

# CONSUMER AFFAIRS

CLINIC & SELF HELP CENTER PEER SUPPORT



Jennifer Jones, MA, ASW

# Consumer Affairs

## Peer Support Services

- Clinic Peer Support:
  - Narvaez, Downtown,
  - CWBC, and Sunnyvale
  - Milpitas, Gilroy , East Valley
- Self Help Peer Support:
  - Zephyr and South County Self Help Centers.
    - San Jose
    - Gilroy
  - Educational support groups
  - Provide individual support to clients

# Outcome Measures

- Developed a draft peer support services satisfaction survey.
- Group Evaluations
  - Skills—vocational & computer
  - Support
  - Education
  - Creative
  - Social

# Zephyr Skills Groups

- Employment Workshops Series
- Employment Support Group
- Computer Classes
  - Basic Computer Functions
  - Excel
  - Word

# Zephyr Support Groups

- New Beginnings—Grief & Loss
- Women's Group
- Men's Group
- Rainbow Alliance—LGBTQ Support (March-May 2014)
- Older Adults

# Zephyr Educational Groups

- Positive Thinking
- WRAP
- Healthy Boundaries

# Zephyr Creative Groups

- Creative Expressions
- Beading

# Zephyr Social Groups

- Check-in
  - Done first of the Week
- TGIF (Thank Goodness It's Friday)
  - Done at the end of the week



# South County Educational Groups

- Mindfulness Skills with Meditation
- WRAP
- Positive Thinking

# South County Creative Groups

- Women's Beading & Craft Group
- Rock Art

# South County Support Group

- Empowerment Group at Sobrato

# Clinic Peer Support Groups

- WRAP
- Meditation
- Tobacco Cessation
- Depression Education & Support
- Positive Thinking
- Peer Support

