



00:58:23 Aerius Franklin (he/him: Everyone don't forget to put your question in the Q&A box as they may get lost in the chat!

01:01:34 Heather Everson- Options RCIL: We use staff and some volunteers/consumers.

01:01:39 Evan Shockley: staff, volunteer and consumers

01:02:20 Abby Ritter (she/they): The interpreter should be spotlighted

01:02:21 Renota Shepherd: Currently, primarily staff

01:03:00 Shana Ayscue: We use volunteers, VR intern, and staff.

01:03:49 ghensel: It's vital to have people who have been there done that and have similar experiences.

01:03:56 Evan Shockley: it embraces lived experience. which all of us in this community share.

01:04:02 Joan LaBelle: I think it is foundational to all the other core services

01:04:03 Kate Rock: It helps people to see that they aren't alone. Having peer support can make it easier for someone to take the first step of seeking help and getting in our doors.

01:04:24 Maisie:It's important because of own personal experience with a disability and relating to it

01:04:28 ghensel: It gives people an example to follow that shows successful people with disabilities

01:04:40 Jake Morris he/him: A lot of youth feel more comfortable with people their own age, especially when they have a similar disability which allows them to build a more genuine connection.

01:05:39 Caroline Scott:Especially in rural communities people with disabilities can be very isolated. With peer support, people can be reminded that they're not alone

01:06:28 Shana Ayscue: Just want to share that we have a monthly virtual peer group on Zoom called "Coffee, Tea, & Me." It's important because it is beneficial for people with cross-disabilities to socially connect and be free to voice their opinions on different topics. It's a social connection for everyone, especially for those who cannot travel or may have limited mobility.

01:06:45 Katelyn Vilmo: I'm noticing many request mentors around their age with similar disabilities and that's difficult to connect them with mentors matching those requests as well as personality traits requested

01:07:04 Youth LEADNC: To me, peer support is more about shared experiences, interests, or goals. I think peer support goes hand and hand with cross disability programming and the interdependence that makes the independent living movement stronger. I am the founding board chair of Youth Lead NC and we have a monthly LEADing On Series that is virtual and we talk about topics that are important to young people with disabilities.

01:07:40 Cherine Bentley: Peer Support is important because it helps others to feel empowered when they hear similar experiences from those who have been where they are.

01:08:12 Samantha Nickles: Sorry I hit the hand up button by accident, please carry on!

01:10:14 Aerius Franklin (he/him: That is what we are here for Renota!

01:11:12 Cherine Bentley: I agree, Renota!

01:12:37 Maria Cordova - The Independence Center: During pandemic lock down one of our rural areas had the Veteran Peer Support Group and the TBI Peer Support Group combine and meet virtually as a Cross Disability Support Group. The group members were able to

expand their social circle and hear new experiences, bond over shared experiences, and help each other in new ways.

01:13:26 Merri: What a great way to build "community".

01:14:23 ghensel: Peer support is great for neurodivergent people too - as an autistic person it is far easier for me to connect with other autistic people because they understand from the inside how we navigate the world and I don't have to suppress traits as much around that person or worry about having to educate them or justify myself.

01:14:30 Sasha: wow thats amazing Maria

01:15:26 ghensel: You're pronouncing that correctly, yes

01:15:57 ghensel: Either one's fine with me!

01:16:54 Sasha: Ghensel I feel like we have something in common we both are autistic and thats a wonderful thing.

01:17:04 Patricia McGinnis: Amanda made excellent comment.

01:18:00 Kaylann L. Mentrup-Walton Options SC: we used zoom for our peer support group.

01:18:01 Sasha: Ghensel i also have ADHD and Cystic Fibrosis too.

01:18:30 Shana Ayscue: Zoom, teleconference, and in-person

01:18:42 Youth LEADNC: Hi Sasha!

01:18:50 Maria Cordova - The Independence Center: Hybrid, and in person

01:19:38 Heather Everson- Options RCIL: Some consumers have peer support as a goal that they would like to work on. We have used Go To Meeting and Facebook live.

01:19:53 Sasha: Hi Youth Lead NC

01:19:57 Renota Shepherd: Virtually using lots of interactive formats will be starting in person soon in the next few weeks

01:19:59 Kaylann L. Mentrup-Walton Options SC: we also used google classroom and teams for our Pre-ETS classes.

01:20:19 Shana Ayscue: The latter

01:20:45 Shana Ayscue: Shaun-na

01:22:06 Youth LEADNC: We do Zoom since we serve youth across the state. I am interested in learning more strategies to increase engagement over Zoom if anyone wants to share any.

01:22:10 Abby Ritter (she/they): Thank you! you are both spotlighted now

01:23:21 Kaylann L. Mentrup-Walton Options SC: we have found success playing virtual escape rooms! The kids absolutely loved it, around the holidays or different major events we have done different types of rooms.

