



Strategies for Staying Anchored in the Peer Role

This one-pager offers practical strategies for peer supporters to maintain role clarity, professional boundaries, and alignment with the values of the peer movement.

REINFORCE ROLE CLARITY

- ⚓ Know your scope of practice
- ⚓ Review job descriptions and ethical guidelines regularly
- ⚓ Practice a short role definition using recovery-oriented language
- ⚓ Say no respectfully, and explain why, when asked to perform non-peer support tasks

COMMUNICATE PEER VALUES

- ✓ Educate your team about peer support roles
- ✓ Use recovery-oriented language
- ✓ Model mutuality in all peer relationships

ENGAGE IN REFLECTIVE SUPERVISION

- ✓ Work with your supervisor to build the role
- ✓ Discuss role & boundary concerns
- ✓ Document tasks that feel out of alignment

STAY CONNECTED TO YOUR 'WHY'

- ✓ Reflect through journaling or quiet time
- ✓ Revisit your recovery story regularly
- ✓ Keep visual reminders in your workplace of the core peer support values

GET INFORMED AND INSPIRED

- ✓ Attend peer-led training and events
- ✓ Join peer communities of practice
- ✓ Read peer movement literature for grounding and perspective

PROTECT BOUNDARIES WITHOUT GUILT

- ✓ Maintain clear time and relationship boundaries
- ✓ Empower, don't rescue. Support autonomy.
- ✓ Debrief emotional challenges with trusted peers or supervisors

PRACTICE REGULAR SELF-ASSESSMENT

- ✓ Use a monthly role drift checklist or reflection tool
- ✓ Ask: Am I working with or on this person?
- ✓ Identify early signs of role confusion or role drift



Keep your 'why' in view and your peer values in action.