# Pilot Study

# Beading Outcomes

March 2014

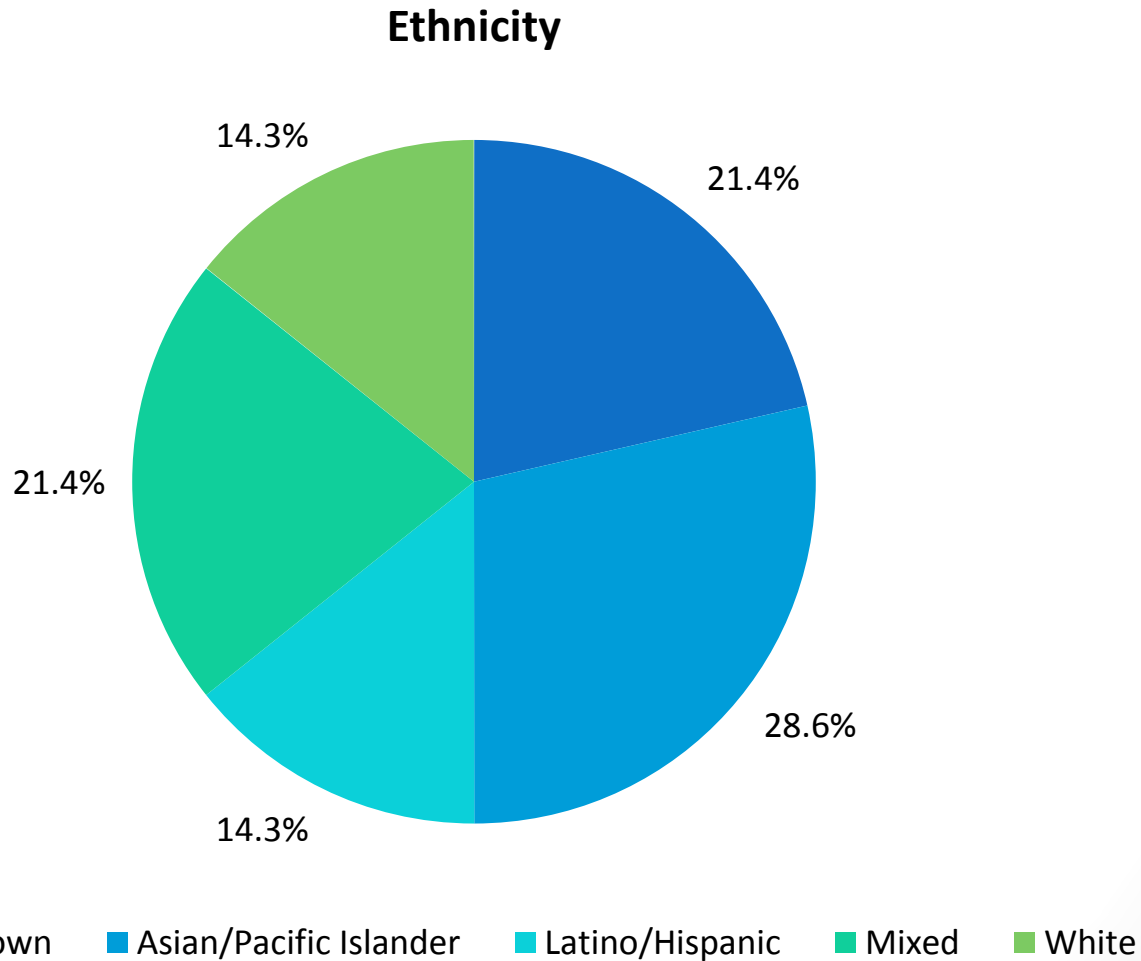
# Beading Group at Zephyr

- Beading Group occurs every Thursday from 10:30 to 12 noon.
- Attendance ranges from 3 participants to up to 25 participants come
- Participants make bracelets, necklaces and earrings and other items.
- N=14

# Age

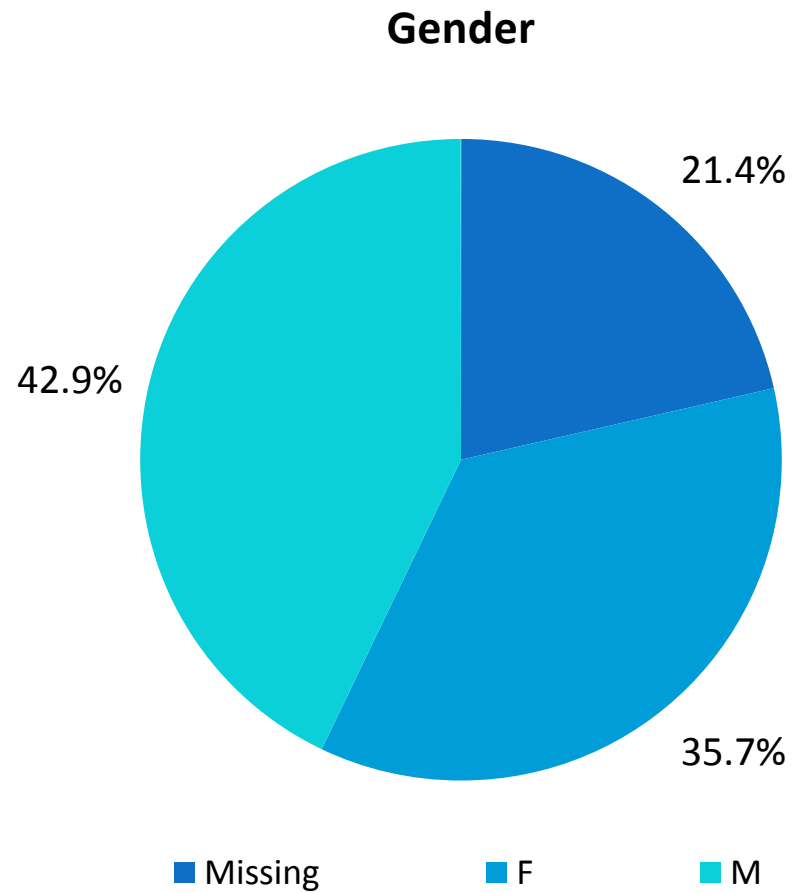
| Age Group |       |
|-----------|-------|
| 18-25     | 7.1%  |
| 26-59     | 64.3% |
| 60+       | 14.3% |

