



PEER SUPPORT

program

**WHEN YOU NEED SOMEONE THAT
CAN RELATE TO YOUR EXPERIENCES.**

Background

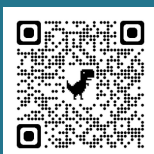
- Physicians face unique challenges, and support from colleagues can have a positive impact on wellbeing and workplace experiences.
- The BC Physician Health Program (PHP) and Joint Collaborative Committees (JCCs) launched the Physician Peer Support Initiative in Spring 2022, and our Penticton MSA Wellness Committee was selected as one of five prototype sites. We are receiving provincial training and collaborative support from the PHP and JCCs, and we have the autonomy to design a local peer support program tailored to our needs.
- The launch of the Peer Support Initiative is in part thanks to funding from the JCCs, as well as funding from the \$1 million provided over four years by the Canadian Medical Association (CMA), Scotiabank and MD Financial Management Inc's Physician Wellness+ Initiative.

The Program

- The Peer Support Programs offers confidential, non-clinical emotional support to physician colleagues by trained physician peer supporters in a 1:1 setting.
- Physician peer supporters are trained by [Dr. Jo Shapiro](#) and the BC Physician Health Program. Dr. Shapiro is an Associate Professor with Harvard Medical School and founder of the Brigham and Women's Hospital Centre for Professionalism and Peer Support. She has offered peer support training to many organizations including SickKids Hospital, UBC Resident Wellness Office, MSPEI, etc.
- Studies have shown that peer support for physicians can be effective in contributing to a culture where physicians feel more comfortable seeking and offering help. People who use peer support show improved coping and self-management skills, have stronger social networks, reduced isolation and have a reduced need for intensive services.
- Reasons for seeking peer support may include: dealing with a patient/colleague complaint, workplace interpersonal conflict or adverse clinical event, managing work-life balance, burnout/moral injury, or any other situation where you need to speak with someone who understands.
- Penticton physicians can request peer support for themselves or a colleague (with permission) through the fillable pdf linked on our main page.
- Following a request, you will be contacted by a peer supporter within 3-4 business days. In the unlikely event a peer supporter is not immediately available, a program administrator will contact you with resources and a revised contact timeline.



TO ACCESS THIS PROGRAM



The peer support program is supported by:

