



## **What is Peer Support?**

- *"Been there, done that!"*
- One person with a disability supporting another person with a disability
- Benefiting from the experiences of someone else (a trained peer supporter) in a similar situation – someone who has learned some life strategies, how to be a self-advocate and how to live independently
- Assisting someone to live their own independent life
- Carefully listening and asking questions to support people with disabilities make our own decisions
- Building bridges to people and resources in the community

## **Background:**

disABILITY LINK's Peer Support Program was developed from The Georgia Peer Support Project (which resulted from the Georgia Department of Human Services being awarded a Real Choices grant by The Centers for Medicaid and Medicare). The curriculum is the creation of a collaboration between The Georgia Council on Developmental Disabilities and disABILITY LINK, and the skills and insights of peer supporters in Georgia. For more than twenty (20) years, the curriculum has successfully trained over two thousand (2,000+) peer supporters, with many kinds of experiences and labels, in Georgia and other states, including North Carolina, South Carolina, Michigan, Maryland, Tennessee, Kansas, Texas and Alabama.

The training has been presented, to acclaim, at national and state-wide conferences – The American Association on Intellectual and Developmental Disabilities (AAIDD) in May 2007, The National Council on Independent Living (NCIL) in July 2007, the Association of Programs in Rural Independent Living (APRIL) in October 2014, The Georgia Aging and Disability Resource Connection (ADRC) Healthy Community Summit in June 2017, TASH, December 2017, American Foundation for the Blind (AFB), February 2019, Employment First, Employment for All (APSE), June 2021 and TASH December 2021.

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### **The Training includes:**

- Three (3) days of interactive, experiential, interesting and varied activities to share and discuss, (a) what peer support means to the disability community, (b) best practices in peer support, including communication with emphasis on listening, and, (c) ways to be the best peer supporter possible, including dealing with critical situations
- Certificates of completion for participants
- Materials in a variety of formats
- Two (2) trained and experienced facilitators
- A curriculum with proven success for participants with all types of disability labels and experiences
- An effective curriculum that is adaptable to circumstances and participants
- Cooperative planning to ensure the best outcomes
- Opportunities for follow up and support

- Appropriate for groups of approximately eight (8) to twenty (20) participants
- Suitable for staff, board members, consumers and volunteers at Centers for Independent Living, and other related organizations
- One or two-day refresher trainings also available
- Available in-person or remotely by video conferencing

### **The training costs for group participation:**

- \$6,250
- Plus, expenses including transportation, lodging and per diem for two (2) facilitators for three (3) days
- Cost of accommodations such as captioning or video relay.
- **From time to time, disABILITY LINK hosts the Peer Support training at disABILITY LINK's offices. Organizations may apply for individuals to participate on a per person training cost. Please note that limited space is available with these offerings. Any more than 5 from an organization will need to apply for the group training program.**

### **The training costs for individual participants:**

- \$400.00 per person
- Expenses including transportation, lodging and per diem for the participating individuals if in-person
- Cost of accommodations such as captioning or video relay (this is shared between organizations depending on organization participation needs).

### **The training costs for refresher trainings:**

One- or two-day Refresher Trainings are appropriate for those who have already undertaken the full 3-day training and wish to update or “refresh” their peer support skills – the training costs:

- One-day \$1,750
- Two-day \$2,750
- Expenses including transportation, lodging and per diem for two (2) facilitators for one (1) or two (2) days
- Cost of accommodations such as captioning and video relay

**Note - Negotiations are available for costs**

**For further information:**

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***Thank you for your interest in our Peer Support Training and Certification. We provide this training as part of a fee for service program. We have proprietary/trade secret rights to protect this information under the Georgia Trade Secrets Act of 1990, O.C.G.A. §§ 10-1-760 et seq. and as such is not available for distribution or disclosure to outside entities for "train the trainer programs" for use of our instructors' guides.***