# Ethnicity Chart



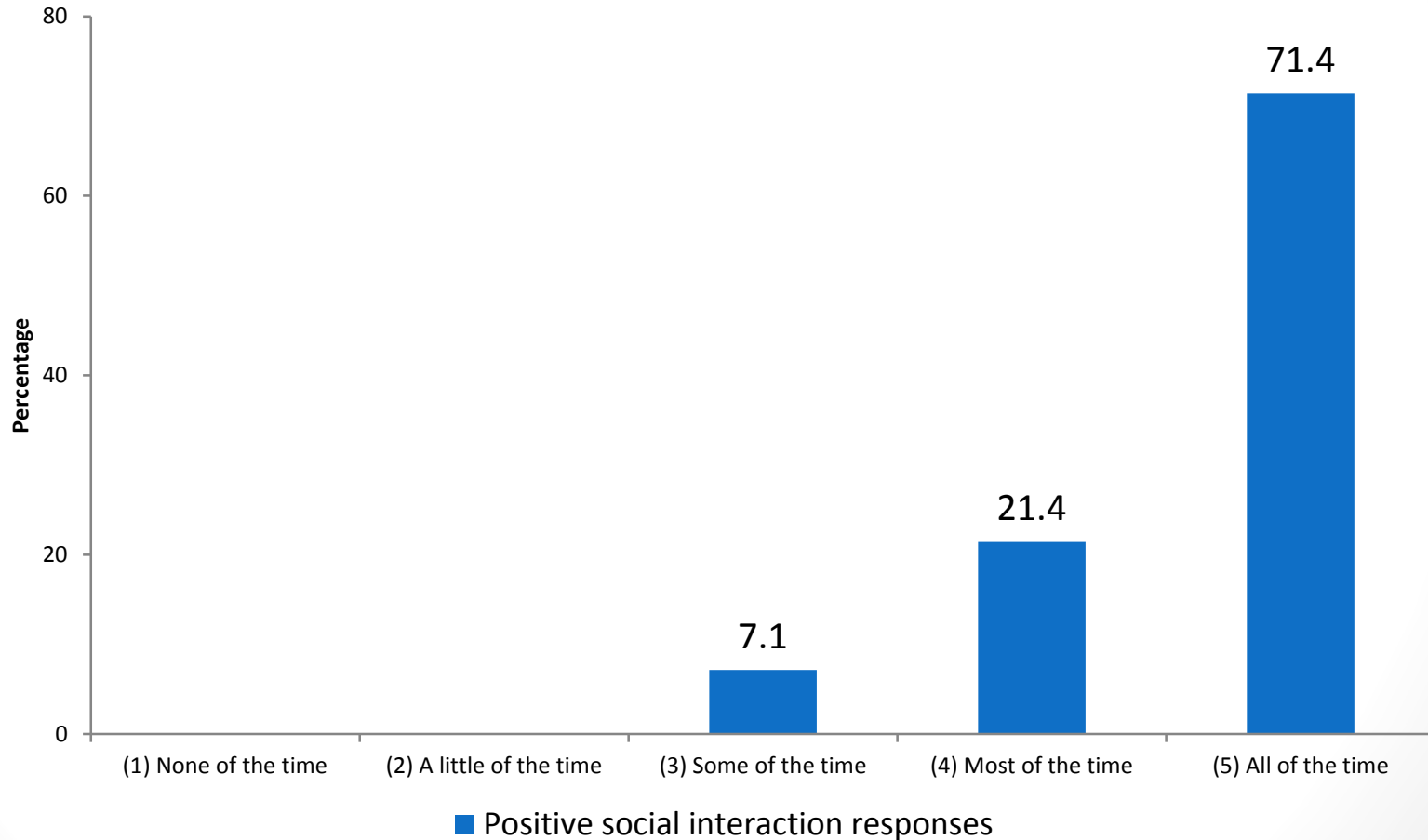


# Gender



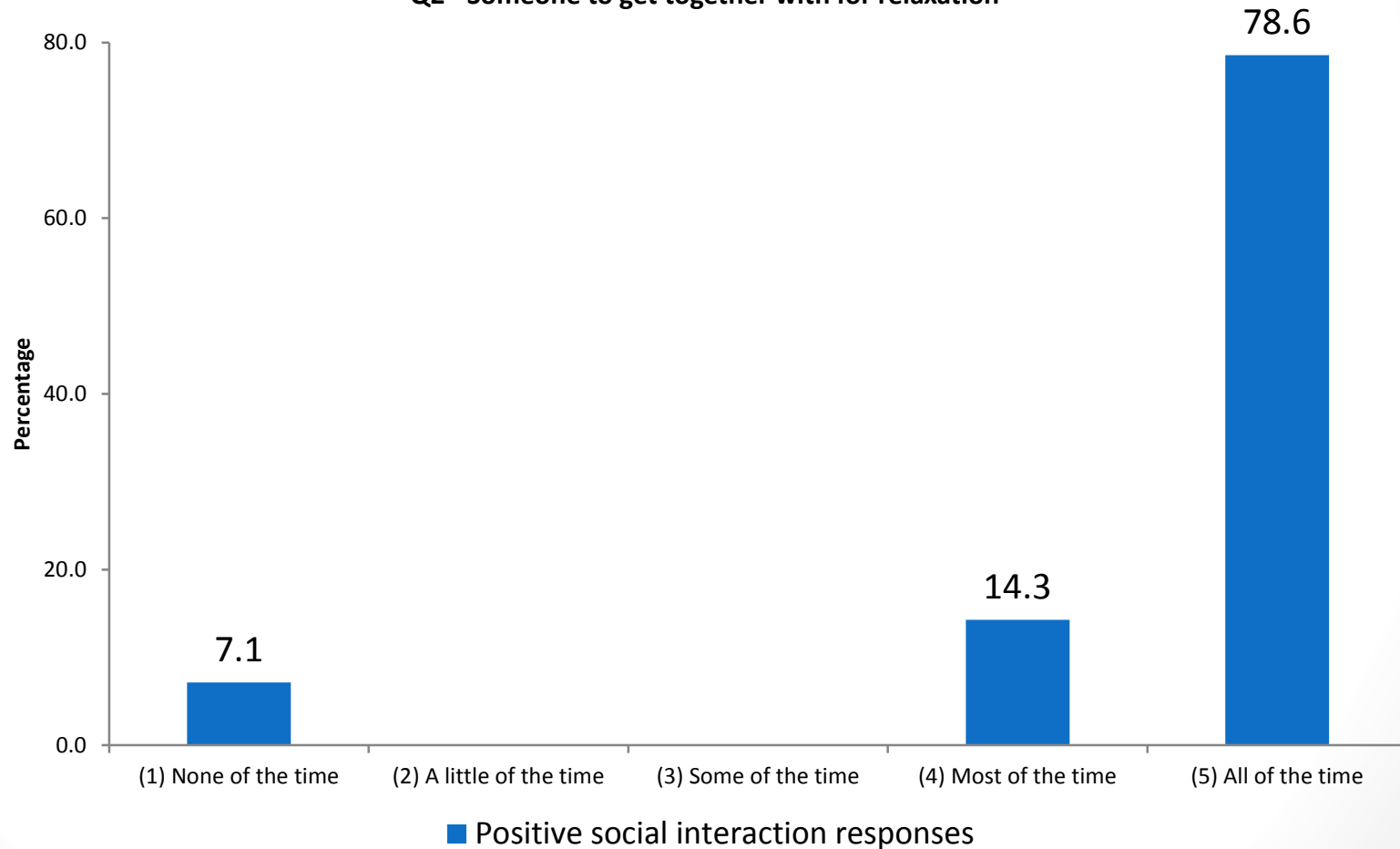
# Having a good time

Q1 - Someone to have a good time with



