

Annual S.O.A.R. Committee Reports AGM 2023



1. Certification Committee
2. Peer Services Committee
3. Peer Support Training

1. **Certification Committee** (Rita, Karen C, Karen M):

- The committee met in May 2023 for a final interview of four new peer supporters to assess their readiness to peer support. All were certified.
- Final interviews for certification will happen once a year.

2. **Peer Services Committee** (Karen M, KC, Rita, Sally, Cathy):

- Two new mentors were trained. We now have 4 mentors, but are looking for 2 more peer supporters interested in taking the mentor training.
- Mentors are looking at a new program to work with peer supporters who do not have a peer client, either because they have never had one or haven't had one for awhile and may like to meet with a mentor to practice role plays so they don't lose their skills.
- S.O.A.R. peer supporters were offered several spaces to take the Steward of Children's training, sponsored by the Women's Place Resource Centre.
- S.O.A.R. Peer Supporter Training is scheduled to begin in January 2024.
- Group Facilitation training was developed by a grant from Mental Health Foundation. Heidi Kalyani was hired to develop and deliver the Group Facilitation Training.
- Group Facilitation training began in October/November 2022 for 8 weeks.
- Practicum support group was held as part of the Group Facilitation Training.
- A support group for survivors was facilitated by two trained facilitators from May – June 2023.
- There was a break for summer, then another support group with two different facilitators began on October 15th, 2023 and will end in December.
- Group Facilitation Training is now being offered for facilitators to be able to lead support groups for allies, partners, family or friends of survivors.
- We would like to have all peer supporters attend their peer supporter meetings on the 4th Wednesday of every month at 7 pm by Zoom. **Please put it in your schedule.**
- Remind peer supporters supporting peers to record their sessions online and submit.
- Discussions about safe meeting places in the province are underway. Thoughts are welcome from the peer supporters.
- **The Chair is stepping down so there is need for a new Chairperson for the coming year.**
- This committee is the "heart" of S.O.A.R. and we are in need of 2 new committee members. We have one peer supporter who is considering joining this committee.
- We continue to have 2 members of this committee meet with Heidi every 2nd week to discuss her group facilitation training.

- We have 2 members of this committee who meet with Jedidja to obtain information about peer support, incoming calls, matching peer and peer supporter, attending meetings and the many tasks that are part of the Coordinator role.
- There continues to be collaboration between the Board and this committee with recommendations from both with the PSC reporting to the Board.

3. Peer Support Training (Rita, Karen M, KC):

- S.O.A.R. developed new online forms to apply for peer supporter training and are now in use for the 2024 training.
- Peer Supporter Training finished in May 2023. New training scheduled to begin on January 13 – April 20, 2024.
- The Peer Supporter Training Team has 3 candidates who want to take the Train-the-Trainer training with the new training beginning in January 2024. The PSC will be discussing how we can help to make this happen and how it will happen.
- We hope to be able to offer support services to allies, partners, and family of survivors
- Handouts for trainees have been sorted by session (16 sessions) and are available online.
- One member of the training team presented a proposal to the committee which was referred to the Board. The Board was able to obtain funding for the January training and someone will be hired to take on more responsibility with the tasks of the training.

It has been a very busy year and there are wonderful peer supporters in S.O.A.R. and many are willing to take on more responsibility, join the Board, be mentors and support the growth that has happened in our organization over the past 2-3 years. Thank you everyone for your support and willingness to step up. You are special people.

Provided by,



M. Karen Martin
October 25, 2023