

Peer to Peer Pilot Project

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with help from

P2P Participants ◦ P2P Mentors ◦ Joyce Burland
and NAMI affiliate staff in 13 states

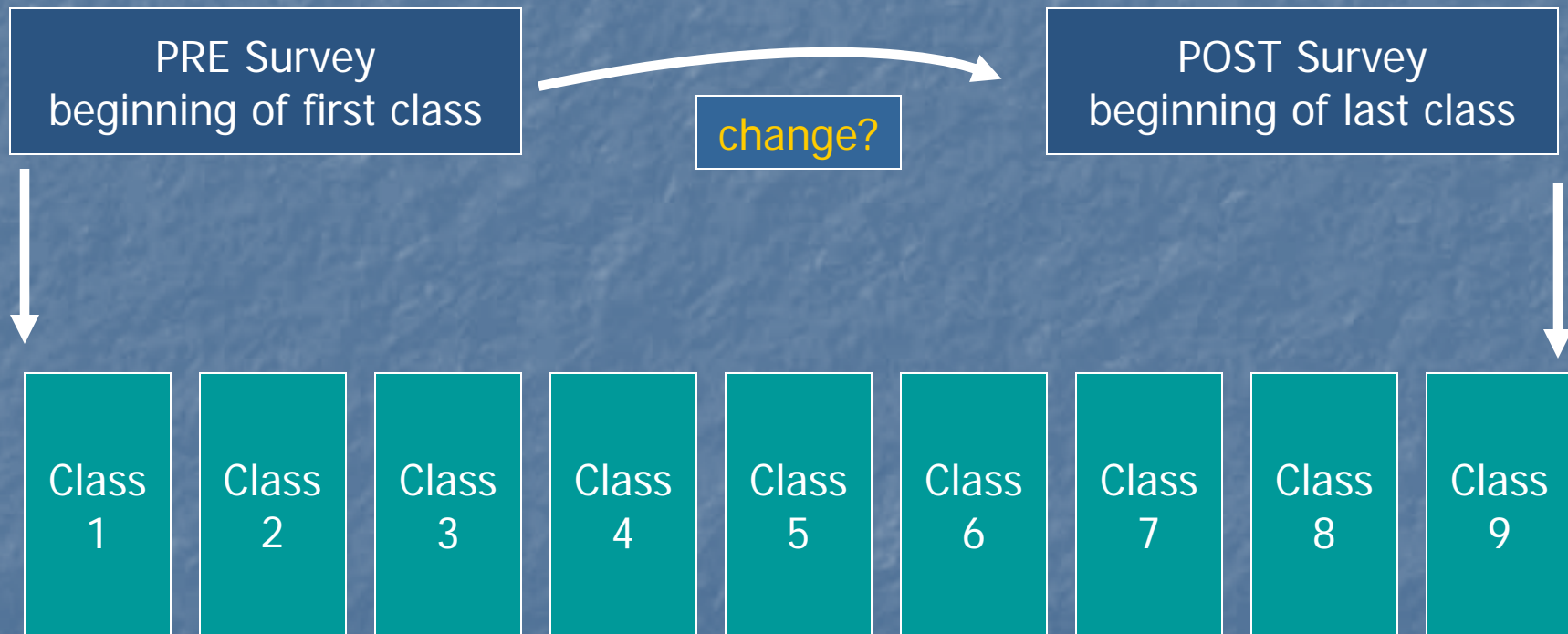
&

Lisa Dixon ◦ Deborah Medoff ◦ Li Juan Fang
at the University of Maryland

