



Canadian Mental Health Association
Middlesex
Mental health for all

Transitional Discharge Model Peer Support Program



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Peer Support at CMHA Middlesex is offered from a strengths-based, recovery-focused perspective, and is person-driven, empowering the Peer and the Peer Supporter.

What is Peer Support?

Peer support is a powerful opportunity for a person (Peer) living with a mental health need and/or addiction challenge to connect with another person (Peer Supporter) who has experienced a similar challenge and has gone through their own recovery process. The lived experience of the Peer Supporter can give the Peer a unique perspective on finding and maintaining recovery. We recognize this unique value. The commonality of, "I get it. I have been there too," can build an authentic, therapeutic rapport of empowerment and hope. Peer Supporters in designated roles receive best practice education and training to ensure they have the right skills for this non-clinical role.

What is the Transitional Discharge Model (TDM)?

The TDM offers peer support to individuals (Peers) who are looking for additional support following discharge from a hospital stay. A Peer is matched with a Peer Support Volunteer through a suitability process, which can vary in length of time. The Volunteer supports the Peer by demonstrating hope, and possibility for finding stability and ease when transitioning back to the community. They offer empathy and understanding, assistance with problem-solving, system navigation, encouragement to pursue goals, and information on resources.

When, how long, and how often will I meet with my Peer Support Volunteer?

You and your Volunteer will arrange times to meet in the community for a positive mental health connection, once a week for 1 to 2 hours. You can meet with your Volunteer for up to one year; the length of time is determined and assessed along the way based on your goals.

Will my Peer Support Volunteer provide counselling or become my friend?

Your Volunteer can provide supportive listening, but they are not counsellors. If you require counselling services, they can help connect you to services in the community. Your Volunteer offers friendly support, but not friendship as the role is bound by an ethical code of conduct. If you wish, they can support you in expanding your social circle by connecting you to groups where you can develop natural friendships. Great opportunities include recreation through City of London Spectrum, City Arts Centre, and TDM Coffee Social.

What are my responsibilities if I become involved with the TDM Program?

CMHA services and programs are voluntary. Keeping meeting times with your Peer Support Volunteer makes for a productive, meaningful experience. If you wish to end the rapport or have any concerns or feedback, you can contact your Volunteer and/or your designated Peer Support Coordinator.

Will my Peer Support Volunteer give me rides to appointments or assist with errands?

A goal of the program is to help you become more independent. If, for example, you have difficulty with transportation, your Volunteer can support you in setting goals to overcome such a barrier. This might include helping you become more familiar with where you live and how to get around on your own.

What will I do if I am experiencing a crisis, just need someone to talk to, or need face-to-face support?

There are 3 safe, reliable options to support you 24 hours a day, 7 days a week:



www.reachout247.ca

