

# **Key Elements for Peer Support Systems**

**PSP Best Practice Guide**

# Peer Support Programmes

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- Mental Health / Psychosocial problems
- Peer Support & Substance abuse programmes
- Critical Incident Response Programmes

# Key elements for PSPs

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- Independence
- Confidentiality
- Trust
- Expertise
- Training of All Stakeholders

# Referral

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- Referral: Straightforward and Transparent with as few barriers as possible.
- Common tools: direct contact to Peers, publication, assistance phone
- Use of New Technologies (Web-based, Apps...) may be considered (Caveat Data protection!)

## Pathways for Referral to PSP:

- a. self-reporting / 'self-referral'
- b. colleagues
- c. family, friends etc.
- d. AME, General Practitioner, Mental Health Professional, Fleet Management

# Confidentiality / Privacy

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## European Convention on Human Rights

### Article 8 – Right to respect for private and family life

1. Everyone has the right to respect for his private and family life, his home and his correspondence.
2. There shall be no interference by a public authority with the exercise of this right except such as is in accordance with the law and is necessary in a democratic society in the interests of national security, public safety or the economic well-being of the country, for the prevention of disorder or crime, for the protection of health or morals, or for the protection of the rights and freedoms of others.

# PSP and SMS

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- Data de-identified
- Only statistical data: # cases in treatment, # returns to flying status, # relapses
- NO individual cases & NO identifiable information
- Only cases > 3-5% of the pilot population reported

## PSP and Operator

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- Operator is major stakeholder
- Operator's confidence in its effectiveness is vital
- Operator responsible to adhere to the basic PSP principles
- Operator should respect independence of PSP
- PSPs: addition to corporate policies ...  
... NOT a replacement !

# PSP and Authority

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- Authority: overall oversight responsibility for the operator
- Needs to understand and support the principles of PSP
- Should have access to required data to monitor proper functioning of the operator's PSP



# Key Elements for Peer Support Systems (PSP)

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European Pilot Peer Support Initiative  
– EPPSI –