



# How and Why We Care

PEER SUPPORT IN ALASKA

Presenters:  
Jenifer Galvan  
&  
Elisa Rosier

# Conflict of Interest



- ▶ None

# Icebreaker

- ▶ Let's take 3 deep breaths
- ▶ Let's stand up
- ▶ Let's shake out our muscles a bit
- ▶ Take a few minutes to walk around the room and meet people
- ▶ Please find out from where they hail and what creative pursuits they enjoy
- ▶ Come back when you hear someone yodel
- ▶ And, then we will...



Icebreaker:

Where are  
we from?

# Why we care?

- ▶ Jen Galvan – 10 minute share
- ▶ Elisa Rosier – 10 minute share

# Writing Exercise

- ▶ The Artist's Way, Julia Cameron
- ▶ Write for Life, Julia Cameron
  
- ▶ Get some paper and pen
- ▶ Pretend you just woke up
- ▶ Write your 'morning pages' in long hand

# Writing Exercise

- ▶ How did that feel?



# How did we get involved with peer support?

- ▶ Jen Galvan – 10 minute share
- ▶ Elisa Rosier – 10 minute share

# Examples of how Alaskans are cared for with peer support.

- ▶ Stories of peer support in Alaska
  - ▶ Client 1
  - ▶ Client 2
  - ▶ Client 3