

Activity

➤ On your **Red** Post-it please answer

What comes to mind when you hear
PEER?

➤ On your **Purple** Post-it please answer

A HOPE GIVER is
....



Place your post-its on the corresponding wall



Taking care of our Peers – from supportive services, to recovery, to independent living and beyond

- ❖ Gloria Balcacer, Recovery Coach
- ❖ María Cabán, PhD, Vice President of Evaluation and Research
- ❖ Christina Rodriguez, Behavioral Health Peer
- ❖ Irma V. Williams, MSW, Behavioral Health Coach
- ❖ Deborah Zimmerman, Recovery Coach



Transforming Lives through Health and Wellness

- ♥ A product of the August 2013 merger of equals between Bronx AIDS Services and CitiWide Harm Reduction
 - ♥ 30 years of experience of Bronx AIDS Services – originally funded in 1986 by the New York State AIDS Institute as one of the first providers of HIV community outreach, education, HIV Testing, and case management
 - ♥ 20 years of comprehensive Harm Reduction services by CitiWide Harm Reduction





Our Vision: *Health, Wellness and Safety for All*

The comprehensive service model actively removes the barriers to accessing primary medical care, as well as HIV and viral hepatitis prevention services, while supporting participants on their journey towards wellness and self sufficiency.





Our Values

BOOM!Health has established core values that are the driving force of the organization:

- ♥ Non-Judgmental
- ♥ Client/Participant Centered
- ♥ Integrity
- ♥ Holistic Health
- ♥ Harm Reduction Model
- ♥ Advocate for Social Change
- ♥ Compassionate
- ♥ Innovative
- ♥ Inspiring
- ♥ Empowered
- ♥ Mission Driven
- ♥ Accountable



Access to Care

- ♥ Three locations throughout South Bronx
- ♥ Linkage to prevention, treatment and care – **Co-located Model**
- ♥ Non-traditional hours & robust outreach
- ♥ New **Wellness Center** in the Melrose section of the Bronx will consolidate the Prevention and Central Office sites



- ♥ Poverty / Unemployment
- ♥ Inadequate nutritious food
- ♥ Homelessness / unstable housing
- ♥ Lack of access to healthcare
- ♥ Low levels of education
- ♥ Mental illness
- ♥ Substance Use/Addiction
- ♥ Discrimination
- ♥ Stigma
- ♥ Stress
- ♥ Immigration



Access to Services



- ♥ **Health Education and Prevention:** EBIs, PrEP/PEP
- ♥ **Testing:** HIV, HCV testing and STI testing referrals
- ♥ **Syringe Exchange:** Overdose Prevention, SEP Counseling, Peer Delivery Services Exchange (PDSE), Harm Reduction Counseling
- ♥ **Drop-in:** Shower, laundry, mail, meals
- ♥ **Outreach:** Single Room Occupancy (SRO), Street Outreach, SEP Outreach
- ♥ **Youth-Centered:** Prevention, Drop-In, Theatre
- ♥ **Case Management:** Referrals to drug treatment, housing, coordinating appointments, supportive counseling, health navigation, appointment and medication adherence
- ♥ **Health/Medical Services and Care Coordination:** Health Home, linkage to medical care



Access to Services (continued)

- ♥ **Mental Health Counseling /Behavioral Health:** One-on-one and group sessions
- ♥ **Groups:** Support groups: behavioral health, harm reduction, money management, adult/youth group
- ♥ **Peer to Peer:** Recovery Workshops that offer sober events
- ♥ **Holistic Services:** Acupuncture
- ♥ **Development and Training:** Herizen Women's Peer programs, volunteers, trainings at CBO's
- ♥ **Trauma-Informed Services:** Women's Services
- ♥ **Food and Nutrition Counseling:** Food Pantry, Meals, Congregate Meals (The Momentum Project)



Peer-Delivered Services

- ♥ Health Education/Navigation
- ♥ Syringe Exchange Program/(PDSE) Peer Delivery Services Exchange
- ♥ HIV/HCV Testing
- ♥ Outreach
- ♥ Behavioral Health
- ♥ Nutrition/Hospitality
- ♥ Drop-in Assistance
- ♥ Administration/Clerical
- ♥ Peer to Peer Recovery Coach
- ♥ Data Entry

What is Harm Reduction?

- ♥ Harm Reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.
- ♥ Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

People who use drugs routinely take steps to protect their health.