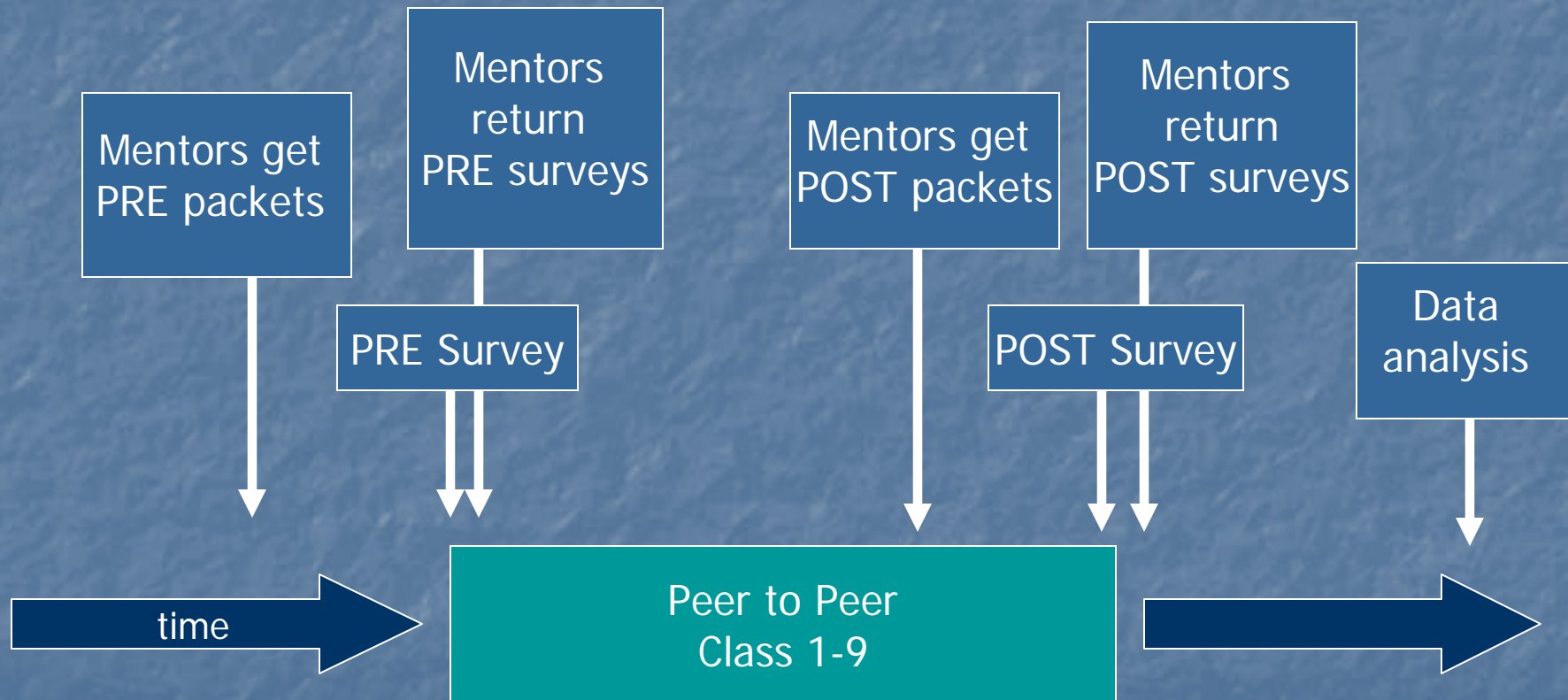
Overview

- Pilot Study's Design
- Final Sample: Who took part?
- Survey Results: What changed?
- Demographic Differences?
- Written Comments
- Interpreting the Results
- Plans: Our Next Project

Study Design



Study Design, 2



Final Sample: Who took part?

