HRN: 2.0) Peer Recovery Support Participant Manual

Peer Recovery Support seeks to foster a healthy balanced life and independence by helping to build skills for resilient wellness

PEER RECOVERY SUPPORT PRIVACY, SAFETY & GUIDELINES

2.2) Peer Recovery Support General Guidelines

Peer Recovery Support Start to Finish. Ideally there is a beginning of recovery support and an end to the service when the Participant's goals are met and wellness is self-guiding. Peer Support is not designed to be indefinite. It can be ended or paused when needs decrease and restarted as needs arise. The level of support can be adjusted from weekly to bi-weekly or monthly. Situations may arise where peer support is also suspended temporarily and restarted when the team is better prepared to engage.

Peer Recovery Support Progress & Exit Survey. To gage the ongoing peer support process from beginning to end, a Progress Survey may be used to evaluate the progress made and potential progress possible. When the recovery 'Team' has reached the end, participants will be asked to take an exit survey. This will ensure your recovery is in a stable healthy place that has reached independence from dedicated professional peer support, as well as help HRN provide effective peer support in the future.

Mutual Respect, Privacy, and Acceptance. HRN Participants shall be respectful in language, actions and behavior while engaged in any Peer Recovery Support related activity—with your Peer Supporter or with any fellow community member or agency employee. Participants shall not discuss other participant's personal issues that betray privacy. If any person is uncomfortable or upset by your language, actions or behavior or vice versa, please communicate and resolve the issue with fairness and acceptance. If not, you can use the 'Cause for Concern' form available *(See Section 5.3B)* in addition to a 'Grievance'— or an official complaint that has a specific steps that attempt to resolve issues using neutral parties.

Respect Sobriety and Mental Health For All. HRN Participants are asked to be respectful of other people's recovery and sobriety, regardless if they themselves are not in substance abuse recovery. Conversely, participants without a mental health diagnosis shall not disrespect or disparage those with one. Let's work to destigmatize these labels and accept that we all have challenges to overcome.

No Theft Rule. Stealing will not be tolerated. Theft of any kind from your Peer Supporter, their belongings / car, or from Oak House and its members / staff will be reviewed. After which, it will likely result in a termination of HRN Peer Recovery Support and possibly other legal actions if appropriate.

No Gift Rule. Peer Supporters cannot accept from/or give gifts to Participants. This is against the professional ethical guidelines of their certification. This does not mean they do not appreciate the gesture. If so desired, Participants can give cards or other similar tokens/actions without monetary value to the 'Hope Recovery Network' agency to show appreciation. *HRN thanks you for great teamwork!*

When At Oak House or **Other Recovery Agencies.** Participants shall follow Oak House rules *(or other recovery agencies / community centers in your county)*, in addition to HRN rules, while at that location or at those agency sponsored events. This includes any repercussions for not following those rules.

Join Oak House. HRN Participants are strongly encouraged to become Oak House Members. Members gain access Oak House resources and events while also solidifying and building the community. Joining Oak House is not *required* but if ever at Oak House, all HRN Participants are required to sign in.

HRN Participant Policy and Rules Subject to Change. *HRN would like to refrain from too many rules to overwhelm but enough rules to keep things fair—but that still clearly communicate what is expected*. Therefore, HRN reserves the right to add, remove and/or amend these rules and policies as needs arise. Any changes and/or additions will be communicated fairly.