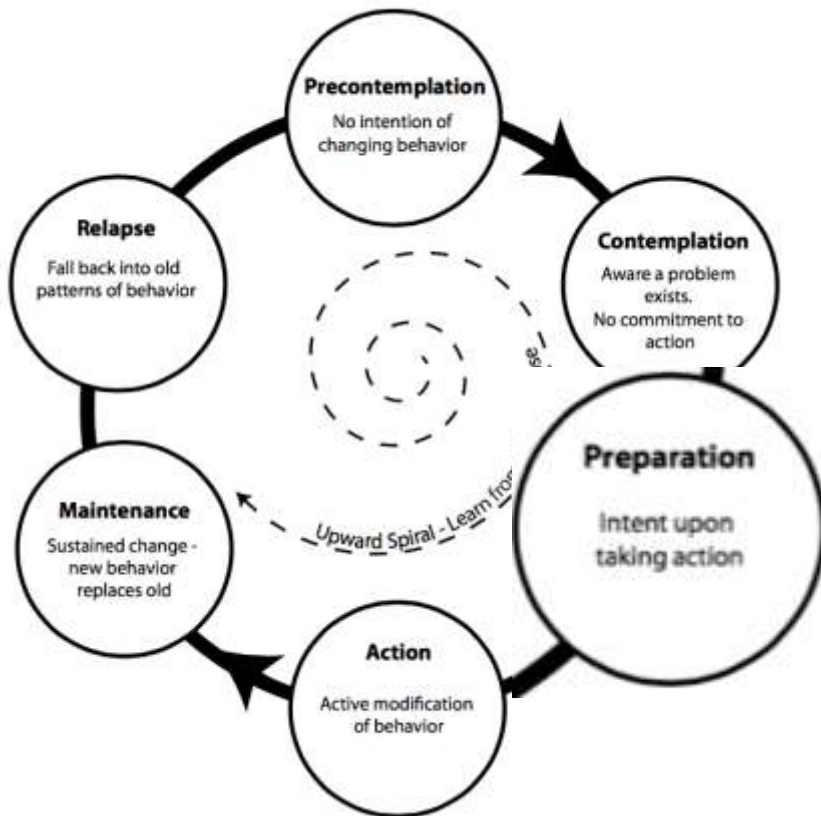
Stages of Change



Contemplation:

- Intention to start healthy behavior
- Recognize behavior is problematic
- More thoughtful consideration of pros & cons
- Equal emphasis on both pros and cons
- Still ambivalent about change

Stages of Change



Preparation:

- Ready to take action in next 30 days
- Small steps to change are taken
- Believe change can lead to a healthier life