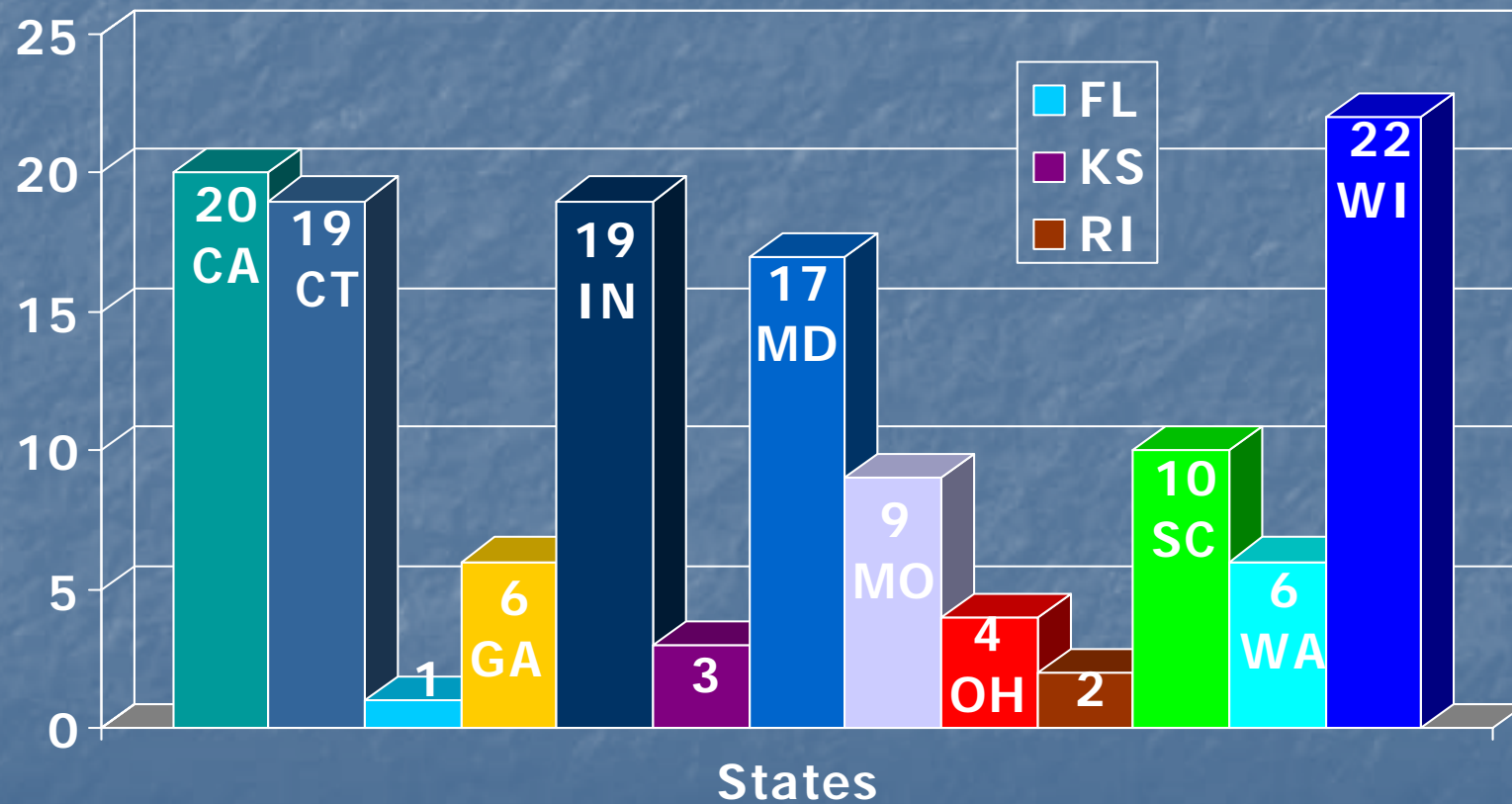
48 courses begin ~ 576 people, 13 states
→ 343 PRE surveys returned (60%)

About 348 people complete P2P
→ 187 POST surveys returned (49%)

138 pairs = our data

(35% of P2P participants during study period)
(don't know how compares to everyone who takes P2P)

Final Sample: Who took part?



