



WEST VIRGINIA

PEER RECOVERY

Support Services Conference

Addressing the Opioid Crisis with Peer Recovery Support Services

Ethics & Boundaries for Peers

A2 & E2

Meaningful Trainings

Framing Imagination. Building Intention. Sustaining Wonder.

The background features several concentric circles of varying radii, some solid and some dashed, creating a ripple effect. A purple callout box with a downward-pointing tail is centered on the page. The text inside the box is white and centered.

Agenda & Learning Objectives

History & Theories
Questions & Concepts
Roles & Goals



Introduce Yourself

Finish this
sentence...



- **When I decided to...**



- How did you decide what to include or omit?
- What more might you have shared in an informal setting w/a good friend? Why?
- Who gets to decide exactly what to share?

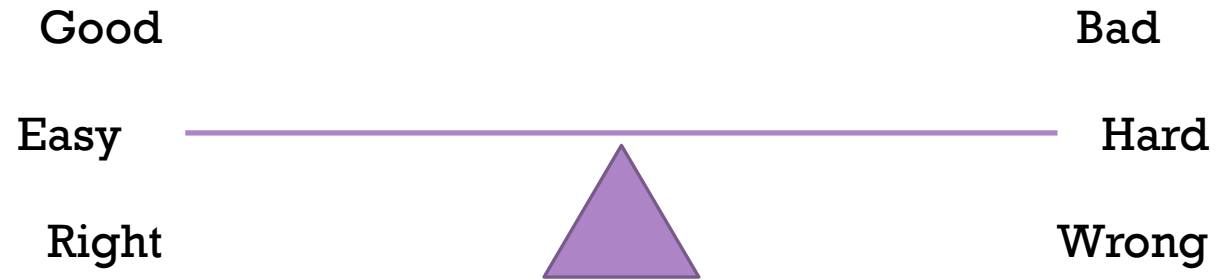
So, What are Ethics?

A set of internal considerations by which we make decisions everyday!



MORALS

BEST INTENTION



INTERNAL COMPASS

VALUES



Ethics – A Brief History



Great Grandfathers

Grandfathers

Why?

- ✓ Socrates, Plato, Aristotle
- ✓ Jesus, Aquinas, Kant, Mill, et. al.
- ✓ Good/Bad, Life/Death, Duty/Obligation, Interaction





Ethical Theories

Provide Guidelines for Ethical Behavior

-or-

Help Individuals/Communities Figure Out
the Best Solution for Difficult Situations

Virtue – Character, Character, Character

Utilitarianism – Maximizing Happiness/Minimizing Suffering

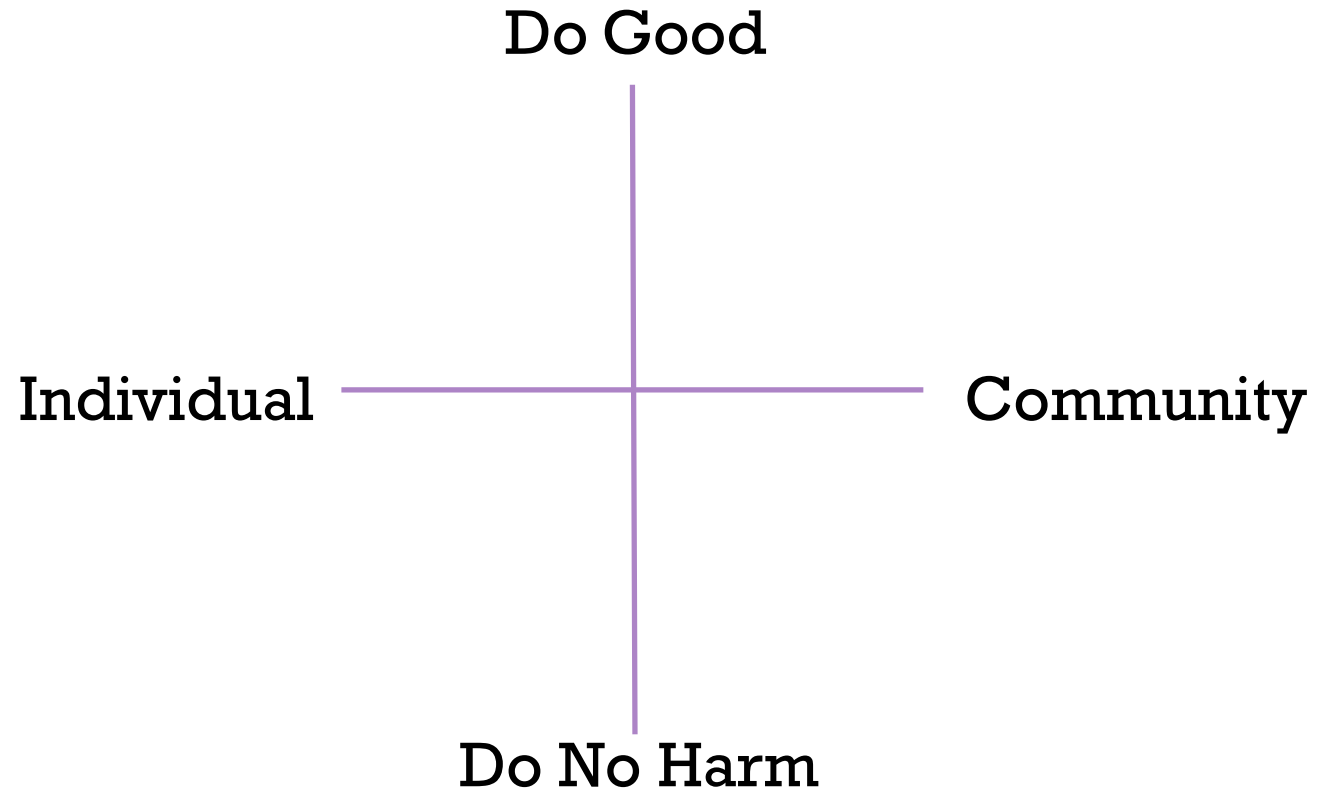
Kantian – “Right” Principles Overcome Animal Instincts

