

## Roles and Interventions: Casework and Peer Support

### Housing and Homelessness:

Here are lists of 10 things that a caseworker and a peer support worker could do regarding housing and homelessness for someone in reentry:

#### **Caseworker:**

1. **Assessment:** Conduct a thorough assessment of the individual's housing needs, preferences, and any potential barriers.
2. **Resource Referral:** Connect the individual to housing programs, shelters, and transitional housing options available in the community.
3. **Application Assistance:** Help the individual navigate the application process for housing assistance programs and provide support in completing required forms.
4. **Documentation Support:** Assist in gathering necessary documents such as identification, rental history, and income verification.
5. **Financial Planning:** Provide guidance on budgeting, saving, and financial literacy to ensure stable housing maintenance.
6. **Coordination:** Collaborate with housing agencies, social services, and relevant organizations to secure suitable housing options.
7. **Advocacy:** Advocate on behalf of the individual to address housing discrimination and ensure fair treatment in housing applications.
8. **Crisis Intervention:** Provide immediate support and resources in cases of housing emergencies or homelessness.
9. **Mediation:** Facilitate communication between the individual and landlords or property managers to address any concerns.
10. **Long-Term Planning:** Develop a reentry plan that includes housing stability as a long-term goal and helps the individual transition successfully.

#### **Peer Support Worker:**

1. **Empathetic Listening:** Provide a safe space for the individual to share their housing-related challenges, fears, and aspirations.
2. **Sharing Experiences:** Share personal experiences of housing struggles, reentry challenges, and successful housing outcomes to provide relatable insights.
3. **Emotional Support:** Offer encouragement, validation, and emotional support to boost the individual's confidence in navigating the housing process.
4. **Resource Sharing:** Share information about local housing resources, programs, and support services based on personal knowledge and experiences.
5. **Problem-Solving:** Collaborate with the individual to brainstorm potential solutions to housing barriers and challenges.
6. **Motivation:** Inspire and motivate the individual to stay persistent in their search for housing and to maintain hope.

7. Connection Building: Help the individual connect with other peer support networks, support groups, or individuals who have successfully navigated housing challenges.
8. Positive Reinforcement: Acknowledge and celebrate small milestones and achievements in the housing journey.
9. Relapse Prevention: Discuss strategies to prevent housing instability and relapse, addressing potential triggers.
10. Advocacy Training: Empower the individual with communication skills and self-advocacy strategies to navigate housing applications and interactions.

Both caseworkers and peer support workers play vital roles in assisting individuals with housing and homelessness during reentry, offering a combination of practical assistance, emotional support, and valuable insights based on their roles and expertise.

## Employment and Poverty:

Here are lists of 10 things that a caseworker and a peer support worker could do regarding employment and poverty for someone in reentry:

### **Caseworker:**

1. Assessment: Conduct a comprehensive assessment of the individual's employment history, skills, interests, and barriers.
2. Job Search Assistance: Provide guidance on effective job search strategies, resume writing, and interview preparation.
3. Skill Enhancement: Identify training and vocational programs that align with the individual's skills and interests to enhance employability.
4. Resource Referral: Connect the individual to job placement agencies, job fairs, and online job boards.
5. Job Matching: Match the individual's skills and experience with suitable job opportunities within their local community.
6. Education Planning: Collaborate with educational institutions to explore options for GED completion or further education to improve employability.
7. Workplace Etiquette: Offer coaching on workplace etiquette, communication skills, and conflict resolution to ensure job retention.
8. Transportation Solutions: Assist in finding reliable transportation options to overcome barriers to accessing employment.
9. Financial Planning: Provide budgeting advice and financial literacy education to help the individual manage income and expenses.
10. Long-Term Career Planning: Develop a personalized career development plan to help the individual achieve sustainable, long-term employment goals.

### **Peer Support Worker:**

1. Personal Story Sharing: Share personal experiences of overcoming employment challenges and finding meaningful work after reentry.

2. Encouragement: Offer consistent encouragement, motivation, and emotional support throughout the job search process.
3. Confidence Building: Help the individual build self-confidence and self-esteem, addressing any self-doubt related to their employability.
4. Networking: Introduce the individual to relevant networks, support groups, or individuals who have successfully navigated reentry employment.
5. Resource Sharing: Share information about job training programs, job openings, and local resources based on personal knowledge and experiences.
6. Setting Realistic Goals: Collaboratively set achievable short-term and long-term employment goals to maintain focus and direction.
7. Positive Reinforcement: Acknowledge and celebrate every step of progress in the job search and employment journey.
8. Skills Showcase: Encourage the individual to identify and showcase transferable skills gained through life experiences.
9. Problem-Solving: Brainstorm potential solutions to overcome barriers, such as gaps in employment history or lack of formal education.
10. Adapting to Challenges: Help the individual develop resilience and adaptability to overcome setbacks and challenges during the job search and beyond.

Both caseworkers and peer support workers play crucial roles in assisting individuals with employment and poverty challenges during reentry, offering practical guidance, emotional support, and relatable insights to enhance the individual's chances of achieving stable and meaningful employment.

