



# Expand Lay Providers, and Peer-to-Peer Supports

Action Team 11



NORTHWEST MICHIGAN  
**Behavioral  
Health  
Initiative**



This is the work of the **Peer-to-Peer Supports Action Team**, one of the 12 Northwest CHIR's Behavioral Health Initiative Action Teams. Action Teams consist of cross sector partners willing and able to take action collectively and supported by the CHIR BBO staff. Learn more about the [CHIR](#) and the [Behavioral Health Initiative](#), and stay connected by subscribing [here](#).

# Meet Our Action Team

Team co  
Leader

**Paula Martin**

Groundwork Center for  
Resilient Communities

Team co  
Leader

**Heather Muha**

Benzie-Leelanau  
District Health  
Department

Team  
Member

**Mindy Fernandes**

Michigan House  
Republicans  
State Rep. J.R. Roth

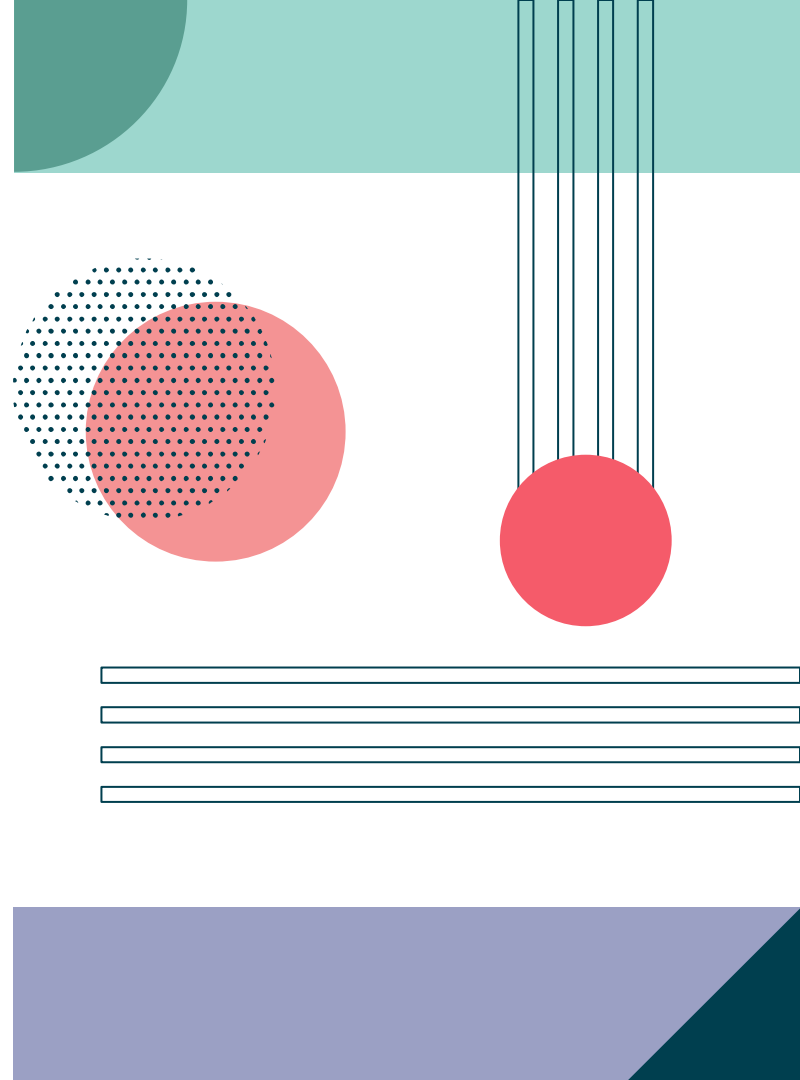
Additional  
Partner

**Cynthia Hendrix**

Cheboygan Youth  
Center

# Our Team's Challenge

The need and demand for behavioral health providers and services far outweighs the number of providers and services that are available.





# Actions



## Research

Researched existing lay provider and peer-to-peer support services



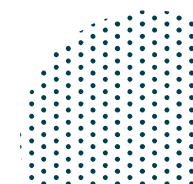
## Survey Development

Developed a survey to gather information from regional organizations that offer peer-to-peer services



## Survey Facilitation

Facilitated the survey within several organizations across the region





# P2P Research on Models



1

Wide populations

All Lifecycles can benefit

2

Wide Health  
Conditions

Benefits Physical, Mental and Health  
Promotion Efforts

3

Special Populations

LGBTQ, Vets, Caregiver, Couples,&  
Youth

4

Different  
Modalities

Phone, video, in-person, group, 1:1



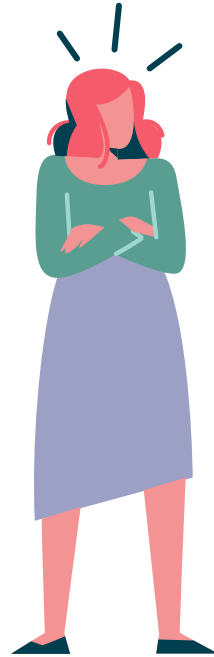
# Findings & Implications

**WIC**

1:1 Support

**NAMI GT**

Group support



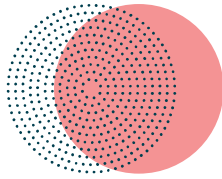
**UMich**

Youth Peer Education

**CMU**

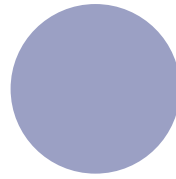
College Peer Educators

# Recommended Next Steps



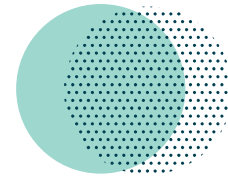
## Consider Peers!

Peer support is a viable way to bridge support for low risk populations and those in stable recovery



## Understand Orgs. Capacity

Peer programs require support, budget attention and close monitoring



## Peer Educators reduce stigma

Harm reduction education works for mental health, and other health promotion topics



**Thank you!**

Are there any questions?