01:23:40 Renota Shepherd: Yes! Hoping to do more in-person definitely

01:23:59 Amanda: We use things like jackbox games with our youth, love the virtual escape room idea!

01:24:32 Kaylann L. Mentrup-Walton Options SC: yes google has many set up, and we have found that they are accessible by screen reading technology

01:24:50 Jake Morris he/him: We tried zoom and found a big drop in attendance after a couple of sessions. We were given thr all clear to meet in person just a few months ago and our attendance is starting to recover.

01:24:51 Kaylann L. Mentrup-Walton Options SC: as our Transition advocate uses Jaws

01:25:07 Samantha Nickles: Like I said earlier, Zoom is our preferred method for many of our core services including peer support. I think in-person is a good goal, but I personally wouldn't want to rush it. We really just follow the lead of our clients

01:26:07 Shana Ayscue: Could we have a movement for people to share these games, i.e., jackbox games, and jaws, etc.

01:26:14 Renota Shepherd: All of our participants have a goal and we take attendance and it is reflected under their goal for each meeting or activity

01:26:24 Shana Ayscue: moment not moverment

01:27:39 Joell Austin (she/her): We track by taking attendance and inputting in CIL Suite. We also will set up goals for those who are interested.

01:29:09 Maniesha: We have a SSI Application Professionals trainings available for the community

01:29:15 Aerius Franklin (he/him: Thank you for your great information and knowledge being shared

01:29:23 Shana Ayscue: Hi Joell, Where are you entering the peer support attendance in CilSuite?

01:29:55 Katelyn Vilmo: We do an individual orientation training/back ground checks with annual background checks and monthly check ins to see how things are going

01:30:26 Joell Austin (she/her): We have an intensive facilitator training program for IL Specialists .

01:30:38 Kaylann L. Mentrup-Walton Options SC: Hi Shana, we did ours under group events and had the attendees added as I&R.... We have also done it under community events as well

01:31:00 Kaylann L. Mentrup-Walton Options SC: that is in cilsutie

01:31:01 Shana Ayscue: Thank you

01:31:32 Joell Austin (she/her): Shana we enter and track in CIL under the Group Events.

01:31:33 Andy : I just did a program on APRIL Youth called Lead On. It helped us learn on what we can do to help our peers be more advocating for them self.

01:32:25 Jake Morris he/him: I was a member of my peer support group before I became an employee so I already have a rapport with a lot of thr members. I've received some supplemental video training and I also have my supervisor, and a mentor in thr Missoula office ready to give me advice if I need it.

01:38:36 Joell Austin (she/her): We have specific Peer Support Group facilitation training that hits on listening, empathy, and meeting people where they are at.

01:38:38 Abby Ritter (she/they): Max we appreciate your patience as we work out the kinks during this very first session.

01:40:03 Sasha: I dont mean to get off subject but does anyone know when lunch break is

01:40:55 Abby Ritter (she/they): Sasha, there will be a 30 minute break at 1:30 PM ET, as well as a 30 minute break at 3:30 PM ET

01:41:12 Sasha: ok thank you for letting me know

01:44:30 Dee Ann Har: Peer Support can be similar life experience not just based on age group, disability specific,

01:53:13 Maniesha: It has has a dramatic effect on our TBI group. People want to be in person or not at all. There are SUCH benefits to being in person.

01:55:35 Dee Ann Har: Agree for those of us who do not drive virtual has opened up opportunities

01:57:31 Joell Austin (she/her): We have had the same experiences in Wyoming!

02:00:20 Brittny Zenere: Alliance of Disability Advocates in NC have been using a device called the OWL to successfully have a combination of virtual and in person (hybrid) meetings. It allows the people on the virtual meeting to 'see' and 'hear' the people in person. I hope this helps!

02:01:49 Caroline Scott: How do we make the virtual or zoom feel more like in-person interactions? That would be such a great help for us!

02:04:24 Shana Ayscue: In a peer support group setting, how would you handle a participant who changes the topic or conversation to religion and wants to share his or her faith as well as pray for the group out loud?

02:04:34 Elisha Lownds: Thank you!!

02:05:47 Shana Ayscue: conversation not conservation

02:06:08 Shana Ayscue: Sorry, typing too fast

02:07:24 Maniesha: Maybe begin the group with "We will not be discussing xyz in these groups"

02:08:10 Cherine Bentley: Great Session!

02:08:17 Shana Ayscue: Thank you

02:08:36 Kiara Santiago: muchas gracias por la sesión :)

02:08:40 Renota Shepherd: Great Session!

02:08:47 Jamie Whitfield: 🙌

02:08:55 Maria Cordova - The Independence Center: Thank you! Great information!

02:08:55 Ashley Gabehart: Thank you :)

02:08:57 Sasha: Great session Thank you!

02:09:06 Abby Ritter (she/they): [www.april-rural.org/conference](http://www.april-rural.org/conference)

02:09:13 Lydia Cosgrove (she/her) with Disability Rights & Resources: Great session!