## Mental Health, Substance Use, and Trauma:

Here are lists of 10 things that a caseworker and a peer support worker could do regarding mental health, substance use, and trauma for someone in reentry:

### **Caseworker:**

1. Assessment: Conduct a thorough assessment of the individual's mental health history, substance use patterns, and trauma experiences.
2. Referral to Treatment: Connect the individual to appropriate mental health services, substance use treatment programs, and trauma-informed therapy.
3. Medication Management: Coordinate with healthcare providers to ensure proper medication management for mental health conditions, if applicable.
4. Supportive Housing: Collaborate with housing programs that offer supportive environments for individuals with mental health and substance use challenges.
5. Dual Diagnosis Treatment: Coordinate integrated treatment plans for individuals with co-occurring mental health and substance use disorders.
6. Crisis Intervention: Develop crisis response plans and provide access to crisis helplines for managing mental health emergencies.

7. Relapse Prevention: Assist in developing relapse prevention strategies and coping mechanisms for individuals in recovery.
8. Therapeutic Services: Help the individual access trauma-informed therapy, counseling, and group support to address underlying trauma.
9. Life Skills Training: Provide training in coping skills, emotional regulation, and stress management techniques.
10. Continuity of Care: Ensure continuity of mental health and substance use treatment during and after reentry, promoting stability and well-being.

### **Peer Support Worker:**

1. Sharing Personal Experiences: Share personal experiences of navigating mental health challenges, substance use, and trauma recovery to provide hope and relatability.
2. Emotional Support: Offer non-judgmental emotional support, active listening, and empathy during times of distress.
3. Recovery Stories: Share stories of personal recovery and resilience to inspire hope and motivation in the individual.
4. Motivation: Encourage the individual to stay committed to their mental health, substance use, and trauma recovery journey.
5. Peer Connections: Facilitate connections to peer support groups and recovery communities that offer understanding and shared experiences.
6. Coping Strategies: Share coping techniques, mindfulness exercises, and relaxation methods for managing stress and triggers.
7. Building Resilience: Collaborate on strategies to build resilience and develop a sense of control in the face of challenges.
8. Goal Setting: Help the individual set achievable goals related to mental health, substance use, and trauma recovery.
9. Positive Reinforcement: Acknowledge and celebrate milestones in recovery, no matter how small, to boost self-esteem.
10. Safe Space: Create a safe and non-judgmental space for the individual to express their thoughts, feelings, and concerns related to mental health, substance use, and trauma.

Both caseworkers and peer support workers play essential roles in assisting individuals with mental health, substance use, and trauma challenges during reentry. Their combined efforts provide a holistic approach that addresses both practical and emotional aspects of recovery and well-being.

## **Stigma, Discrimination, and Reintegration**

Here are lists of 10 things that a caseworker and a peer support worker could do regarding stigma, discrimination, and reintegration for someone in reentry:

### **Caseworker:**

1. Stigma Awareness: Provide education about the impact of stigma and discrimination on reentry success and mental well-being.

2. Resource Referral: Connect the individual to legal services, organizations, and advocates specializing in discrimination and reentry rights.
3. Legal Support: Assist in understanding and navigating legal rights and protections against discrimination in housing, employment, and other areas.
4. Record Expungement/Sealing: Provide guidance on eligibility and the process of expunging or sealing criminal records to mitigate discrimination.
5. Employment Preparation: Offer interview coaching, resume-building workshops, and guidance on addressing criminal records with potential employers.
6. Rights Education: Educate the individual about their rights against discrimination and provide information on filing complaints if necessary.
7. Community Integration: Develop a plan for gradual community reintegration, addressing potential stigma and discrimination challenges.
8. Advocacy: Advocate on behalf of the individual to address discriminatory practices and policies in various aspects of reentry.
9. Peer Education: Coordinate workshops or sessions where individuals share their experiences of combating stigma and discrimination.
10. Supportive Services: Offer access to support services that address the emotional toll of discrimination and support mental well-being during reentry.

#### **Peer Support Worker:**

1. Personal Story Sharing: Share personal experiences of overcoming stigma, discrimination, and reintegration challenges to provide encouragement and understanding.
2. Empowerment: Empower the individual to assert their rights, challenge discrimination, and advocate for themselves.
3. Self-Confidence: Help build the individual's self-confidence and self-esteem, addressing any feelings of shame or self-blame.
4. Coping Strategies: Collaborate on coping strategies to manage the emotional impact of discrimination and stigma.
5. Positive Affirmations: Encourage positive self-affirmations and self-compassion to counter negative self-perceptions caused by stigma.
6. Navigating Conversations: Provide guidance on navigating conversations about criminal history with family, friends, and potential employers.
7. Building Resilience: Collaborate on building resilience to face societal biases and challenges during the reintegration process.
8. Support Networks: Facilitate connections to peer networks and support groups that understand the unique challenges of reentry.
9. Self-Advocacy Skills: Coach the individual on effective communication and self-advocacy skills to address discriminatory situations.
10. Celebrating Progress: Acknowledge and celebrate the individual's achievements and milestones in combating stigma and discrimination.

Both caseworkers and peer support workers play critical roles in assisting individuals with stigma, discrimination, and reintegration challenges during reentry. Their combined efforts provide practical guidance, emotional support, and empowerment to navigate these complex issues.