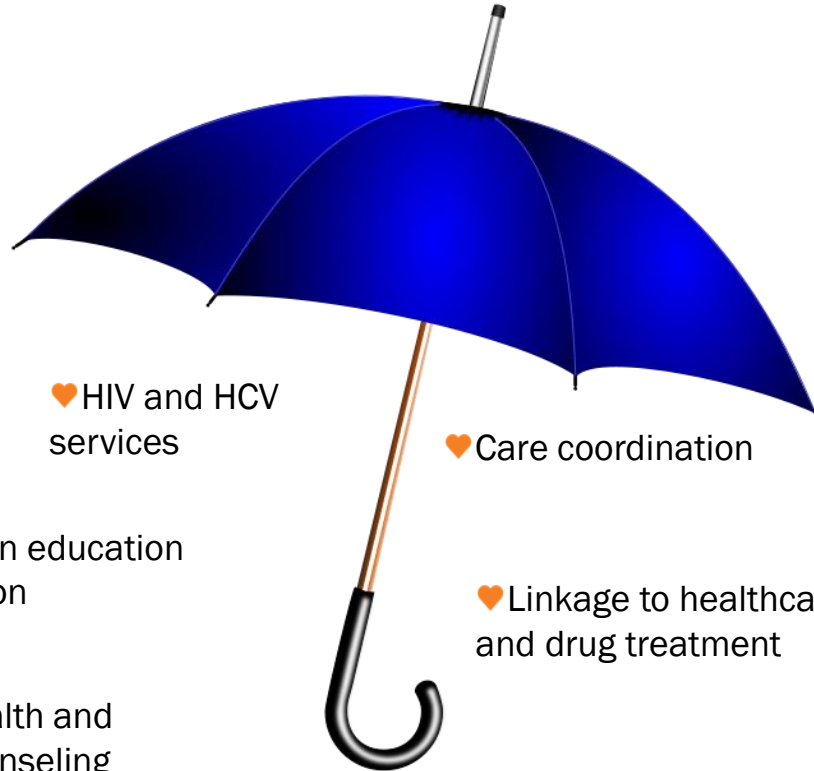
Harm reduction supports that through:

♥ Syringe exchange programs (SEPs)

♥ HIV and HCV services

♥ Overdose prevention education & naloxone distribution

♥ Mental health and drug use counseling



♥ Housing assistance

♥ Care coordination

♥ Sexual health services

♥ Linkage to healthcare and drug treatment



Syringe Exchange & Overdose Prevention

♥ Past 6 months:

190,706 syringes distributed

234 Nalaxone kits distributed

6 lives have been saved (overdose reversal)

♥ “Sea of Blue” Campaign

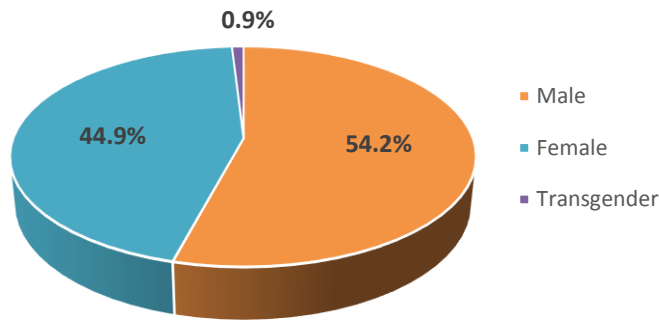
As of April 2016, 87 Sea of Blue ambassadors recruited and trained

♥ Since August 2013, over 600 staff, peers, participants and community partners have been trained (Past year: 78 NYPD Chaplains)

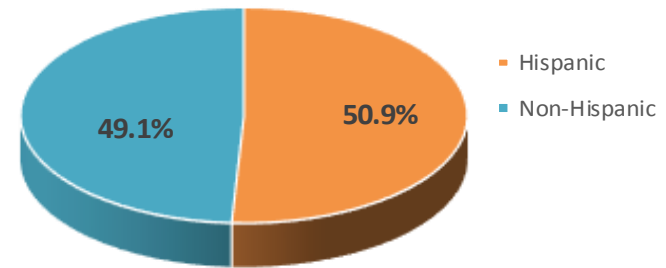
♥ Actively engaged in community clean-ups/safe disposal

