

SOUTHEAST COMMUNITY COLLEGE
HEALTH SCIENCES DIVISION
HUMAN SERVICES
Revision Date: 11/2023

I. CATALOG DESCRIPTION

Course Number: HMRS 1000
Course Title: Peer Support Basics
Prerequisite(s): None

Catalog Description: An Introduction to the theory, history, approaches and practice of Peer Support.

Credit Hours: 3
Class Hours: 45
Lab Hours: 0
Total Contact Hours: 45

II. COURSE OBJECTIVES: *Course will:*

1. Examine the historical roots and creation of Peer Support
2. Examine scope of practice and the role of Peer Support Specialists
3. Determine appropriate ways that Peer Specialists work within the helping system
4. Identify ethical guidelines and boundaries of Peer Support Specialist
5. Practicum communication skills used in Peer Support
6. Examine Power Dynamics and Privilege
7. Understand Group dynamics and facilitation

Note: Unit objectives are located in the learning management system within each unit of study.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:

A. STUDENT LEARNING OUTCOMES: *The student will be able to:*

1. Explain the history Peer Support
2. Describe the theories of Peer Support
3. Discuss the role of a Peer Support Specialist
4. Explain scope of practice of Peer Support Specialists
5. Explain ethical standards and boundaries of Peer Support Specialists
6. Demonstrate effective active listening skills

B. GENERAL EDUCATION LEARNING OUTCOME

1. GELO 6: Career and Life Skills

Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.

IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)

A. UNITS

1. Introduction to Peer Support
2. History of Peer Support
3. Core Principles and Quality Indicators

4. Professional Ethics and Boundaries
5. Person Centered Active Listening Skills
6. Power Dynamics and Privilege
7. Mutuality of Relationship
8. Group Dynamics and Facilitation

V. INSTRUCTIONAL MATERIALS REQUIRED

A. Required Text(s):

PEERiodical Peer Support Training Manual for Nebraska, Sadie Thompson CPSWS, ALF WRAP and Danielle Smith CPSWS, ALF WRAP (current edition)

VI. METHODS OF PRESENTATION/INSTRUCTION

A. Methods of presentation typically include a combination of the following:

1. Lecture
2. Demonstration
3. Handout Materials
4. Class Participation/Presentations
5. Case Studies and Group Work
6. Role Plays and Group Leadership
7. Guest Presenters
8. Websites
9. Power Point slides and videos

VII. METHODS OF EVALUATION

A. Methods of evaluation typically include a combination of assignments, quizzes, exam, projects, skill checkoffs (roleplays and group leadership), etc. For grading expectations please see the course information document

SCC STANDARD GRADING SCALE POLICY:

A+	95-100	C+	75-79
A	90-94	C	70-74
B+	85-89	D+	65-69
B	80-84	D	60-64
		F	Below 60

VIII. SPECIFIC COURSE REQUIREMENTS

A. ATTENDANCE

Attendance is crucial to the success of this course. Any class missed could mean valuable missed information, which is difficult to obtain. Please notify the instructor of any pending absences or if you will be late. Absences in excess of four hours may result in failing the course.

B. Must pass all program courses with a C+ to progress to the next term.

Please see course information document for course policies related to grading, expectations, assignments, assessments, and participation.