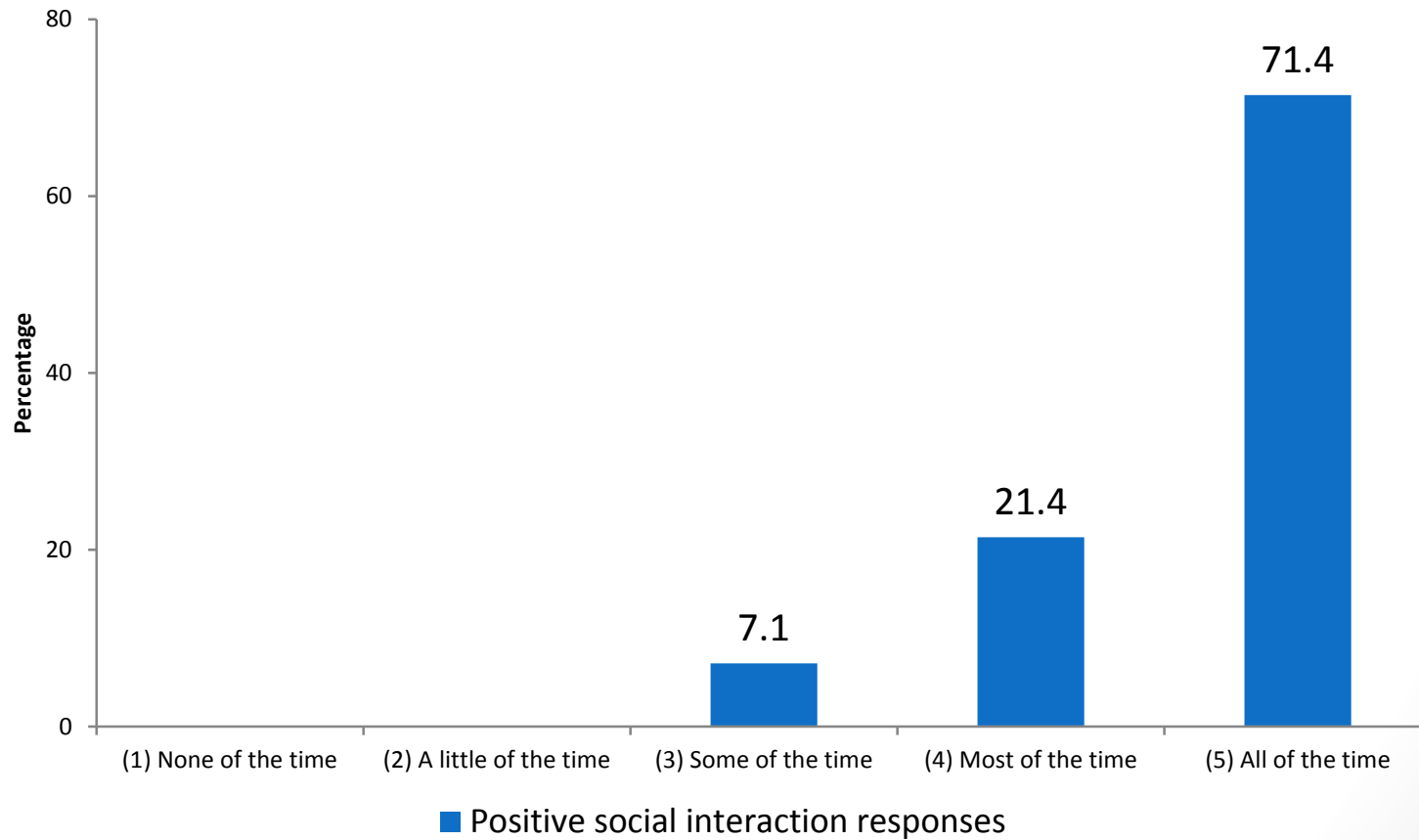
# Relaxation

Q2 - Someone to get together with for relaxation



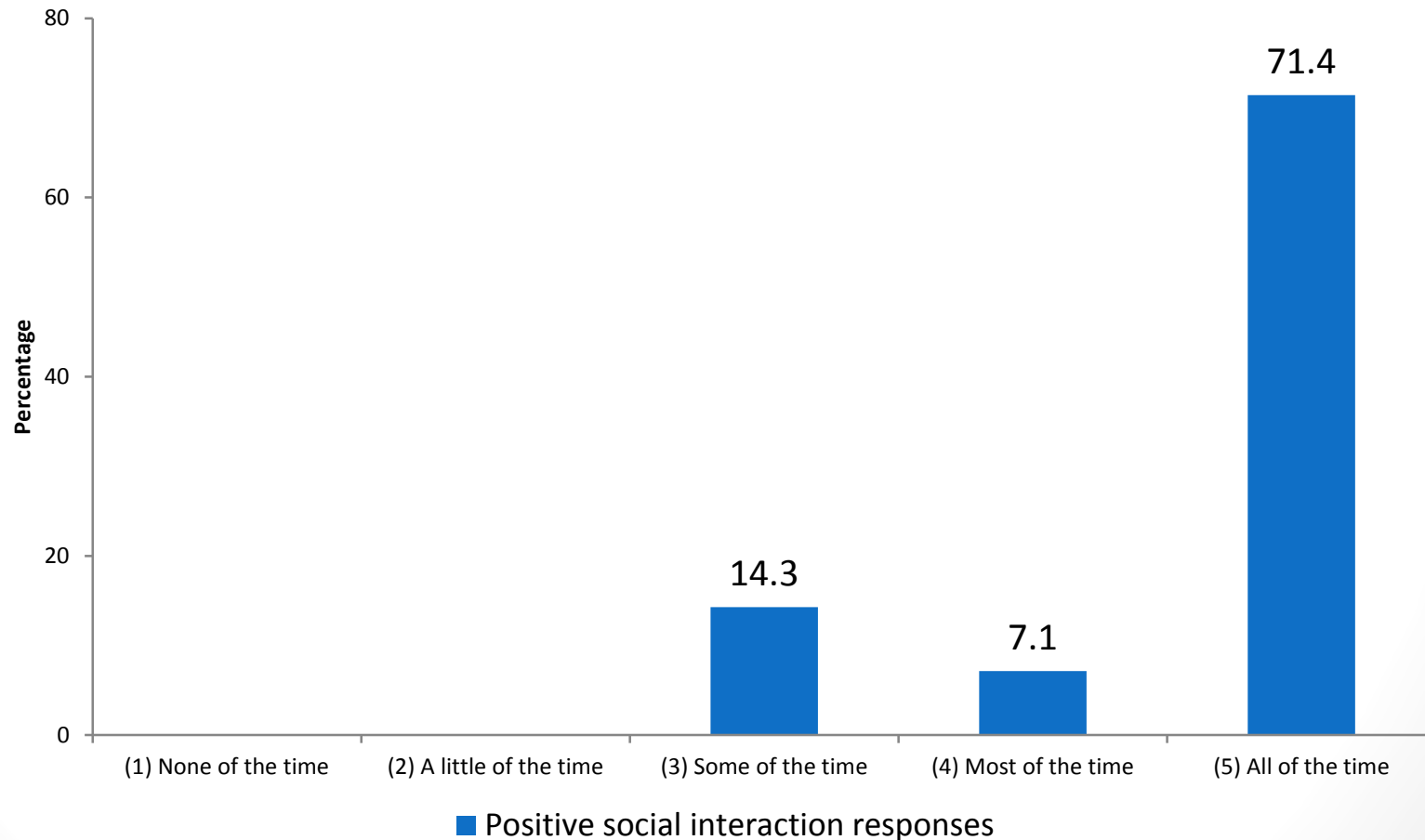