Participants Served by Staff and Peers in 2015

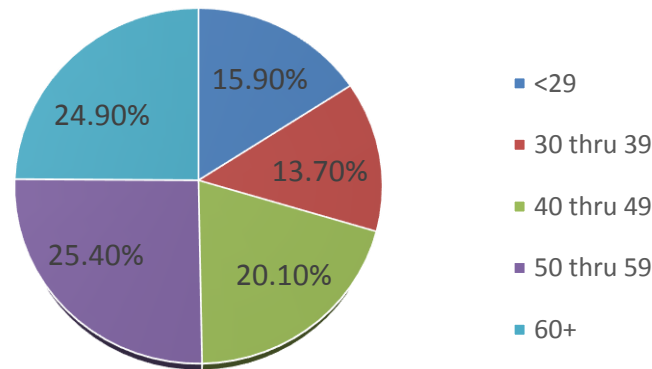
Gender



Ethnicity

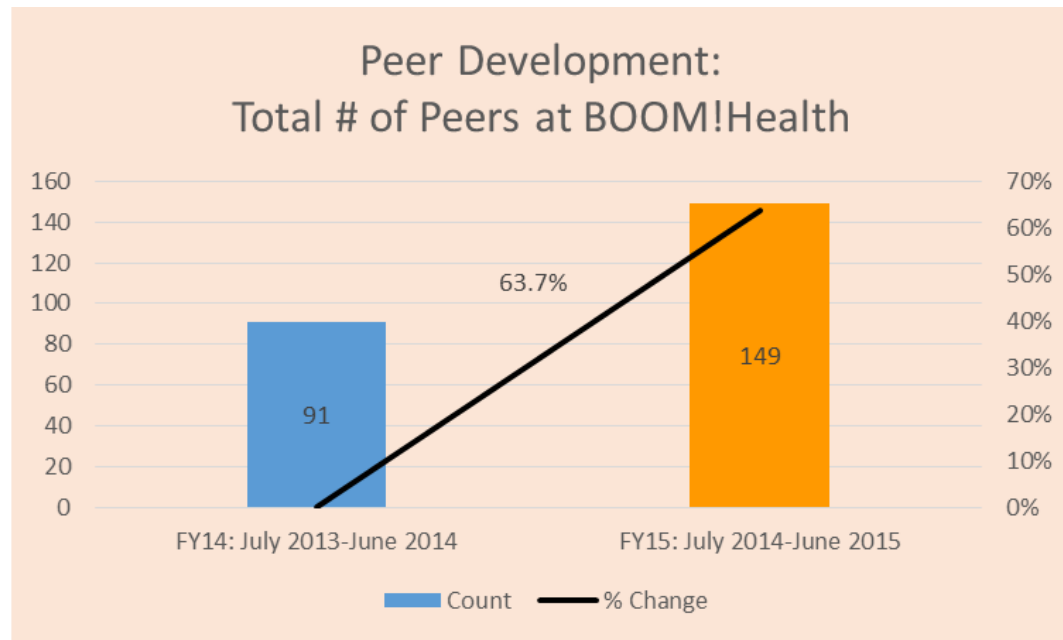


Age Groups



HIV Status

Positive	11.0%
Negative	89.0%
Total	100.0%



Demographics

GENDER	%
Male	56%
Female	42%
Transgender	2%

ETHNICITY	%
Hispanic	45%
African Am.	42%
Other	13%



The Bronx Peer Connect Program: Training Peers In Support Recovery

The Peer-to-Peer Recovery Workshop Program

Each participant is connected to a recovery coach for the duration of entire cycle to help with identifying resources, referrals and strengthening their sobriety support system.

The goal is to use a Motivational Interviewing (MI) framework to assist participants with recognizing the best pathways to their individualized recovery.

