

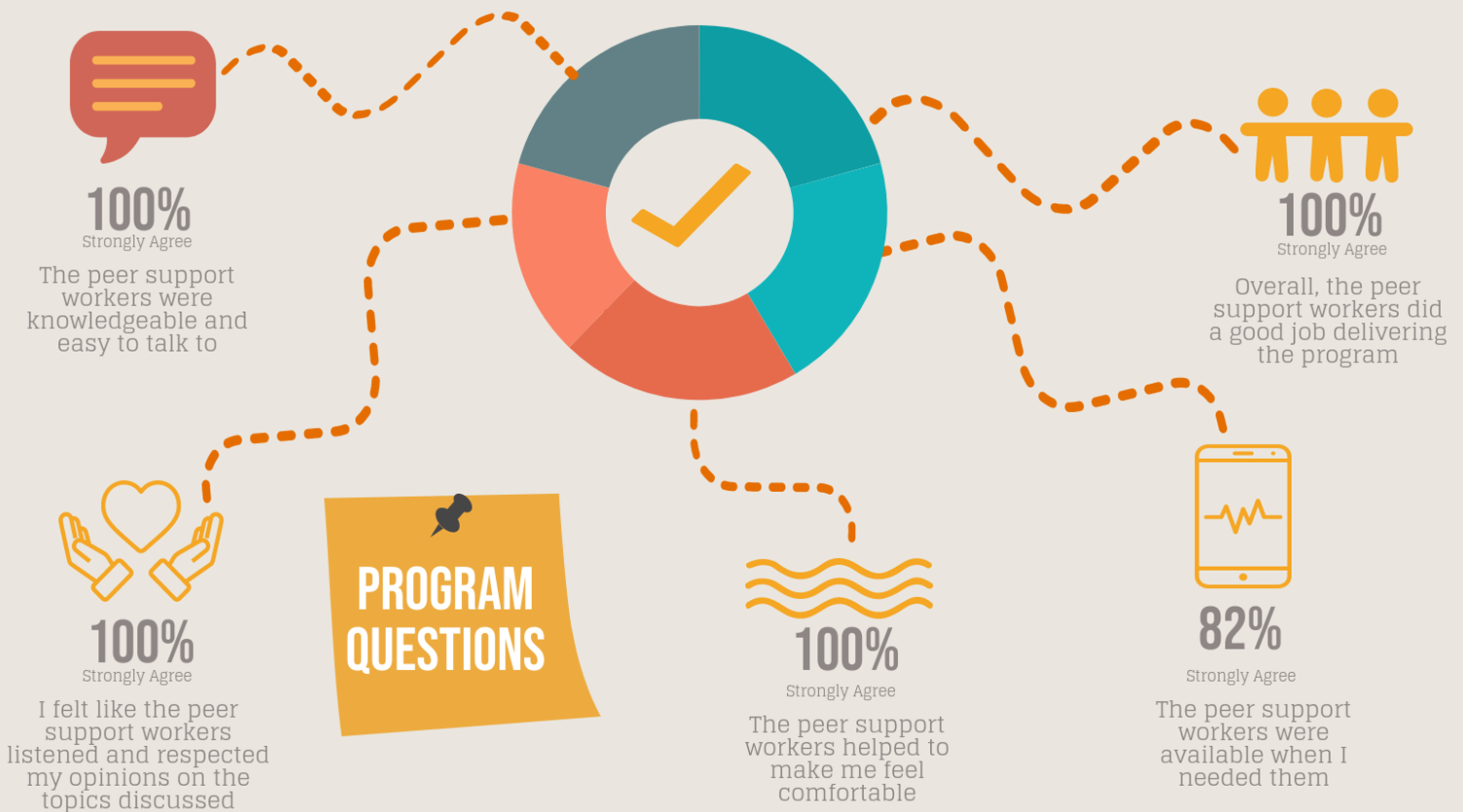
THE PHOENIX PROJECT PEER SUPPORT PROGRAM

Dignity Drop-In Snapshot

DECEMBER 11TH, 2019

11/12 in Attendance Participated

Mission: The Phoenix Project Salvation Army Peer Support Program will endeavour to build trust and form relationships to help at-risk/trafficked/sexually exploited women and girls navigate their self-determined journey.

