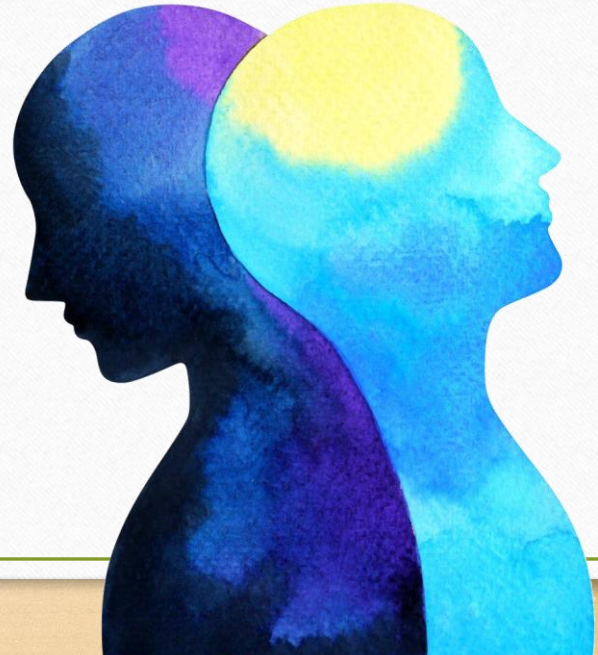


Iowa
Peer
Network

Peer workers are important members of treatment teams.



Effects of Peer Support

- Raised empowerment scores
- Increased sense of hope and inspiration
- Increased engagement in self care and wellness
- Increased social support and social functioning



Effects of Peer Support

- Decreased psychotic symptoms
- Reduced hospital admission rates
- Decreased substance use
- Decreased rates of depression



Mental Health Services in Iowa

- According to a 2016 study, Iowa had the fewest psychiatric beds per capita of any state, with only 2 beds per 100,000 population.
- In 2019, of 137 mental health treatment facilities in Iowa, 35 offered Peer Services.
- High stress and high turnover



A peer support workforce that is well-trained, confident, and empowered. An environment where peer support is respected and integrated into the landscape of wellness. A future for mental health in Iowa that is accessible, person-centered, and relationship-focused.



Mission

Our mission is to connect and empower Peer Support Specialists in Iowa and foster a strong, skilled workforce.



Organizational Goals

Iowa Peer Network has three broad organizational goals:

- Engage, connect, and support Peer Support Specialists
- Build Peer Support Specialists' knowledge and skills
- Strengthen the Peer Support Specialist workforce in Iowa

These three goals will serve as compass points for all decisions and strategy within the organization.

Iowa Peer Network Services

- A website with resources and a message board
- A monthly newsletter for Peer Support Specialists
- Social media presence
- Monthly virtual meetings for Peer Support Specialists state-wide
- Continuing education opportunities
- A conference for Peer Support Specialists state-wide
- Consultation and advocacy services for Peer Support Specialists