Care – Relationships, Relationships, Relationships



Ethical Decision Making

A process of discerning the “best” path forward that considers multiple perspectives



True
or
False?

- **Ethics make you more successful & attractive.**
- **Ethics and serenity go hand in hand.**
- **Ethics is good for business.**
- **Ethical behavior ensures stability for society.**



Peer Recovery Concepts

Personal Story & Multiple Pathways

Confidentiality

Motivation & Planning

Relationship w/Recoveree

Relationship w/Professional Peers



Personal Story



ETHICAL QUESTIONS

- **What role does this play in peer relationships?**
- How do you determine what, when and how much to share?

ETHICAL ANSWERS

- **Our stories make us relatable, relevant & effective**
- Use in peer recovery is strategic & with a purpose
- Focus is always on the recoveree
- Duration/nature of relationship determines breadth & depth of sharing

Multiple Pathways



ETHICAL QUESTIONS

- **Why is this a core concept of recovery-oriented service delivery?**
- How might support of this concept challenge you?

ETHICAL ANSWERS

- **This concept respects the individual nature of recovery; one size DOES NOT fit all**
- It makes us stretch, learn, stay open & curious
- It requires us to confront our biases

Confidentiality



ETHICAL QUESTIONS

- **How do you communicate your boundaries and responsibilities to a recoveree?**
- Is it ever ethical to “break” confidence? If so, under what circumstances?

ETHICAL ANSWERS

- **Proactively, honestly, clearly, frequently**
- Yes, if there is a risk of harm
- Yes, if there is a mutually-agreed upon process
- And, no if doing so will destroy the relationship

Motivation & Planning



ETHICAL QUESTIONS

- **Whose responsibility is this?**
- How do you observe, enhance & support these dynamics in an ethical manner?

ETHICAL ANSWERS

- **ALWAYS the person in recovery; motivation comes from INSIDE**
- Check judgment
- Motivational Interviewing
- Recovery Wellness Plan

Relationship w/Recoveree



ETHICAL QUESTIONS

- **What's the goal of this relationship?**
- What circumstances might lead to a lapse in ethical behavior?

ETHICAL ANSWERS

- **Individual recovery support**
- Frustration, anger, loss of hope
- Failure to identify/address barriers
- Minimize recoveree's concerns
- Lack of self-awareness and/or support

Relationship w/Professional Peers



ETHICAL QUESTIONS

- **How do you define and maintain these relationships?**
- What circumstances might lead to a lapse in ethical behavior ?

ETHICAL ANSWERS

- **Key word → Professional**
- Frustration, anger, loss of hope
- Comfort, blurred lines, gossip
- Lack of self-awareness and/or support

What About Social Media?

Ethical Uses → Unethical Uses

How do you manage pro-actively?

MIT

Twitter



You

Tube





Worksheet (A) → Peer Roles

- **Read the list**
- **Note ONE ethical challenge & opportunity for ONE role (your choice)**
- **Fill out remainder as you encounter them in your daily work & recovery-related interactions**



Worksheet (B) → Professional Goals

- **List top three ways you will grow your recovery support skills and capacity**
- **Share w/neighbor; pick date to follow-up**



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Thank You

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