Boundaries & Peer Support

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Objectives

- Discuss and understand how appropriate boundaries make up the framework that provides interpersonal safety.
- Discuss and understand the importance of reducing power differentials amongst peer staff and clients with regard to boundaries.
- Discuss and understand appropriate relationships between Peer Staff and client.
What are boundaries?

Boundaries define the set of roles and expectations for the member and client, and establish ground rules for their work together.

Boundaries in support relationships are the conditions that “limit” and/or prohibit behaviors to ensure safety, comfort, privacy and reliability.
According to Speight (2012), boundaries are intended to protect clients from the slippery slope that leads to harm...such as sexualizing, financial exploitation, exposing health information.
Consider……

- Recognizing the power differentials
- Identifying the person in power as responsible
- Best interests and safety of the client
How does peer recovery supporters define a boundary between peers?

• Boundaries are a framework that provide interpersonal safety & therefore support trust.

• They cannot be a barrier to the relationship.

• Respect and trust are essential when soliciting, receiving and keeping confidential the info between the peers.
Boundary Activities
Questions