Making Connections

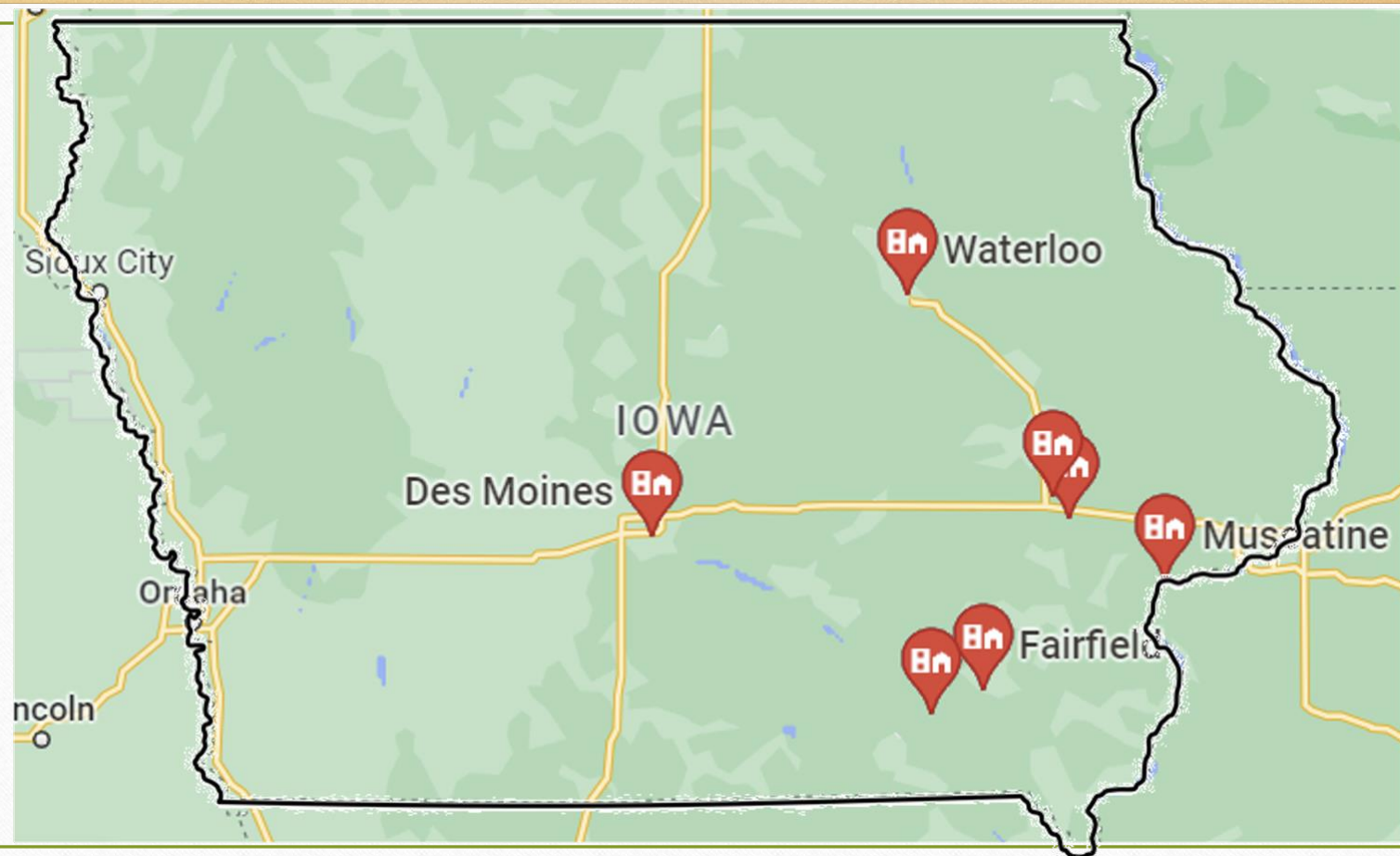
- 504 People received emails
- 361 Unique visitors to the website
- 22 People attended first online meeting
- 15 People signed up for first training (suicide intervention training)
- 6 contacts for consultation
- **Click-through rate: 3x industry average**





Starting a New Non-Profit!

- Filing Articles of Incorporation
- Getting an Employer Identification Number
- Building a Board
- Assembling sample by-laws and non-profit best practices
- Creating connections with other non-profits and peer-related organizations
- Building a website
- Creating a plan for community building





Meeting with Staff



Consultation

- Find out employers they could apply to
- Get feedback on their resume
- Strategize talking to human resources at work
- Generate networking ideas
- Talk about a tough issue with a person they serve

First Online Meeting

- 22 People attended
- 100% Satisfaction

First Online Meeting Feedback

- It's been great
- We can all relate to one another!
- great meeting today. I can't wait for the next meeting. Again, thank you everyone!!
- Just wanted to say thanks a bunch!

First Online Meeting Feedback

- What suggestions do you have for future workshops?
 - Advocating for clients with providers
 - Goal setting and skill building
 - Role drift - differences between Peer Support and therapy
 - Management/entrepreneurial support/training
- What suggestions do you have for future activities for Iowa Peer Network?
 - Educational topics for peer support.
 - More networking and resource sharing.

In Summary...

- Peer Support Specialists are eager to be involved
- We're building capacity and community
- We're already getting enthusiastic response!



**iowa
Peer
Network**

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