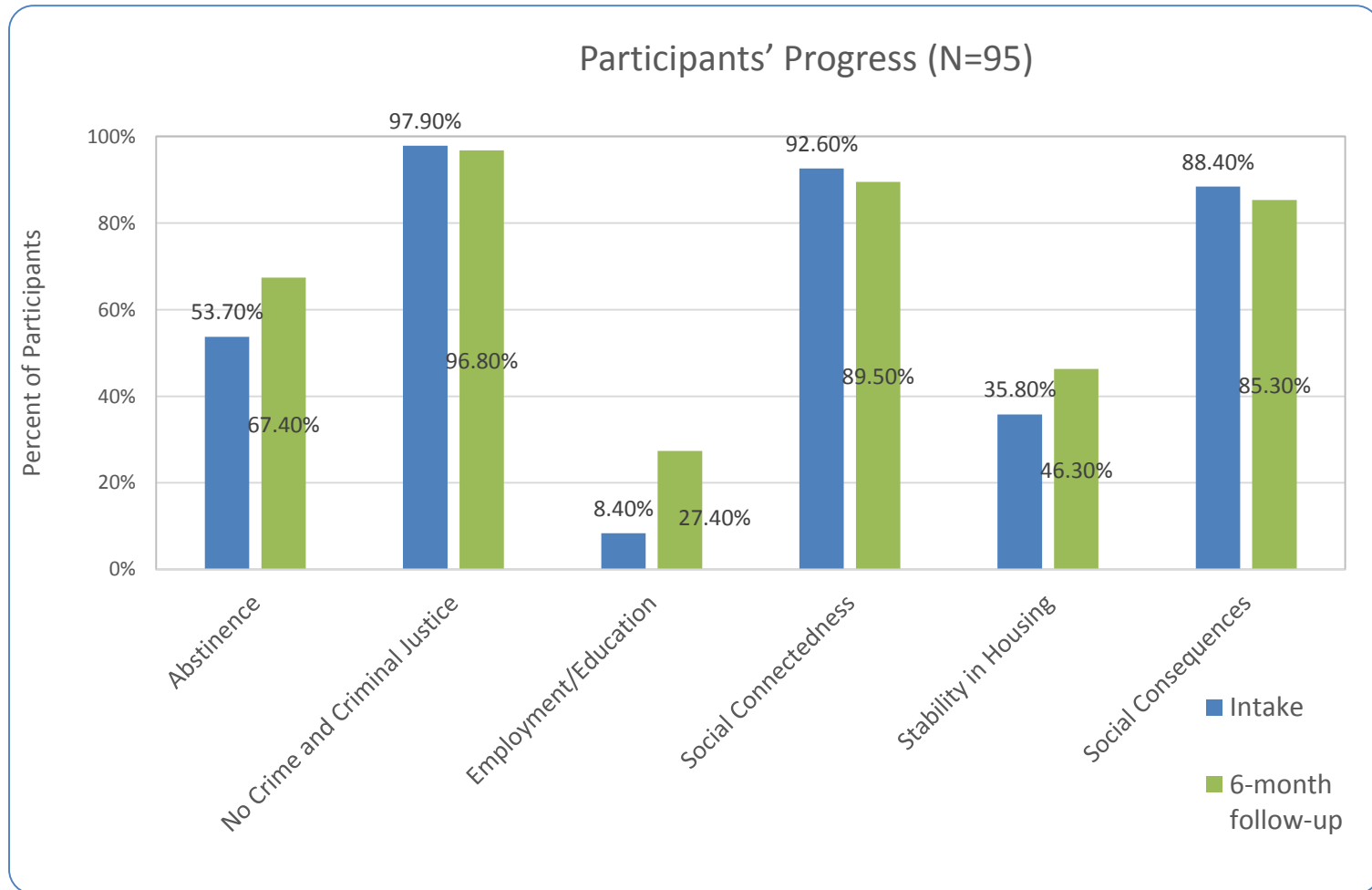


What led me to the path of recovery...

- “I was tired of hurting myself as well as those closest to me”
- “My health”
- “I wanted to make a change in my life and help others like me get clean”
- “It was time to stop the self destruction and self medicating”

What my future in recovery looks like...

- “The best thing that can happen for me”
- “My future in recovery looks promising to me because there’s no looking back only good things are to come”
- “Bright and full of promise, finding out who I am, working the steps & becoming a better person”



What comes
to mind when
you hear
PEER?

***A HOPE
GIVER*** is

....



Peers are Leaders

“Every small step is an
increment of change”

Irma
Behavioral Health Coach

What Peers offer to Participants:

- ♥ Through engagement, Peers help support our Participants who feel hopeless
- ♥ Peers facilitate an environment for self-actualization
- ♥ Peers help improve participants’ quality of life by linking to supportive services using internal/external referrals
- ♥ Help participants take the first steps to addressing their health, substance use, and presenting needs

Peers are Leaders

What Peers offer to Participants:

- ♥ Engage participants in services
- ♥ Provide feedback and input on program services through record keeping, data entry, evaluation
- ♥ Peers advocate (speak-outs, sit-ins, rallies) and participate in advisory boards
- ♥ Peers uphold the values of BOOM!Health

*BOOM helped me
live again!*

*Ana
Herizen Participant*



Taking Care of Peers

What BOOM! Health offers Peers:

- ♥ Meet peers where they are
- ♥ Harm Reduction Supportive Services
- ♥ Encourage Peers to challenge themselves
- ♥ Behavioral Health
- ♥ Health Education
- ♥ Health Screenings/Testing
- ♥ Skill Development
- ♥ Work Ethics Development
- ♥ Stipend
- ♥ Advisory Board participation
- ♥ Peer Coordinator support
- ♥ Appreciation
- ♥ Input-Focus Groups



Things to Keep in Mind...

- ♥ Be careful with our language: “Just a peer”
- ♥ “Us” vs “Them”
- ♥ Remember that our Peers come with a history like everyone else: ie. Drug use, incarceration etc.
- ♥ Our peers are not there to go run personal errands for us
- ♥ Lack of encouragement by staff/administration
- ♥ Lack of appreciation by staff/administration
- ♥ Placing unrealistic expectations on our Peers
- ♥ Lack of team work between Peers and staff

BOOM!

HEALTH

♥ Q&A

♥ Thank You

1-800-295-BOOM!

www.boomhealth.org



PEERS

BOOM! Health want to all our peers who have paved the way and dedicated their lives to improving the lives of others.