# Enjoyable

Q3 - Someone to do something enjoyable with

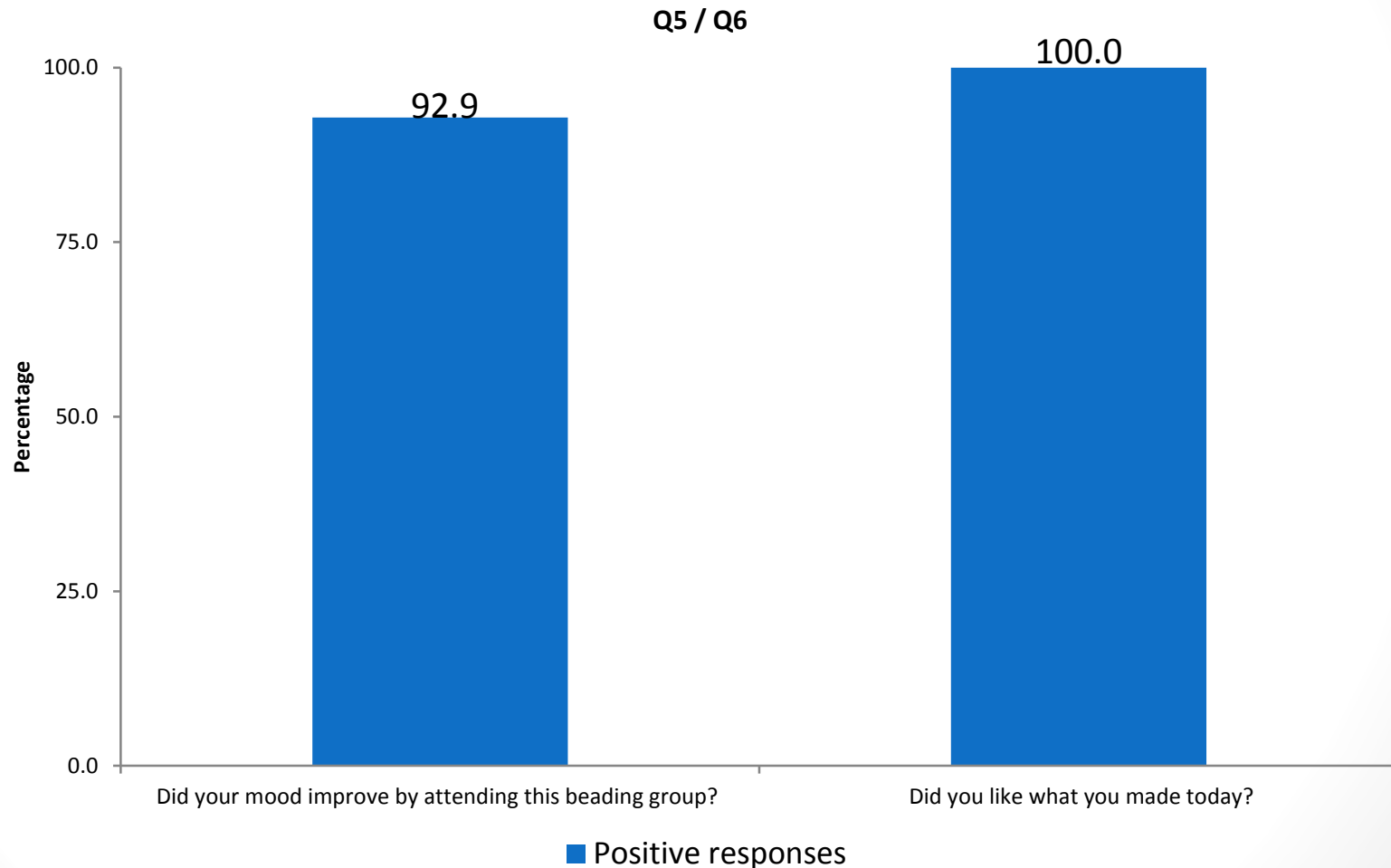


# Keep your mind off things

Q4 - Someone to do things with to help you get your mind off things



# Mood Improved & Did you like what you made



# Future Next Steps:

- Will conduct a mid-term outcome measure for Beading Group after 10 sessions
- EMPLOYMENT—in development
- CLC Computer Lab— development needs to be administered
- Positive Thinking
- WRAP