



UNC Peer Support Core and Carolina Peer Support Collaborative Impact Report

June 2021



UNC Peer Support Core

Peers for Progress

University of North Carolina at Chapel Hill



Mission & Vision

Mission:

Promote and facilitate high quality, diverse, broadly available peer support for students, staff, and faculty that

- Provides a broad social base for coping with key challenges, including COVID-19, Racism/Equity, Mental Health
- Contributes to overall goals of Carolina Next

Vision:

No person is without someone to turn to in coping with the challenges confronting us.



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Impacts: Organizational - *Carolina Peer Support Collaborative*

Role of Peer Support in Anti-Racism, Equity

Engaging Faculty and Staff

Shared Training

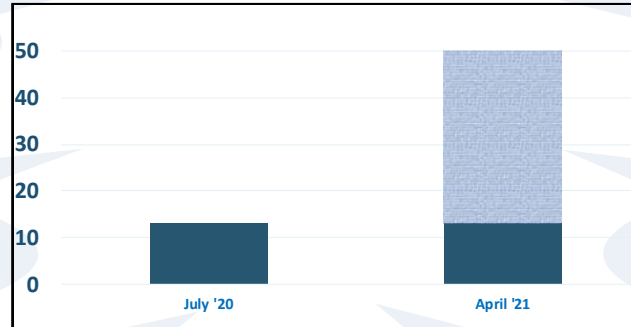
Program Design and Varied Support Structures

Increasing Engagement

July 2020 – April 2021:
>200% Growth: 13 to ~40 Units
100% Growth: 37 to 74 Individuals

