COVID-19 Critical Care Training Forum

Peer Support for Survivors

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LET’S LEARN
Why Peer Support?

• Healing through empathy, advice, and stories [1]

• Effective in cancer, diabetes and for mental health disorders [2]

• Reduce psychologic morbidity and increase social support [3]

• Lack data regarding outcomes for post-ICU population

Source:
Six General Models of Peer Support

Current models utilized by collaborative sites reporting data

- Community Based
- Psychologist Led
- Groups in post-ICU clinics
- Online
- Groups in ICUs
- Peer Mentor Models

Source:
Critical & Acute Illness Recovery Organization
QUICK START GUIDE
To starting an online support group

1. RESEARCH
   • What technology does your organization already have

2. PLATFORM
   • Know your group – preferences, restrictions, etc.

3. MODERATOR(S)
   • Deliver trauma informed care

4. GROUND RULES
   • Privacy, respect, environmental control

5. LOGISTICS
   • How often for how long
   • Group size

6. IN-BETWEEN
   • Resources for after group
“Thank you for your beautiful messages. I have read the messages you sent already many times…they carry so much meaning because I feel that you understand things that few others do. Last night, I read what you had written yesterday out loud to my husband. When I turned to look at him after I had finished, I saw that he had a tear running down his face. He said, “I have not known how to help you”. We both feel such gratitude for your kindness in reaching out to me to give me hope for the road ahead.”
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QUESTIONS & ANSWERS

For more information:
https://connect.mayoclinic.org/group/intensive-care-icu/
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CAIROS Support @med.umich.edu
https://sites.google.com/umich.edu/cairo/membership