

Peer to Peer Support Program

Working in healthcare is simultaneously meaningful and tremendously challenging. As we are faced with the suffering and vulnerability of patients, we as caregivers we will experience distress because of what we bear witness to, as well as our own personal suffering. It is both normal and necessary to find ways to reach out to each other in our moments of sadness, feeling overwhelmed or burned out.

The ***Peer-to-Peer Support Program*** provides support to caregivers who feel emotionally exhausted and in need of connection with a compassionate peer who is available to listen. Caregiver exhaustion can have many sources. It can occur in response to a single traumatic event, from the cumulative toll of working in healthcare, or from a combination of work related and personal events.

Peer-to-Peer Support is an easily accessed intervention, matching caregivers who have experienced an adverse event or life/work challenge with a trained colleague, offering peer support. This connection has been shown to have the power to reduce the emotional burden of caregivers.

Trained Peer Supporters provide a form of “emotional first aid”, making available confidential, one-on-one connection, encouragement, and caring to any caregiver who experiences an impactful event, or series of events, that creates feelings of stress and adversity.

Interested in forming a peer support program at your institution or ministry?

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“We had a really, really good training day... These ratings are about as good as it gets.... especially the role plays! Wow! You and your team were so prepared- that was so apparent to all.” Scott Marsal MD FACP, Medical Director, PSVMC