Recruitment of Peer Supporters

Roles of Peer Supporters, Complementarity to Clinicians



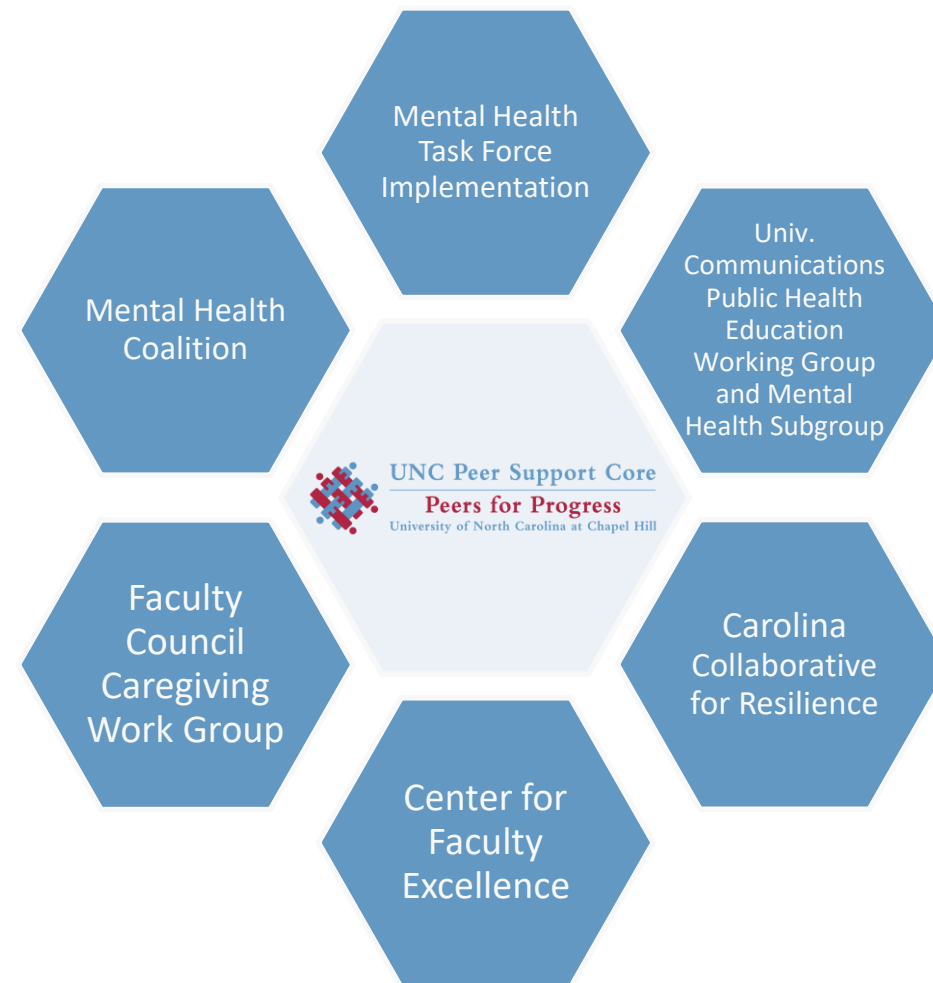
Cross-Sharing and Feedback

Current Events, including COVID-19

Mental Health as a Continuum



Impacts: Collaboration – Bridge Silos

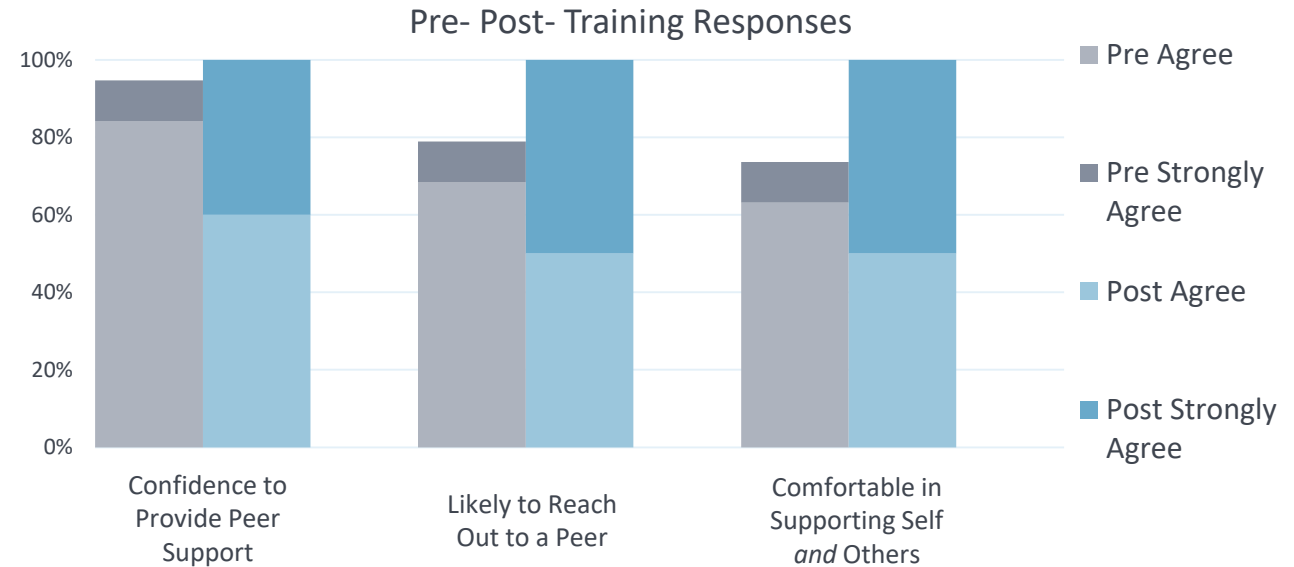
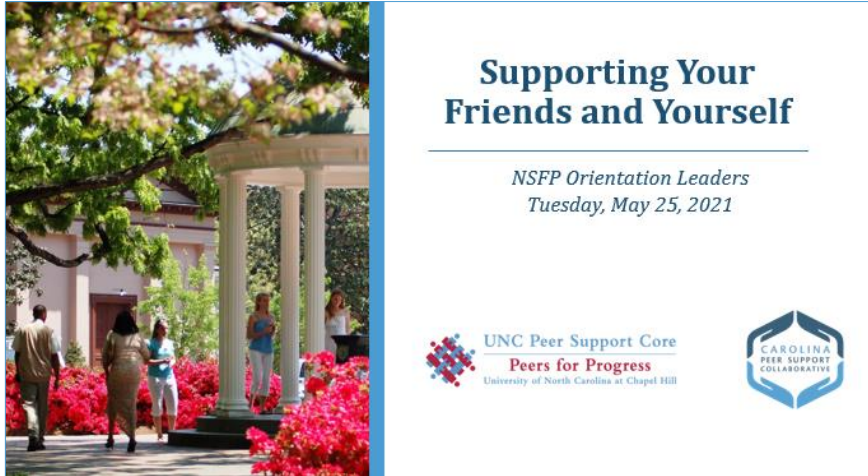


Impacts: Specific Services/Activities

- 9** Programs directly assisted
- 100+** Trained
- 10** Messages and Resources for Carolina Community
- 19+** Local and Regional Engagements
- 8** National & International Engagements



Impacts: A Training Snapshot



- 23 Orientation Leader Participants, 2 Orientation Leader Training Coordinators
- **"I could hear directly from my peers** about how they would handle a situation."
- **"I will...act as a positive/comforting space for my peers and the students...**to make their journey into college or through work as smooth as possible."

- **"I hope to create a space where students feel able and willing to share their concerns..."**
- **"[I will use information from this training] When helping students and co-workers overcome obstacles, but also with myself when I face burnout because I should handle my own problems in the same loving and thoughtful way I would with a friend."**



Impacts: Examples

Social, Individual

- Several instances of early intervention and referral to University resources
- Formation of a web of care for a student of concern resulting from connections within the Collaborative of colleagues in different units

Organizational, Programmatic

- Formation of numerous Pods
- Revisions of programs in Schools of Nursing, Pharmacy, Dentistry
- The Collaborative helps members see their way to championing change within their own settings

*I've observed a much bigger emphasis on mental health and particularly peer support at UNC...
The Collaborative has encouraged integration of peer support into organizations that already exist...
I'm seeing [peer support] more commonly and widespread on campus.*

–Collaborative Member



Current Developments

1. Systematic Survey of all Collaborative Members Regarding Impacts and Contributions of the Collaborative and Suggestions for Future Work
2. Return to Campus Messages and Strategies – with University Communications, Collaborative, MHTF
3. Collaborative Working Group to Identify Actionable Strategies for Increasing Peer/Mutual Support for Staff
4. Prioritize Outreach and Planning with High-Priority Groups – BIPOC, International Students and Visiting Scholars, Women, Graduate/Professional Students
5. Ongoing Consultation Regarding Peer Support Training and Delivery and Program Design, including to address Continuity of Transitions in Leadership with Graduation, etc.
6. Ongoing Peer Support Training Delivery
7. Ongoing Collaborations, e.g. Caregiving Work Group, UComms Public Health Education Work Group, MHTF
8. Submission of Manuscript (7/1) Describing Growth of Activities
9. Collaboration with Leaders at Other Universities to Develop Paper on Range and Characteristics of Peer Support in US Universities; to Frame the UNC Approach of Broad Promotion Across Campus
10. Discussing Involvement in Activities with Chancellor's Fellow, Caroline Carpenter