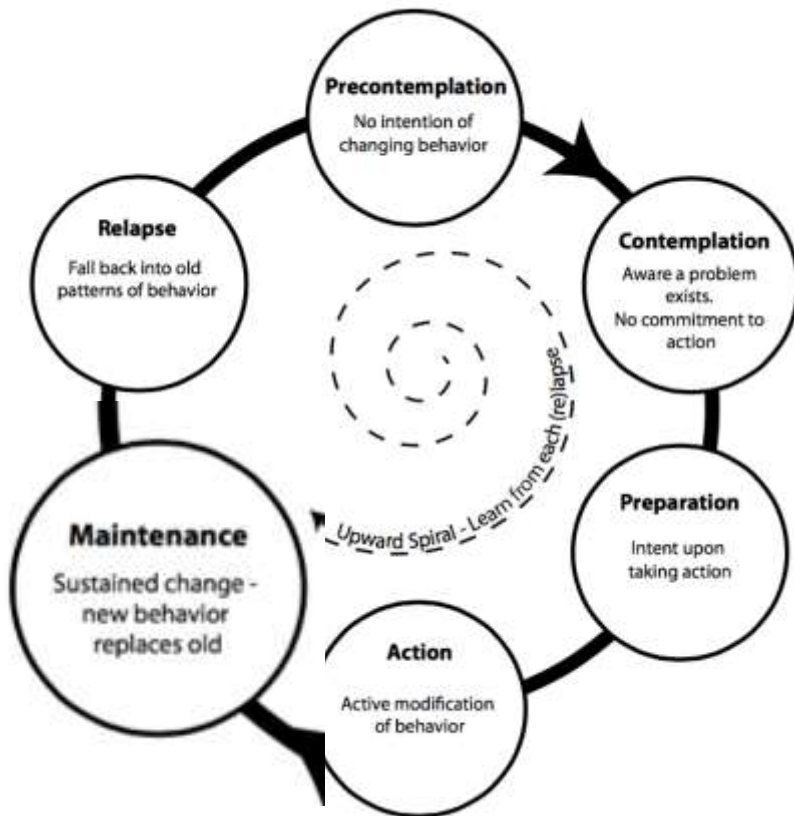
Stages of Change



Action:

- Recent changes in behavior
- Intent is to continue change behavior
- Change may be modification of problematic behavior or developing new healthy behavior

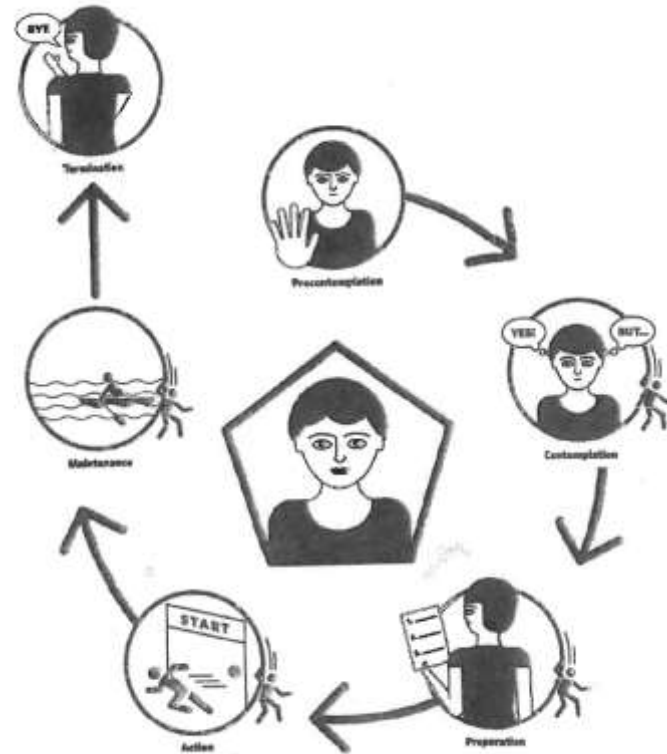
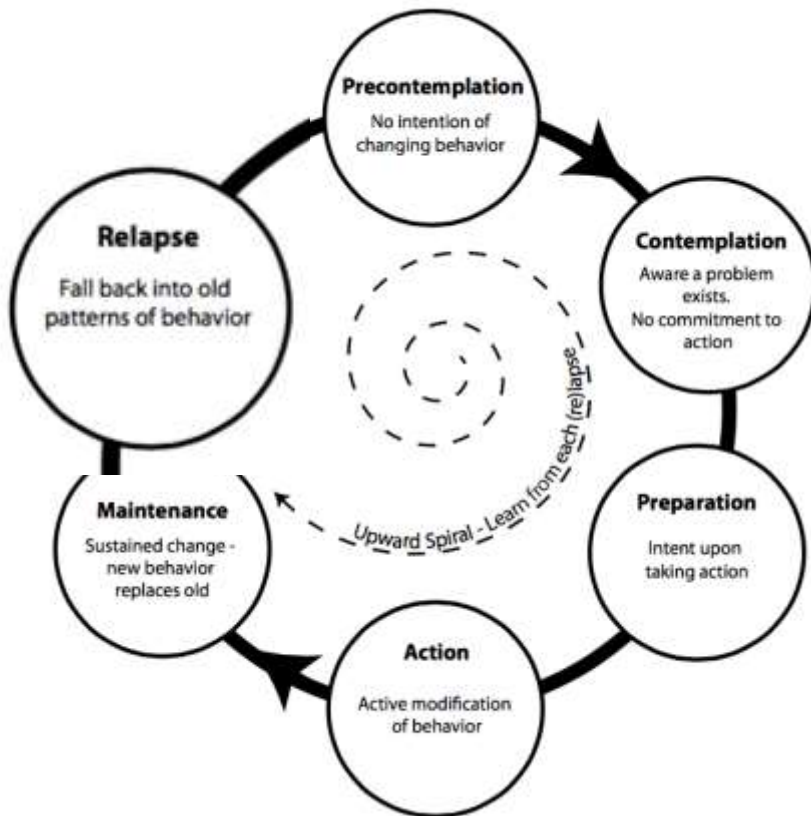
Stages of Change



