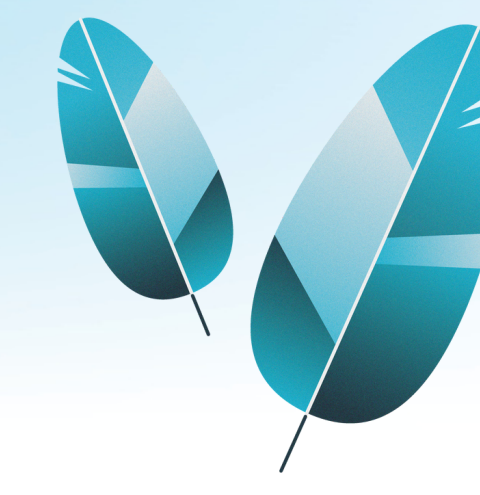


Impact of peer support in an integrated youth health service organization: Service mapping data from 2018–2022

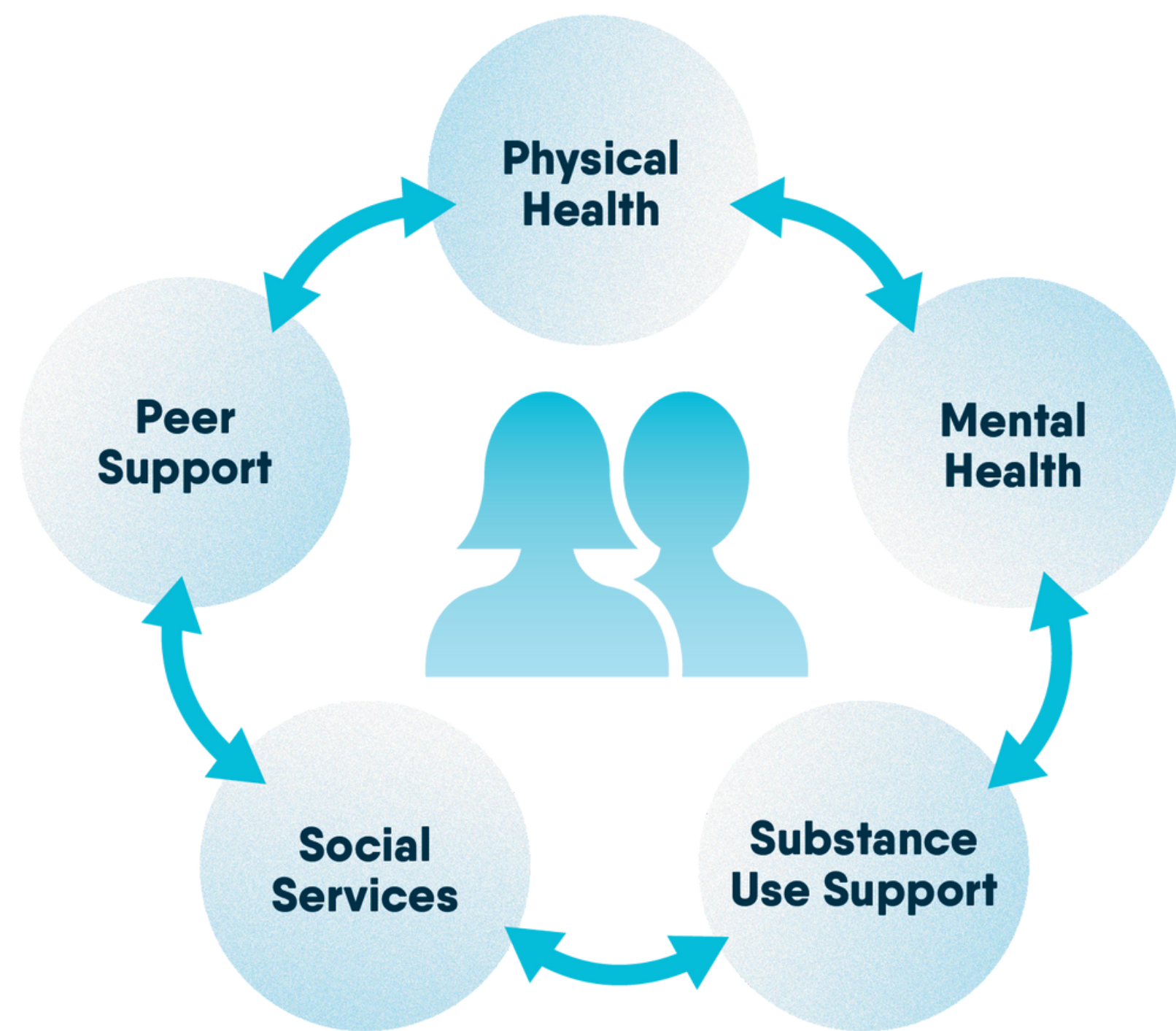


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Introduction

What does youth peer support look like in integrated youth services?