Who took part? Demographics

Gender: 59% women 41% men

Age: 18-70's mostly 30-60

Race: 87% white 6% Af-Am

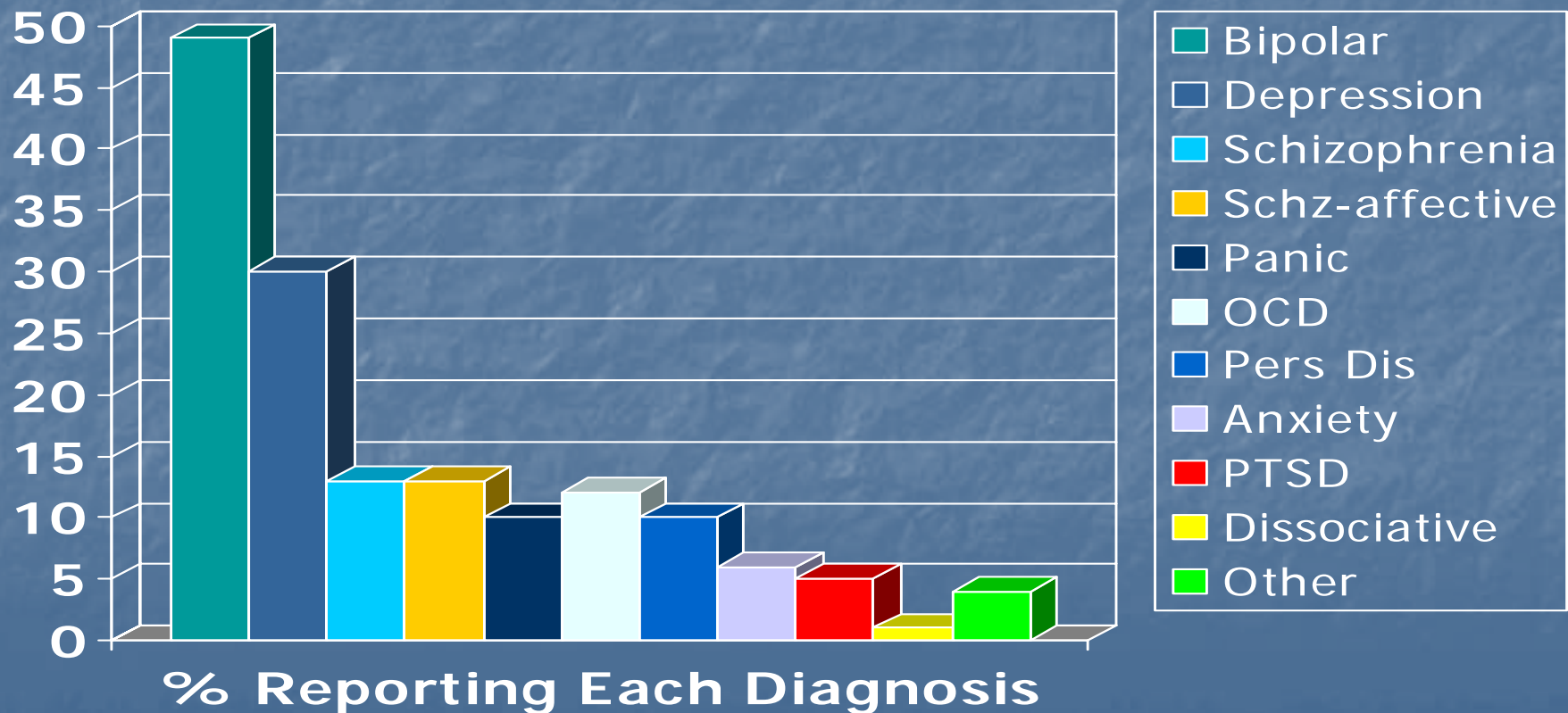
S.O. 95% heterosexual 5% GLB

Work: 25% pt 10% ft 46% vol

Education: 5% < HS 15% HS grad
38% some college 27% college degree
15% > college

Self-Reported Diagnoses

67% gave one Dx 33% gave two or more



Living Situation

Homeless, shelter, streets:	4%
Supervised housing program:	11%
Living with parents:	20%
In own apt or house:	60%

Results

Response Choices

1	2	3	4
Strongly Disagree	Disagree	Agree	Strongly Agree

Q1 I am confident in my current level of knowledge about my mental illness

PRE	POST	Average change	P value
2.8(0.8) n=136, median=3	3.2(0.7) n=138, median=3	+ 0.33	<.0001

Q2 I am satisfied with my ability to manage my mental illness

PRE	POST	Average change	P value
2.5(0.8) n=134, median=2	3.0(0.7) n=138, median=3	+ 0.46	<.0001

Q3 I feel powerless a good deal of the time

PRE	POST	Average change	P value
2.5(0.8) n=136, median=2	2.2(0.8) n=136, median=2	-0.26	<.0001

Q4 I feel I have a great deal in common with people around me.

PRE	POST	Average change	P value
2.6(0.8) n=134,median=3	2.9(0.8) n=136,median=3	+0.38	<.0001

Q5 I am usually confident about the decisions I make

PRE	POST	Average change	P value
2.5(0.8) n=136,median=3	2.8(0.7) n=135,median=3	+0.29	<.0001

Q6 My personal relationships are an important part of my life

PRE	POST	Average change	P value
3.4(0.6) n=136,median=3	3.5(0.7) n=137,median=4	0.08	0.1443 Not signif

Q7 I believe that taking psychiatric medications is important for my recovery and staying well.

