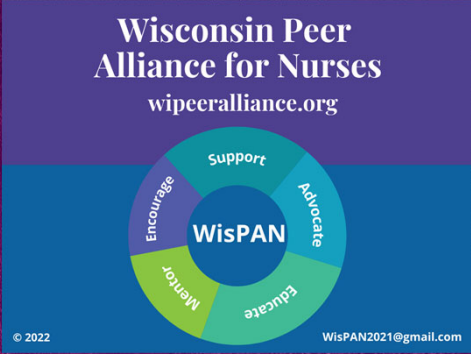


1/13/2022 Board of Nursing
L. Public Agenda Request;
1) Launch of Peer Support for
Nurses in Wisconsin

Introduction to WisPAN

Wisconsin Peer Alliance for Nurses



Wisconsin Peer Alliance for Nurses
wiperalliance.org


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PRESENTED BY KRISTIN WAITE-LABOTT RN, BSN, CARN
JANUARY 13, 2022

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Why is WisPAN important?

- ▶ Kristin's story
- ▶ Melissa's story



2

What is WisPAN?

Wisconsin Peer Alliance for Nurses

▶ PEER Support

- ▶ A safe space, virtually and in person
 - ▶ Peer support groups
- ▶ 1:1 mentoring
- ▶ Advocacy

▶ Education

- ▶ Medical facilities
- ▶ Academic institutions
- ▶ General public



3

What will WisPAN accomplish?

- ▶ Mission: To be the leader in peer support in WI
- ▶ Vision: All nurses in WI will have access to peer support.
- ▶ Goals: Peer support and education



4

What is peer support?^{3,4}

- ▶ Process of giving and receiving non-clinical assistance
- ▶ Sharing lived experience and practical guidance
- ▶ Supports substance use treatment
- ▶ 1 : 1 or group support

What it is

- Witnessing, sitting with suffering, tolerating others' distress
- Present-oriented
- Identifying how the clinician is coping with the event
- Exploring and processing clinicians' feelings and reactions
- Normalizing the reactions, feelings, thoughts
- Meeting the clinician where they are, respecting their reactions and beliefs
- Helping the clinician identify their needs, connecting them to resources

What it is NOT

- Therapy, counseling
- Correcting facts about past events
- Drilling for details about the event
- Knowing, mind-reading
- Cheering up, persuading, reassuring
- Imposing own beliefs ("Everything happens for a reason")
- Advice giving, solving problems

5

What has WisPAN done so far?

- ▶ Met with other peer support organizations
- ▶ Created logos, branding, email, bylaws, job description for executive director, elected a board, filed articles of incorporation and 501c3.
- ▶ Listed with the American Association of Nurse Anesthetists

"As a Nurse with a substance use disorder, the support I have received from WisPAN has been invaluable to me. Trying to confront substance abuse is a daunting prospect and being a Nurse adds a layer or stigma that makes it even more difficult. Having the peer support WISPAN offers provides guidance and support on an otherwise extremely lonely and difficult process."

Held First Peer Support Meeting


- Started November
- Weekly meetings

Created Non-profit

- Filed November 2021

Created Website

- January 2022



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3

What we are asking of the Board of Nursing

- ▶ Help nurses find the peer support offered by WisPAN
 - ▶ Sharing brochure with nurses in monitoring
 - ▶ Adding our website to the BON website and/or to paperwork
- ▶ Communication with other nursing leaders in Wisconsin
 - ▶ WNA
 - ▶ WONL



7

How to contact us

- ▶ Website wipeeralliance.org
- ▶ Email wispan2021@gmail.com
- ▶ Phone 414-376-7002



8



► QUESTIONS?



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References

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/pmc7319914/>
2. NCSBN. Substance use disorder in nursing A resource manual and guidelines for alternative and disciplinary monitoring programs. NCSBN national council of state boards of nursing, 2011.
3. SAMHSA. Value of Peers, 2017.
4. At the Heart of the Pandemic: Nursing Peer Support, K. Godfrey, April 2021, www.nurseleader.com

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To Contact Us:

Web: wipeeralliance.org

Email: wispan2021@gmail.com

Phone: 414-376-7002



WisPAN encourages and promotes acceptance and inclusivity.

The focus of **WisPAN** is peer support.

We welcome **EVERY** nurse needing support with issues surrounding substance use.

We recognize the existence of individual approaches and different structured recovery concepts.

Jan 2022

WisPAN

Wisconsin Peer Alliance for Nurses

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- Peer Support for Wisconsin Nurses In Recovery from Substance Use Disorder
- Educating Medical Organizations, Academic Institutions, and the public

Wisconsin Peer Alliance for Nurses

Mission

To be the leader in peer support for Wisconsin nurses in recovery from substance use disorder (SUD) and in promoting public safety through education on substance use disorder in nurses.

Vision

All nurses in Wisconsin will have access to peer support when they need it without fear of judgment.

All Wisconsinites will understand substance use disorder in nursing and know where to go for help when needed.

Goals

- To offer peer support to Wisconsin nurses with a substance use disorder in a safe environment to give hope and healing to every nurse who needs it
- To educate nurses, medical facilities, academic institutions, and the public on the issue of substance use disorder in nursing to promote public safety

wipeeralliance.org

Wisconsin Peer Alliance for Nurses

Promotes hope and healing by offering peer support to nurses in recovery from a substance use disorder (SUD) by nurses in recovery from SUD.

- A safe space, virtually and in person (when safe to do so)
- Peer support groups
- 1 : 1 mentoring
- Advocacy

Offers education and outreach about SUD in nursing to promote public safety to:

- Medical facilities
- Academic institutions
- General public



wispan2021@gmail.com

Wisconsin Peer Alliance for Nurses

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- Providing peer support for Wisconsin nurses in recovery from substance use disorder
- Educating Medical Organizations, Academic Institutions, and the public

Mission

To be the leader in peer support for Wisconsin nurses in recovery from substance use disorder and in promoting public safety through education on substance use disorder in nurses.

- A safe space, virtually and in person (when safe to do so)
- Weekly Peer support groups
- 1 : 1 mentoring
- Advocacy

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