- Youth peer support services are one of five core integrated youth service streams offered at Foundry in British Columbia, Canada [1].



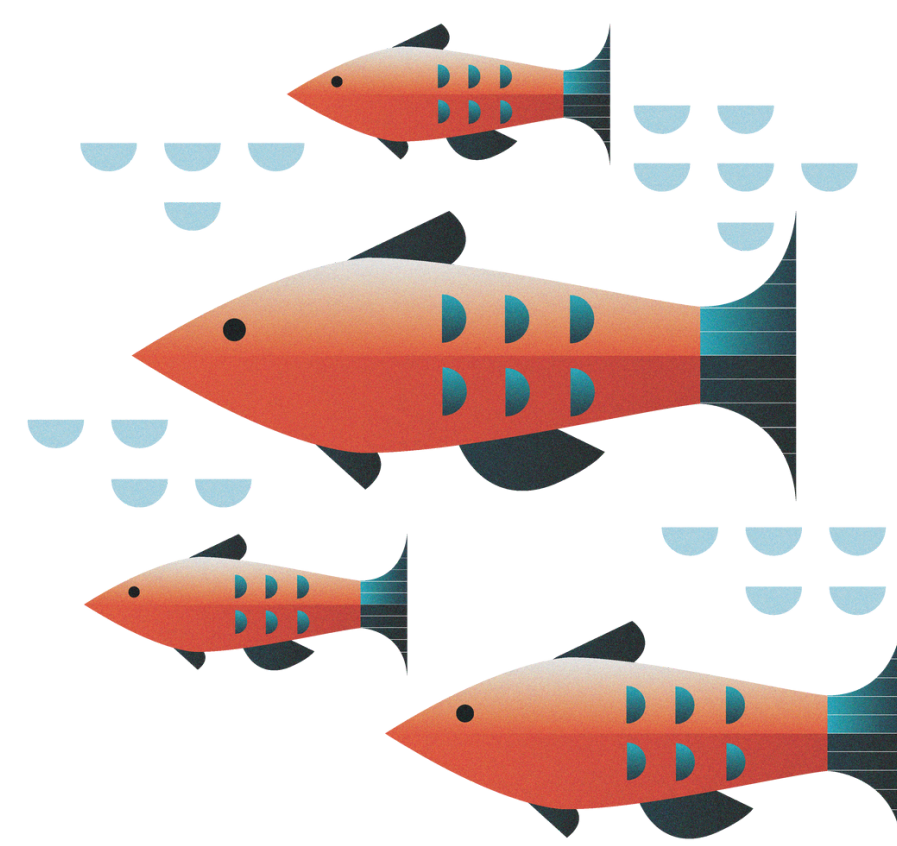
The five service streams at Foundry

- Youth peer support services can be accessed along every level of Foundry's Integrated Stepped Care Model [2].
- Youth peer supporters are integrated members of the clinical team and often act as the first point of contact for youth seeking services at Foundry.
- Over the past four years, we have seen an evolution of peer support services at Foundry.

Objectives

Our goals are to:

1) Demonstrate the 3-year impact and range of peer services in diverse communities



2) Describe the potential for peer support services to bridge to other service streams offered at Foundry



Methods

Using data that have been collected through Toolbox (a centralized data capture platform), we descriptively analyzed service utilization patterns of peer support services from April 24th, 2018–June 30th, 2022 from 11 communities and our provincial virtual care service.



