



33rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine (SBM) Peers for Progress Network Contributions

April 11-14, 2012

SEMINAR: Peer Support Interventions: Training, Ensuring Competencies, and Intervention Tracking (The Peers for Progress Network)

Peer support is an evidence-based approach for chronic disease prevention and control. However, models of peer support differ on several important dimensions including how peer supporters are prepared and trained to carry out their responsibilities, how training is evaluated to ensure competency, and how peer supporters are monitored and supervised to maintain intervention fidelity. This seminar will teach participants how to design feasible and high quality peer support programs by focusing on the fundamental components of training, ensuring competencies, and tracking intervention delivery. Concepts and strategies will be reinforced through case examples, active learning techniques, simulations, and a hands-on exercise. [[View slides & materials](#)]

Presenters:

Tricia Tang, PhD, University of British Columbia, Canada
Guadalupe X. Ayala, PhD, MPH, San Diego State University, USA
Andrea Cherrington, MD, MPH, University of Alabama at Birmingham, USA

SYMPOSIUM: Implementation Differences and Underlying Commonalities of Peer Support: Implications for Standardization and Advocacy

Peer support is widely utilized in health promotion around the world. Yet, it is implemented very differently in different settings – in clinical sites, community settings, groups, over the internet, etc. This contributes to difficulty in defining peer support and advocating for its inclusion as a routine component of health care or community services. Here we describe three peer support programs for diabetes management that are part of Peers for Progress, a program of the American Academy of Family Physicians Foundation to promote peer support in prevention and health care . These projects in Australia, China and USA are implemented in very different ways but that also share underlying commonalities in terms of functions of peer support: 1) assistance in daily management, 2) social and emotional support, 3) linkage to clinical care, and 4) ongoing support. [[View slides](#)]

Presenters:

Brian Oldenburg, PhD, Monash University, Australia
Michaela Riddell, PhD, Monash University, Australia
Xuefeng Zhong, DrPH, Anhui Provincial Center for Disease Control & Prevention, China
Andrea Cherrington, MD, MPH, University of Alabama at Birmingham, USA
Edwin Fisher, PhD, Peers for Progress; University of North Carolina at Chapel Hill, USA



SYMPOSIUM: Ongoing Support for Health: Impacts of “Organizational Home” on Sustainability of Peer Support Programs

Disease management requires ongoing support to address dynamic, evolving, “real world” conditions that influence behavior. Here we describe several organizational-home cases as part of Peers for Progress, a program of the American Academy of Family Physicians Foundation to promote peer support in prevention and health care. Each project will describe their experience establishing peer support programs with organizational and community partners, and present lessons (e.g., linking with medical homes, staff, and processes) and key questions (e.g., addressing ongoing training needs, finding stable funding, crafting business cases) for sustaining and scaling-up such programs within particular organizational homes . Discussion will explore goals, strengths, and challenges associated with any organizational home for peer support, including coverage/reach of services and maintaining critical linkages among community and clinical communication and referral systems. [\[View slides\]](#)

Presenters:

Renee I. Boothroyd, PhD, Peers for Progress; University of North Carolina at Chapel Hill, USA
Monika Safford, MD, University of Alabama at Birmingham, Birmingham, AL, USA
Guadalupe X. Ayala, PhD, MPH, San Diego State University, USA
John Elder, PhD, MPH, San Diego State University, USA