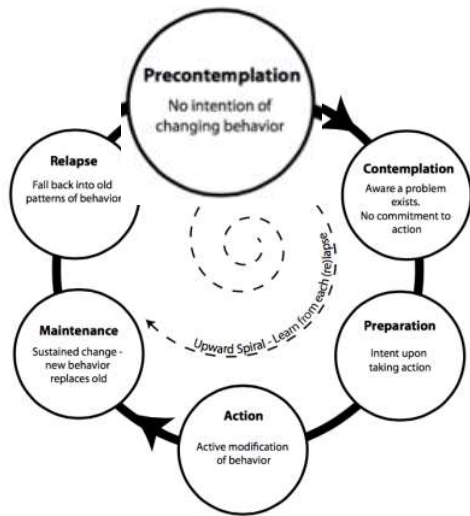
Maintenance:

- Have sustained change for more than 6 months
- Intent is to maintain changed behaviors
- Work to prevent relapse

Stages of Change



Precontemplation

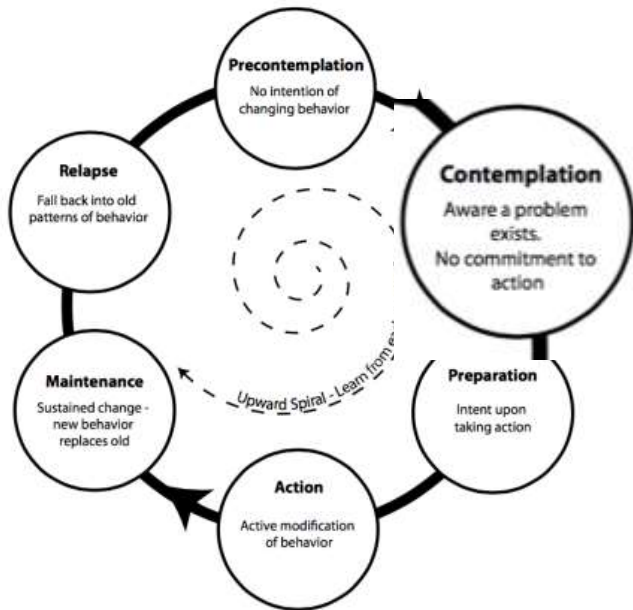


Initial Contact

Intervention

Crisis

Contemplation



Establishing relationship

Initial action taken

What next?

Peer Response Team

- Goal:
 - One-on-one support
 - Education
 - Referrals
 - Create connection between the community and MHA

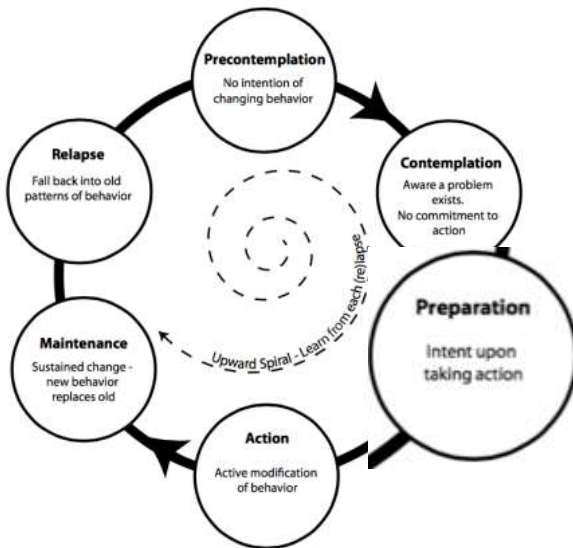
Preparation

Support Groups:

