

Turning Research Into Practical Learning Experiences

Peer Approaches to Substance Use for Early Psychosis Programs (PAS-EPP)

Research · Curriculum Development · Learning Design · Training Facilitation

The Challenge

Translating research and diverse perspectives into practical training and resources that support communication, reflection and shared decision-making.

My Approach

I led a qualitative research component, integrating findings with existing evidence and expert input to inform the training content. I then led the design and facilitation of two programs:

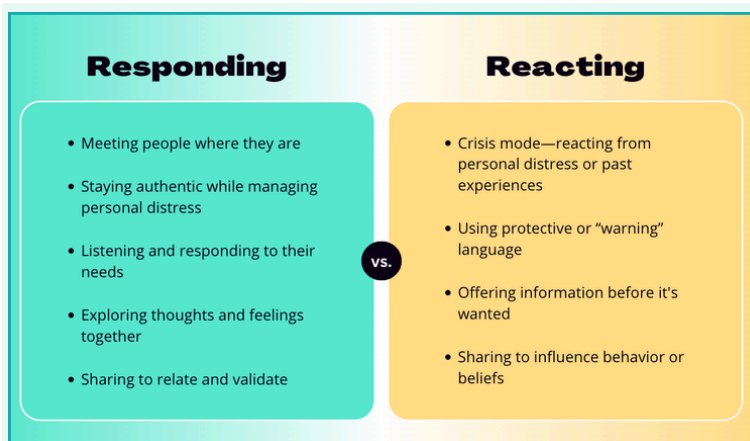
- **6-hour interactive training:** Developed for peer support specialists and delivered twice to small groups.
- **1.5-hour virtual workshop:** Developed for multidisciplinary clinical teams and delivered statewide.

Both programs featured guided reflection, discussion, practical exercises and real-world scenarios. I also conducted follow-up calls to gather participant feedback and explore how the material was being applied.

Deliverables

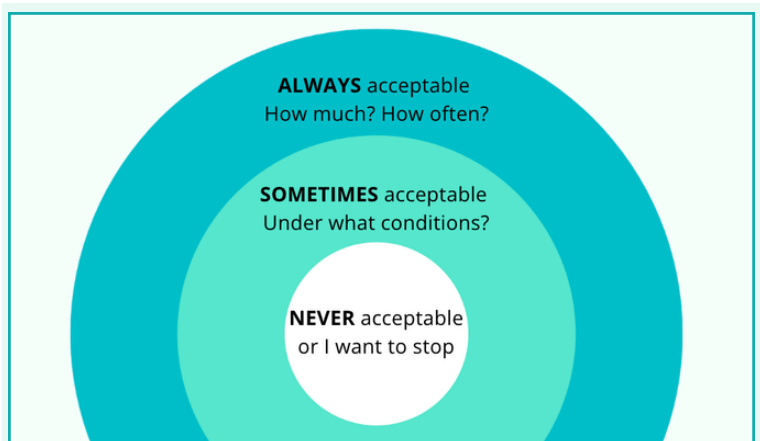
Two training curricula, presentations, interactive learning activities and an accompanying toolkit. The work also contributed to a collaboratively developed practice framework described in a peer-reviewed publication.

Selected Work Samples



Communication Approaches

Visual comparison illustrating reactive and intentional communication approaches.



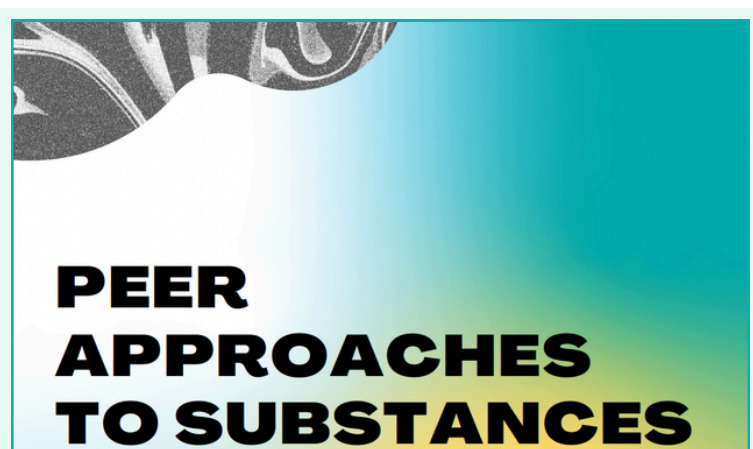
Harm Reduction Circle of Acceptability

Visual decision-making tool for exploring personal boundaries and conditions that shape individual choices.

Making Intentional Sharing Decisions Consider what to share, when and why		
Personal experience or topic	Always/Sometimes/Never	With whom, when and why?
Personal experiences with substance use or addiction		
Personal coping or recovery strategies		
Types of substances you've used		
Current substance use		
How you describe your relationship with substance use		
Examples or “warnings” from personal experience		

Guided Reflection Worksheet

A structured worksheet supporting intentional sharing and reflection on professional boundaries. [View Worksheet](#)



PAS-EPP Toolkit

A practical reference resource extending learning beyond the training sessions. [View Toolkit](#)

Read Related Publication:

“Developing a Substance Use Practice Approach for Peer Support Specialists in Early Psychosis Coordinated Specialty Care” (2026).