

Doors to Wellbeing Quarterly

Newsletter

COLLEGE PEER SUPPORT SURVEY

Mental Health America, [Doors to Wellbeing](#), and the [Temple University Collaborative on Community Inclusion](#) want to learn more about campus peer support programs across the US!

Peer support is essential to promote student well-being in higher education. Student leaders across the country are taking the lead in starting and sustaining peer support organizations to create more inclusive and accessible environments on their campuses. Through our new Peer Support in Higher Education Survey, we aim to better understand the current landscape of peer support programs on campuses and explore the strengths and challenges of student organizations.

**TAKE THE
SURVEY
HERE!**

Through this survey, we will:

- Document the availability of peer support in higher education
- Identify the needs and experiences of students leading and accessing peer support programs
- Develop a national database of college peer support programs



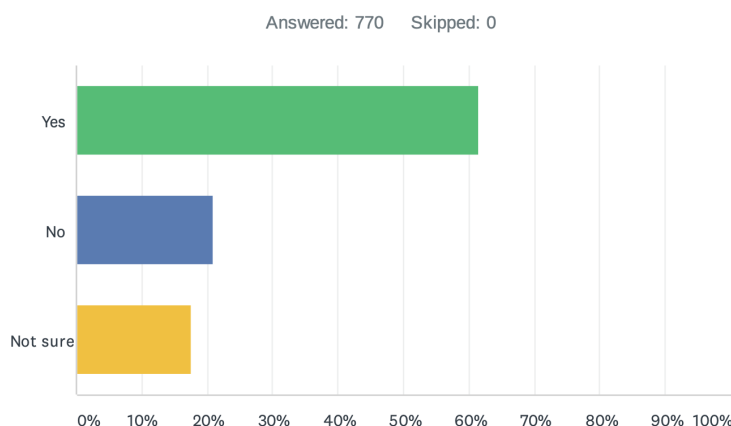
WE SURVEYED ABOUT PSYCHIATRIC ADVANCED DIRECTIVES...HERE ARE THE RESULTS!

In July and August, we conducted a survey looking to get a picture of what the peer support workforce knows about Psychiatric Advance Directives (PADs) also known as Mental Health Advance Directives. An Advance Directive outlines a person's wishes in the event that they are incapacitated or unable to express wishes for health care and treatments. Under federal law, any facility receiving Medicare or Medicaid reimbursements is required to use advance directives.

Close to 800 people filled out our survey. A majority of participants (59%) did not know or were unsure about their state's laws related to PADs. Most participants (73%) would like to know more about PADs in their states. Almost all participants identified as trained peer specialists or in equivalent positions (90%). Most (62%) are in positions to assist others in developing a PAD. The survey makes clear that more education is needed to support peer specialists to learn more about PADs both to assist others and create a PAD for themselves.

From the information in the survey, we will be able to develop a peer network and a plan to educate people about the importance and power of PADs.

Q4 Are you employed in a position that would call for you to assist others in developing a PAD?



**Check out our webinar:
Enhancing Quality of
Care with Psychiatric
Advanced Directives
(PADs) and Peer Support**

[Click here!](#)

ALTHOUGH MOST PARTICIPANTS SAY THEY DO NOT HAVE A PAD, MOST ARE ACTUALLY EMPLOYED IN A POSITION THAT WOULD REQUIRE THEM TO HELP OTHERS DEVELOP ONE.

A PERSONAL PERSPECTIVE...

"HELLO, MY NAME IS JOSEPH WILSON. MOST PEOPLE CALL ME JOEY."

Today I will be telling you about my mental health journey and a huge dream of mine: to one day make education accessible for individuals who live in group homes and adult family homes as well as for those who receive outpatient services connected to group homes and adult family homes in Washington state.

I understand how important education is in society. It opens many doors and leads to opportunities. Accessing education and programs specifically designed for people with disabilities can be challenging.



"NO ONE SHOULD BE LEFT OUT OF EDUCATIONAL EXPERIENCES JUST BECAUSE THEY LIVE IN A GROUP HOME OR ADULT FAMILY HOME."

I am 29 and have lived on my own in an apartment for 7 years. Ten years ago, I was diagnosed with schizophrenia. I thought my life would never be the same when I was diagnosed, yet this mental illness would be the very thing that saved my life and helped give me a future.

I have been part of a mental health agency called Transitional Resources in Seattle for a decade. My journey wasn't easy, but I have excelled tremendously. Through hard work and determination, I graduated college with an associate's degree. I have two jobs: one at an athletic club and another at a grocery store.

I attended the Bellevue College Occupational Life Skills program, which is tailored to people with developmental disabilities. During my second and third year there, I helped with House Bill 1199, even going to Olympia and speaking to the Legislature. This bill allows individuals to work as much as they would like with no income cap or age restriction while staying on Medicaid. In Washington state this program is also known as the Mental Health Workers with Disabilities program.

I received multiple awards on behalf of the passage of that bill, including Advocate of the Year through Allies in Advocacy and the Arc of King County Community Change Champion Award. During my 4th year at Bellevue College, I spoke at the scholarship dinner and was runner-up for class of 2020 valedictorian. I currently serve on the Seattle NAMI board and the Arc of King of County board. I love giving back to society and helping to create educational and job opportunities for other disabled people like myself.

2021 NATIONAL ASSOCIATION OF PEER SUPPORTERS ANNUAL CONFERENCE

October 21st- 22nd!

Click here to register



N.A.P.S.

NATIONAL ASSOCIATION OF PEER SUPPORTERS

DON'T FORGET TO EXPLORE PILLARS OF PEER SUPPORT!



PILLARSOFPERSUPPORT.ORG



DOORS TO
WELLBEING

LOOK FORWARD TO OUR NEXT NEWSLETTER! ...JANUARY 2022

NATIONAL PEER SUPPORT CELEBRATION DAY OCTOBER 20TH!



CHECK OUT THE UPDATED NATIONAL PRACTICE GUIDELINES

Click Here!

Peer Specialist Webinar Series

Join us for our monthly
webinars - last Tuesday of each
month!

Click here to view our webinars

*Doors to To Wellbeing is a Program of
the Copeland Center*



This newsletter was developed under grant number 1H79SM082653-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.