

MODULE 5: RECOVERY AND PEER SUPPORT

Shared experience- Explore the power of shared stories in peer support.

LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective n° 1

**Acknowledge the Power
of Shared Experiences
in Peer Support**

- Participants will articulate how acknowledging and celebrating the shared experiences of individuals in recovery reinforces the sense of community.
- They will analyze specific examples of how these shared narratives contribute to a supportive environment that encourages mutual support among peers.
- Participants will reflect on their own stories and recognize how sharing their experiences can enhance their recovery journey and foster a stronger community

Objective n° 2

**Foster Empathy, Connection, and
Mutual Support by Acknowledging
Shared Experiences**

- Participants will articulate how acknowledging and celebrating the shared experiences of individuals in recovery reinforces the sense of community, creating an environment of mutual support.
- Participants will explore specific examples of how these shared experiences encourage peer-to-peer learning, enhancing understanding and insight into diverse recovery journeys.
- Participants will engage in group discussions and activities that facilitate the sharing of their own experiences, recognizing how these connections foster empathy and strengthen relationships within the recovery community.

Objective n° 3

**Celebrate the Shared
Experiences of
Individuals in Recovery**

- Participants will identify and articulate the importance of celebrating shared experiences as a way to reinforce connection and promote mutual support among individuals in recovery.
- Participants will engage in activities that encourage the celebration of their own and others' stories, reflecting on how this practice fosters empathy and connection and peer-to-peer learning.
- Acknowledging and celebrating the shared stories of individuals in recovery reinforces the sense of community and mutual support, encouraging peer-to-peer learning, empathy, and connection.



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ACTIVITY DESCRIPTION AND MATERIALS

Activity description



1. Target group – adult educators, mentors of change
2. Time – 2 hours

1. A visual guide covering key concepts of shared experiences and their impact on peer support.
2. Videos and multimedia content: real-life examples showcasing the role of shared stories in recovery settings, illustrating the effectiveness of peer support.
3. Whiteboard for capturing key points
4. Sheets for practical activities.
5. Drawing tools for play-role activities.

Materials



METHODOLOGY USED FOR THIS ACTIVITY



Story Sharing Circles:

Participants form small circles where they take turns sharing specific recovery experiences. This format encourages them to articulate how their stories reinforce a sense of community and mutual support. Peer discussion facilitate deeper understanding and connection, promoting mutual support, peer-to-peer learning, encouraging empathy and highlighting the significance of shared stories. The circles conclude with a celebration of the shared experiences, fostering a sense of belonging.



Peer-to-peer discussion:

In this methodology, participants engage in open discussions with a focus on sharing insights and experiences related to their recovery journeys. These discussions are structured to encourage participants to listen actively to one another, fostering a sense of mutual support and understanding. By sharing personal experiences, participants can articulate how these interactions enhance their sense of community and promote empathy, reinforcing the value of peer-to-peer learning.



Role-playing:

Participants practice storytelling and support through role-playing scenarios that reflect common challenges in recovery. This interactive method allows individuals to step into each other's shoes, encouraging peer-to-peer learning, empathy, and connection. By role-playing both the storyteller and the listener, participants can articulate the importance of sharing experiences and practicing supportive responses, reinforcing the connections that enhance community and mutual support.



Community Storytelling and Reflection

This methodology highlights the importance of acknowledging and celebrating shared experiences to build community. Participants can present their narratives through various formats, such as spoken word, poetry, art, or group discussions. To enhance engagement, the methodology include interactive elements, such as audience reflections and feedbacks. By celebrating each individual's experience, participants reinforce the sense of belonging and support that is essential for recovery, ultimately enhancing the collective strength of the community.



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ACTIVITY DESCRIPTION

1. Introduction

The educator introduces the session, highlighting the significance of shared experiences in recovery and peer support. They explain how storytelling can foster connection and empathy among individuals in recovery.

2. Guided discussion

The educator leads a discussion centered on the concept of shared experiences, focusing on three key points:

A) How do shared stories and experience improve the recovery process?

B) What are the challenges and benefits of sharing personal experience within a peer support context? The importance of mutual support and encouraging peer-to-peer learning. The importance of celebrating the shared experiences.

C) How can educators create safe and comfortable spaces for individuals to share their stories effectively?

3. Play-role activity

Participants are divided into pairs and draw scenarios related to their recovery experience. One person plays the individual in recovery, while the other acts like a supportive person. The "individual" shares their story based on the scenario, while the "support person" practices active listening and empathetic responses. The educator guides the participants with professional approaches and helps them learn how to act in response to different challenges.

4. Circular discussion

Participants discuss the skills, insights gained from the role-play activity. The educator facilitates a conversation about the effectiveness of different approaches and encourages the sharing of ideas and reflections.

5. Deepening the topic

The educator elaborates on the factors that influence the power of shared experiences, discussing strategies for creating an environment that encourages open dialogue and mutual support.

6. Reflection and application

Participants take time to reflect on the importance of shared experience and peer support.

Together with the educator, they assess their strengths and areas for improvement in facilitating peer support and shared experience within recovery.