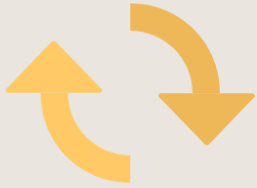


11

INDIVIDUALS COMPLETED A SURVEY (OUT OF 12)

PARTICIPANTS





PEER SUPPORT WORKER IMPACT

100%
Strongly Agree

I feel confident that the peer support worker understands where I am coming from

100%
Strongly Agree

The peer support workers made me feel welcomed

100%
Strongly Agree

It makes a difference having someone to talk to with lived experience

100%
Strongly Agree

Having peer support is very important to me

91%
Strongly Agree

The peer support workers provide me with opportunities for community interaction

SELF REFLECTION TODAY

91%
Strongly Agree

I generally feel good about my interactions with my peer support workers

82%
Strongly Agree

The peer support workers are able to guide me through many situations

82%
Strongly Agree

The nurse practitioner made me feel comfortable asking questions about my situation

45%
Strongly Agree

I feel that I have skills and knowledge to contribute to my community

27%
Strongly Agree

Most days I feel a sense of accomplishment from what I do

What works really well having peer support workers?

- "Communication".
- "Having them advocate so we are not taken advantage of because of our socio-economic status".
- "Community gained from joining the group".
- "We become friends and support each other".
- "Having someone to talk to in a time of need".
- "Having available support".
- "Knowing that you are not on your own".
- "A person to talk to when I am depressed".
- "They've had experience with something they have not just been taught to empathize".

What was the most important thing you learned?

- "That I can turn my life around and exit working in trafficking safely and lead a productive, happy, and healthy life".
- "That we can make it through rough times and we have their support".
- "That everyone is important".
- "I have to stay motivated".
- "How to cope with my daily life when I am stressed out".
- "That there is life after 'the life' and to stand tall".
- "How I am important just like everyone else".
- "How to have self-control".
- "Self-actualization is a key life skill that I learned coming to group".

What surprised you about having access to a peer worker?

- "There is no sense of judgement because they have all gone through some situation and have made it through".
- "They are teaching and speaking from personal experience".
- "Going on fun trips and having a good time".
- "They understand my past and have lived it so they can help me".
- "That they are willing to help even if they did not know me".
- "How professional and impactful the interactions have been and they inspire me to turn my life around".
- "How supportive they always are--always willing to put out their own problems to deal with ours first".
- "Having someone at all times to help you through situations".

What could be improved upon with a peer support worker?

- "More hours".
- "More positions for peer support workers".
- "More groups for going back to school and life after sex trade".
- "Reintegrating into society".
- "Help to get people into housing".
- "Keeping them connected to us".
- "More awareness about the program so can reach other women".
- "More funds to learn different skills like self defence, personal care, and how to interact in a job or workplace with managers".
- "The group could use more structure".

STORIES OF IMPACT

"It opens a whole lot of doors. I can always count on the group to be there and I can't lose anymore family-- You are all I got".

We need peer support workers because we lack skills, we need a place to relax, put down your guard, a warm cup of coffee, food in the stomach, and feel like we are a group of sisters".

"It gives some women who have been put aside by the society a choice that there is a non-judgemental, no ridiculing, it gives a place to belong".

"What sets this program apart is that other agencies can offer advocacy/support services but peer workers come from a more relatable place due to lived experiences. Peer workers are living proof of recovery, safety, and reintegrating into society".

"Every week I always look forward to coming to group. The ladies here have welcomed me when I am new in the city. Whenever I needed advice, assistance, or help they have been there for me".

"The female workers have been through many of the situations that I am currently going through now and the fact that they overcame the adversity of life is enough proof to convince me that I can make it through as well".

"The ladies/workers in the group are not bias, they speak the truth and only offer suggestions, they never force an idea upon us which is something I appreciate".

"I hope this program continues and it grows to become bigger and stronger in the community".

"I feel comfortable interacting with them. They know my story which is a plus. I hate when programs in social services have a high rotation because you have to introduce yourself, break the ice, and overcome the discomfort of getting to know a new worker. At the peer support program, the workers are well known and the rotation of new staff is not as major because they already know us".