PRE	POST	Average change	P value
3.4(0.7) n=136,median=4	3.5(0.7) n=137,median=4	0.04	0.2991 Not signif

Q8 I find spirituality or religion (however defined) a useful tool in my mental health recovery.

PRE	POST	Average change	P value
3.2(0.8) n=134,median=3	3.2(0.9) n=136,median=3	0.04	0.4436 Not signif

Q9 I plan and manage my money so that even if I get sick or run into other problems I'll be OK financially.

PRE	POST	Average change	P value
2.5(0.9) n=134,median=3	2.7(0.8) n=136,median=3	0.2	0.0204 Trend?

Q10 I know how to avoid trouble with law enforcement

PRE	POST	Average change	P value
3.4(0.7) n=136,median=3	3.4(0.6) n=136,median=4	0.08	0.1845 Not signif

Q11 I have completed my sections of an advance directive form

	PRE (n=129)	POST (n=135)	Change
Yes	10% (13/129)	55% (74/135)	Pre to Post p= <.01
No	50% (64/129)	35% (47/135)	
Not sure	40% (52/129)	10% (14/135)	

Q12 I am ready to make changes to improve my housing situation

Q13 I am ready to make changes to improve my education

Q14 I am ready to make changes to improve my employment situation

None showed significant improvement

Some participants wrote notes on the survey indicating problems with this type of question

Demographic Differences?

- Qs 1, 9, 11, 13 women > men
- The other 10 questions, no gender diffs.
- ALL diagnoses derived benefit from P2P
- No differences by age, education, or work
- Could not test for race differences because too few people of color in sample

Open Ended Responses

*The Peer to Peer course challenged me
to grow stronger.
In parts, it was revelatory,
and sharing powerful experiences was an
amazing experience.*

Please describe any personal changes or insights you have experienced as a result of Peer to Peer

Information, Tools, Skills

*Better knowledge of **relapse triggers**. Better knowledge of pros and cons of “coming out” re illness. Got me thinking about who to choose for [my] “**advance directive**.”*



*I feel whole again because of the contacts I made, the information I received, and the **techniques for recovery** I learned.*

*Huge **realization** into how bipolar Disorder has affected my past and in particular my current marriage.*

*I have been able to manage some **hot buttons** and potentially volatile situations with my mother and estranged husband as a result of our work with the **relapse prevention** chart and hot buttons.*

*I have learned
to identify my feelings,
listen to my body, manage stress,
use relaxation techniques,
understand other's with a diagnosis
different from my own.*

*I am balanced, med
compliant, and with out relapse
for the first time in 4 years.*

Connection, I'm Not Alone

Although my mental illness is not like anyone else's, I am identical in some / a lot of the feelings and actions. I have discovered that I am not alone in my illness. Thank you for this group.



Shared and took in what others think, feel, understand. Care a lot more.



*Identify with others, get info, relate experiences.
I made friends.*

*I have
self-confidence.
I am comfortable
with myself as a person.
I am not afraid to
be who I am.*

*I feel
better about
myself*

*Self-esteem
has gone up*

*It has given me
more self confidence
in facing my life*

Positive Feelings about Myself

Activated to take Responsibility

I am not powerless to my depression. I have the insight to change – I AM NOT A VICTIM



It is up to me to change my situation and become successful



Its not a tragedy to have a mental illness if we can learn to deal with it, educate ourselves and others and do what we can do to live as full a life as possible.

- *I look forward to being a leader to my peers rather than a constant follower.*
- *I am inspired to help people*
- *I would like to become a peer advocate or educate others about mental illness*

Moved to Advocacy

Also mentioned...

**Getting along better with others
(better social skills)**



Less shame and stigma



More optimistic, more hope



Insight, new perspectives

Next Steps, Next Study

- What do we want to know?
- Refine outcomes and how measure them
- How and where to conduct the study
- Data collection: bigger and better
- Benefits to Mentors, not only Attendees
- Qualitative interviews as well as quantitative outcome data

When I take responsibility for the results of living with a mental illness I feel empowered.

Then the focus becomes my mental health, instead of what's wrong with me.