Results

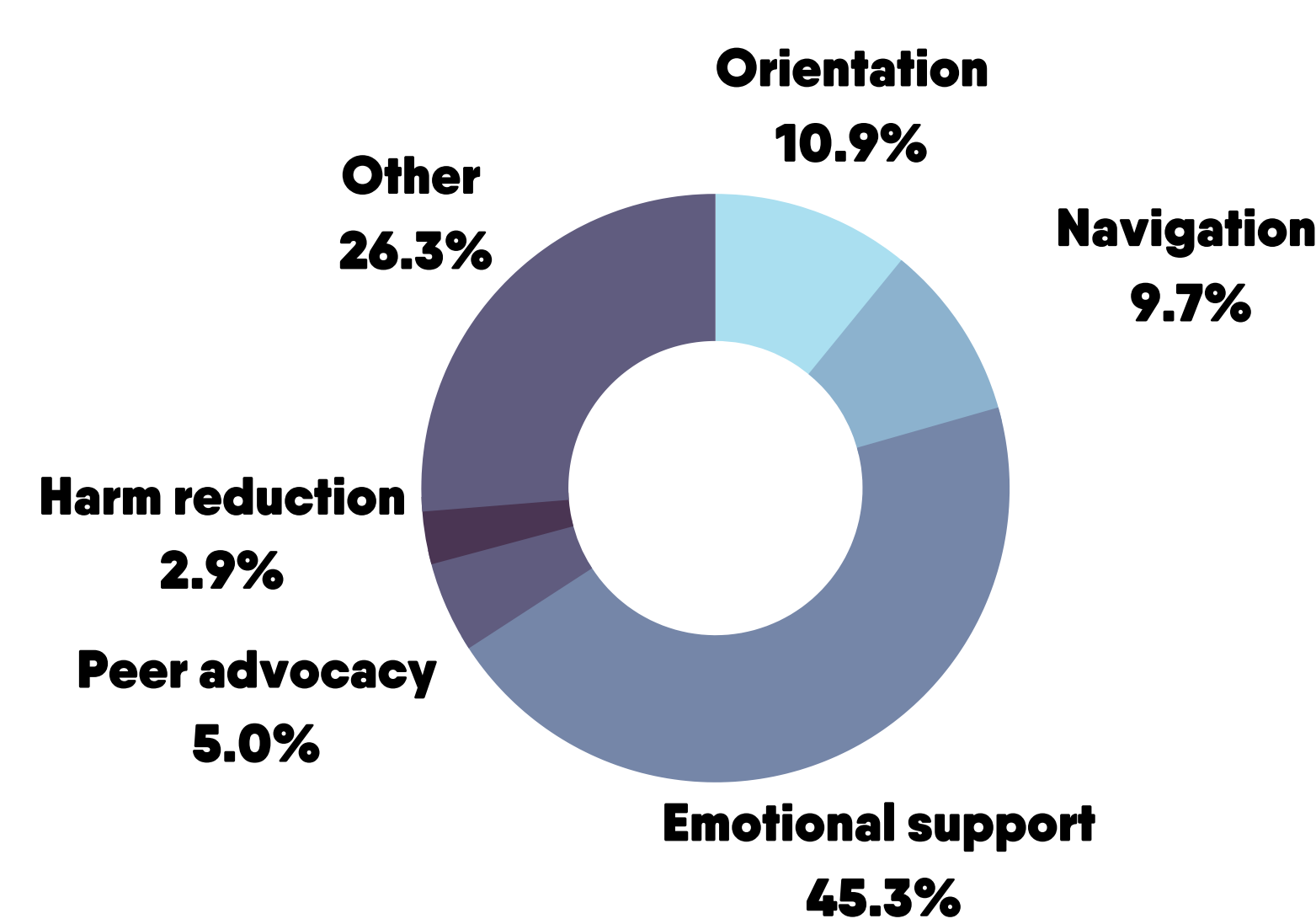
Through examining the data we discovered:

