



Peer Support

IN-SERVICE TRAINING 2021

What is Peer Support?

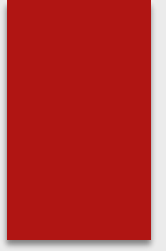
- ▶ Support
- ▶ Respect
- ▶ Recovery
- ▶ Trust
- ▶ Wellness
- ▶ Rehabilitation
- ▶ Honesty
- ▶ Non-Judgmental
- ▶ Health



What Does Peer Support Offer?

- ▶ Listen
- ▶ Understand
- ▶ Refer
- ▶ Facilitate closed, confidential debriefs of a Critical Incident

Confidentiality vs. Privileged Communication



Confidentiality

- ▶ Matters discussed in peer debriefings, defusing, peer support meetings, or any statement or discussion with a Peer Support Team Member (acting in his/her role) should remain confidential.
- ▶ Except in any of the following circumstances:
- ▶ Admissions of any criminal act that amounts to a felony in the State of California.
- ▶ Information that reasonably appears to be related to any ongoing criminal investigation.
- ▶ Information which the Peer Support Team Member is legally required to report in accordance with any statutory authority or Department Policy.
- ▶ Information that reasonably suggests any person represents a danger to himself/herself or any other person, including but not limited to threats of suicide, or threats to harm any other person.
- ▶ Persons utilizing the Peer Support Team should be advised of the confidential nature of each meeting and the exceptions thereto.

Privileged Communication

Recognized relationships of privileged communication

- ▶ Attorney-client
- ▶ Doctor-patient
- ▶ Clergy-communicant (includes our chaplains)
- ▶ Spouses
- ▶ Peer Support conversations are not privileged communication in court

EAP benefits

- ▶ Legal and Financial services
- ▶ Free 30-minute consultation with one of our participating attorneys for each legal matter every year and after that, if you need additional support from that attorney, you can access a 25% discount for those services.
- ▶ Legal benefit includes; family related issues, civil issues, landlord and tenant disputes, criminal problems, estate planning, immigration, and motor vehicles.
- ▶ Free 30-minute consultation with one of our financial experts and you get a free 30-minute consultation on each available financial topics.
- ▶ These topics include; budgeting, debt, saving for retirement, funding college, buying versus leasing, whether or not you need to take out a mortgage or refinance a loan, financial planning and tax questions.
- ▶ Identity theft services- a 60-minute fraud resolution phone consultation or caution about identity theft prevention or credit restoration in addition to a free emergency response kit for any identity theft breach.

EAP benefits cont.

- ▶ Counseling services- 8 free sessions per year per issue (example: you might have three issues in one year. That means you will get 24 counseling sessions total)
- ▶ Call the number for Resources for Living and you will be connected to a master's level counselor of your choosing
- ▶ You can meet with a counselor face-to-face or by tele-video
- ▶ If you're having an urgent need and you can't wait for an appointment, they will connect you to in-the-moment support with one of their counselors

EAP benefits cont.

- ▶ Additional resources on their website and app to include
- ▶ Life and relationships –parenting, relationships, aging adults, balancing work and family, managing life, pets
- ▶ Mental health and addictions- depression, suicide prevention, awareness and conditions
- ▶ Resource centers- crisis and disaster, staying healthy, self-improvement, stress, trauma, grief and loss
- ▶ Career and workplace- tough situations, handling change, helping co-workers, navigating your career

Cordico

- ▶ CVPD Wellness Application
- ▶ Available 24/7
- ▶ Confidential
- ▶ Provides Information
- ▶ Resources
- ▶ Self Assessments

