

# Peer 126

## Peers Engaged in Education & Recovery

Supporting Youth Struggling with Mental Health Issues

CAHSPR Conference

May 13, 2014



Peers Engaged in Education and Recovery

# PEER 126

126 Duke Street, Saint John, NB E2L 1N6



## Struggling? Unsure where to go?

PEER 126 offers help for young people experiencing mental health concerns or addictions.

Have a goal but unsure how to reach it? We can help with:

- Education
- Employment
- Relationships
- Housing
- Self-determination

Ages 16  
to 29  
welcome

No referral  
No cost



**MEDAVIE**  
HEALTH FOUNDATION

RESEAU DE SANTÉ  
**Horizon**  
HEALTH NETWORK

PEER 126  
(506) 658-5374

PEER 126  
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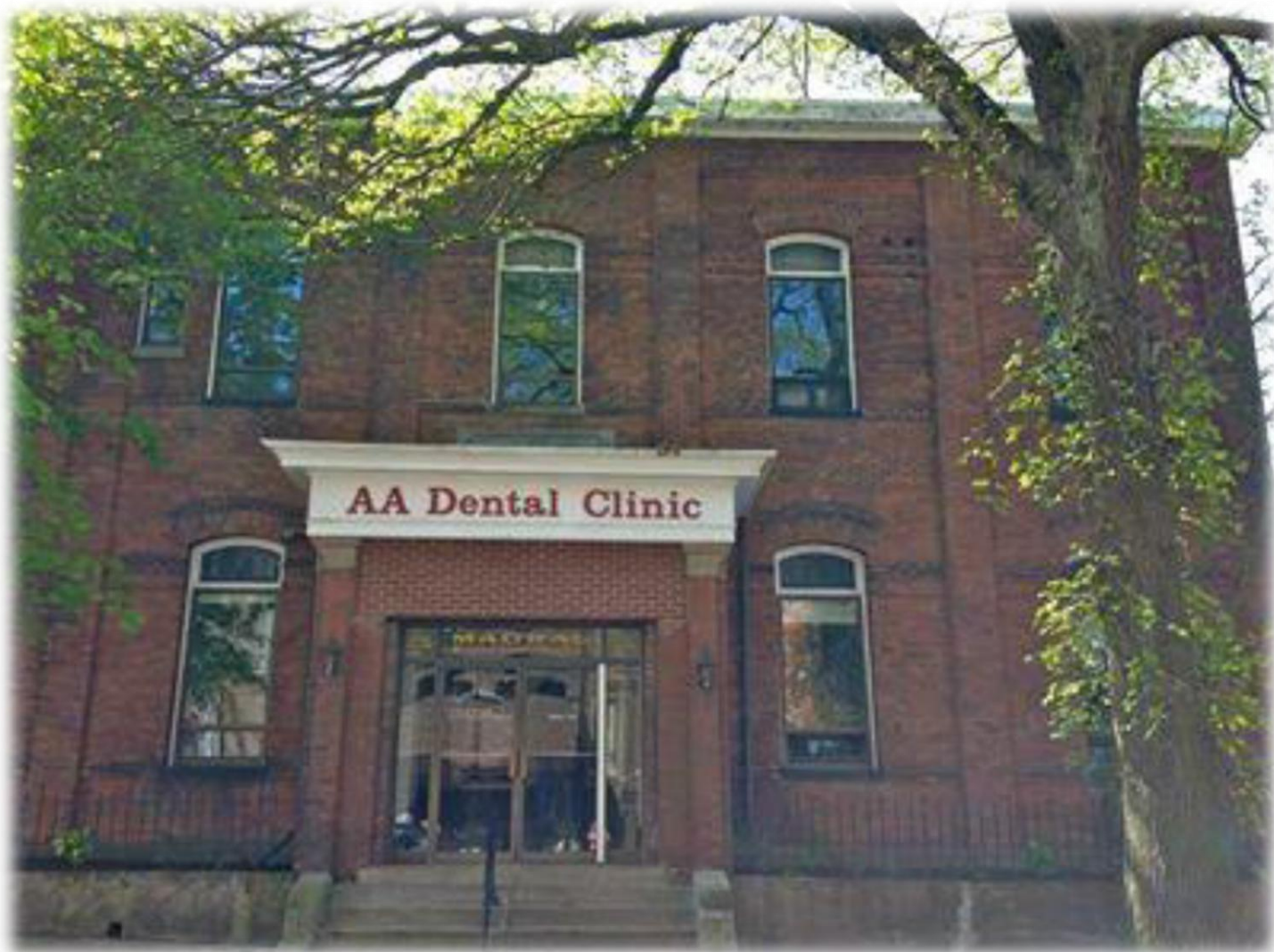
# Key Messages

- **What is Peer 126**
- **Tailoring PEER 126 to fit needs of Target Population**
- **Strategies for Success**
  - Peers Engaged in Education & Recovery
  - Community collaboration
  - Social Media
  - Crisis to community
  - Recovery
- **Improvement**

# What is Peer 126?

- Insert Photo - Established 2012
- Provincial Policy Direction
- Local Community
- Collaborative Partners
- Improvement Project - CFHI





# Tailoring PEER 126 to fit needs of Target Population

- Strategies for Success
  - Peers Support
  - Community Collaboration
  - Social Media
  - Crisis to Community (avoiding hospitalization)
  - Recovery

# Elements of Improvement

## Goal Attainment

- Participation
- Service Use
- Employment
- Housing
- Positive Relationships
- Education

## Mental Health Well Being

- Hopefulness**
- Education/Skill building**
- Flourishing**
- Friendships/Relationships**







# PEER 126: Peers Engaged in Education & Recovery

Supporting Youth Struggling with Mental Health Issues

## Mental Illness

It is estimated that



10-20%  
Canadian Youth

are affected by mental illness.

## Male & Female

Today, approximately

5% Male Youth  12% Female Youth

Age 12 to 19, have experienced a major depressive episode.

## Teenagers



3.2 Million

The total number of 12-19 year olds in Canada at risk for developing depression.

## Suicide



4,000 die early

Suicide is among the leading causes of death in 15-24 year old Canadians, second only to accidents.

## Schizophrenia



1 in 100

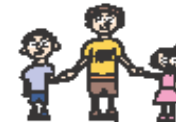
Schizophrenia strikes most often in the 16 to 30 year age group.

## Transitioning from Adolescence to Adulthood

The transition from adolescence to adulthood requires the mastery of several developmental tasks .



Exploration



Negotiating Relationships  
Family, Friends &  
Romantic Partners



Experiment



Adapting to Physical  
& Sexual Changes



Formation of a  
Personal Identity



Establishing Patterns of  
Thinking, Valuing, &  
Behavior



Autonomous  
Thinking & Behavior



Health and  
Wellness

"When you have a problem; you can reach out. People understand because they've been through it and you don't need to say anything; they just know"



Canadian Healthcare  
Improvement

Atlantic  
Healthcare  
Collaboration