10,864 youth peer support services delivered

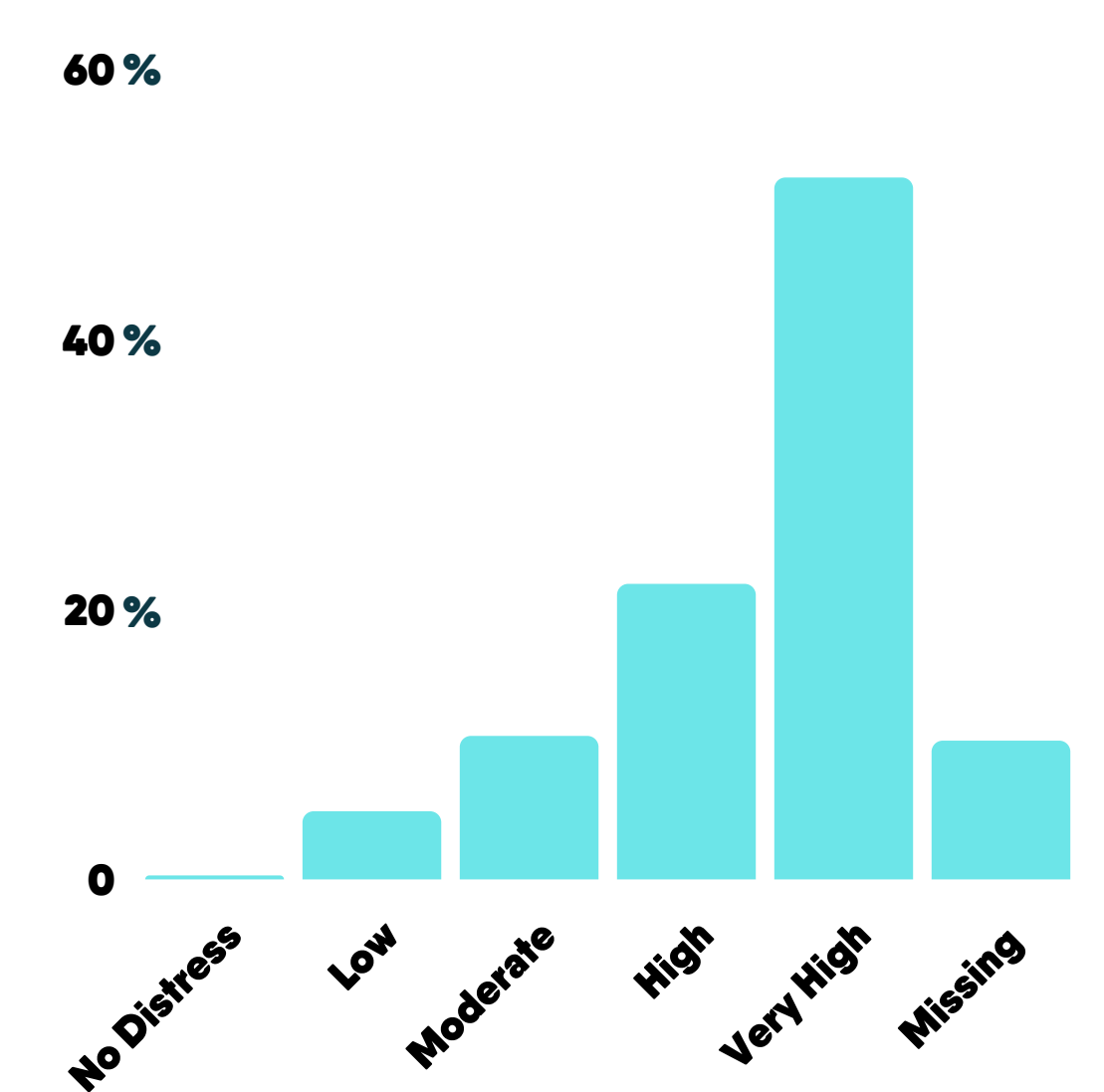
4,382 unique youth

9,890 total youth peer support visits

Types of Peer Support Services



Youth Distress



Mean distress score: 30.69 (SD 8.89)

Method of Access



19.7%
Virtual



80.3%
In-person

The data strongly demonstrate that youth peer support services are accessed at a high rate across all Foundry centres and often in conjunction with other services.

Conclusion

What our results show:

Youth peer support is an integral service stream within the Foundry model and there has been an increase in the number of youth accessing peer services as Foundry has evolved.

These data support anecdotal evidence from many young people that peer supporters are effective at building rapport and modelling peer values of hope and recovery, thus supporting overarching treatment goals and care experiences.



References

- <https://foundrybc.ca/get-support/peer-support/> [Internet]. Vancouver: Foundry; c2022
- Providence Health Care Society. Foundry. Peer Support Orientation Guide. 2022 January.

Partners

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foundrybc.ca/iaymh2022