- I am not alone
- Finding a safe place – community
- Taking that first step
- Sharing their story
- Information & Resources

Support Groups Offered:

- Drop-in meets weekly
- LGBTQ meets bi-monthly



Action

Taking that next step:

- Buried in Treasures
- CBT Therapy Group
- Training
- Resources



Buried in Treasures

- First group held 2012
- Results provided justification for further research
- Findings published 2016

Mathews CA, Uhm S, Chan J, Gause M, Franklin J, Plumadore J, Stark SJ, Yu W, Vigil O, Salazar M, Delucchi KL, Vega E.(2016). Treating Hoarding Disorder in a real-world setting: Results from the Mental Health Association of San Francisco. *Psychiatry Research* 237:331-338.

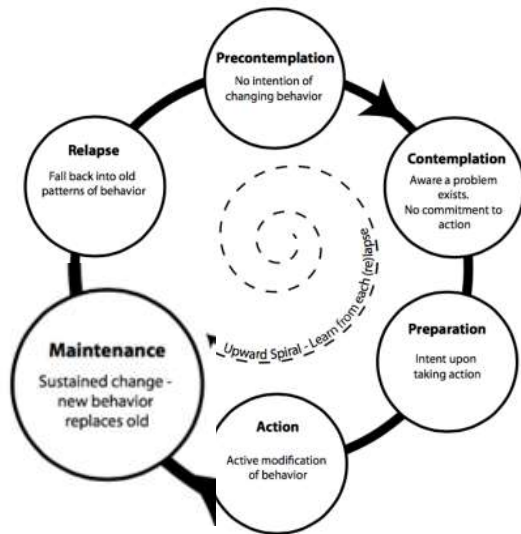
MHA's Resource Connect



<http://sfresourceconnect.org/index.php>

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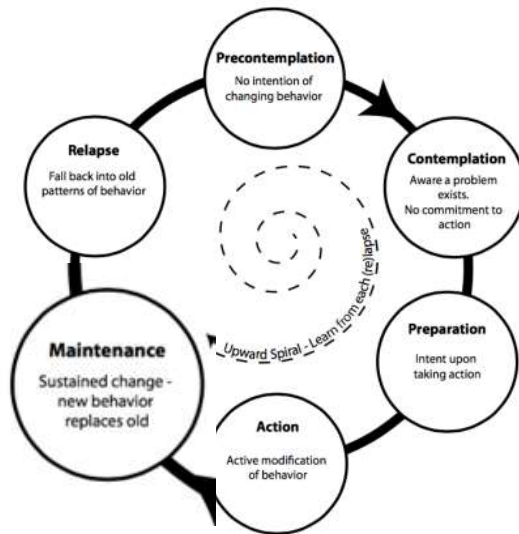
Maintenance



Continued progress:

- Unbit Group

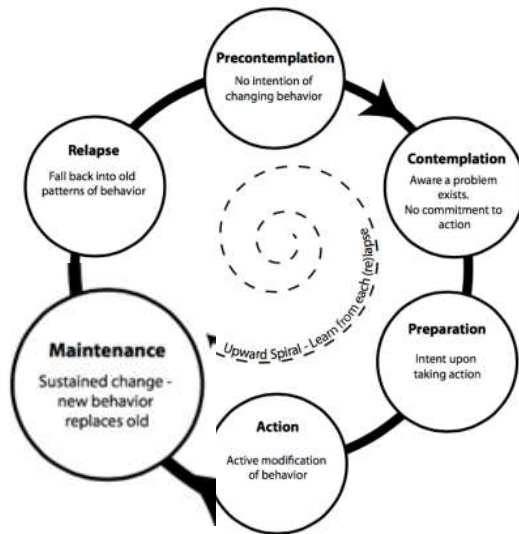
Maintenance / Growth



Continued progress:

- Family Support Group
- Second cycle BiT Groups

Education & More Action



What next?

- Training
- Annual Conference
- Annual Convening
- Information & Referrals

Q & A

THANK YOU

www.mentalhealthsf.org