



Youth Peer Support

Youth Peer Support Workers (YPSWs) are here to support you as you access services at Foundry and in your community. They'll work alongside you in a way that feels supportive and meets your needs.

What is Youth Peer Support (YPS) at Foundry?

- Youth Peer Support is one of the core services offered at Foundry and can be accessed alongside other Foundry services.
- YPSWs use their lived experience to walk alongside you on your journey toward better health and wellness.
- YPS is guided by the values , perspectives and standards of peer support:

How Can YPS Help You?

- Stand-alone services
- Support you as you access other Foundry or community services
- Offer a peer lens and viewpoint

What to Expect When Starting:

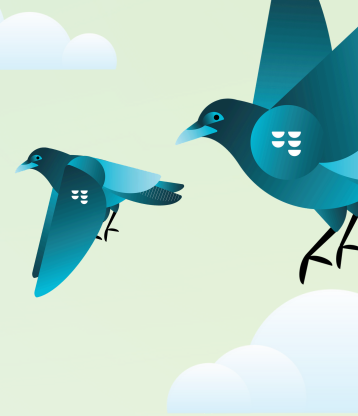
- Beginning a new relationship with a care provider can feel overwhelming. It's okay if you're not sure where to start or which parts of your life need support right now.
- YPS use self-reflection and feedback forms to help identify areas of strength, areas you may want to focus on and they can also help see how things change over time in your life to help support you in a way that feels impactful and meaningful to you.

Keeping track of what has changed overtime is challenging, completing the self- reflective questions and feedback forms help YPS figure out:

- What kind of support is most helpful for you
- The area of your life most meaningful and relevant to you in a given moment
- Areas of strengths and resourcing
- How you feel about your health and wellness journey



Measures Used in Youth Peer Support



These measures help us better understand how you are doing, what matters to you and how your experiences and needs may be changing over time to make sure services remain relevant and responsive throughout your health and wellness journey. They can also help you reflect on how you're feeling and what you need:

Self-Rated Health and Mental Health

How to view your health and mental health.

(There is no right or wrong, and it gives insight into how you feel about these areas of your life.)

Brief INSPIRE-O

A short check-in about how you're feeling about different areas of your life.

It focuses on things like hope, connection, and meaning in your life.

You can complete this on your own, or with a PSW.

INSPIRE

A check-in on how well your PSW is supporting you in areas that matter to you and if there are ways that can be improved.

Health Snapshot

A visualization tool that helps see the responses you provide and can help us identify patterns overtime in your health and wellness journey.