

Recovery Nugget: A short version of a recovery story

- A recovery nugget is a phrase, short statement, or a few of sentences that conveys the lived experience of the Peer Support Specialist.
- It directly relates to something being expressed by the peer.
- It is brief in order to make sure the focus is on the peer (rather than the Peer Support Specialist).
- A nugget usually has two parts
 - 1) Acknowledging a similar experience
 - 2) Expressing a shared feeling

1. Pick **one** of the following examples below where you could use your lived experience to respond with a Recovery Nugget. Check the box.

If a peer shares:

- They are isolated and don't get out much
- Their family does not understand their illness
- Their psychiatrist is finally willing to try a new medication
- They hope they don't get fired
- It seems like they are sad all the time
- People just expect them to get over this
- They found a new self-care tool that is helping

2. **I could offer this Recovery Nugget from my lived experience (write what you would say to the peer)**

3. Check all of the ISHARE that apply to your Recovery Nugget.

- I-Intention.** What is the purpose of sharing?
- S-Safety.** Do you feel emotionally safe sharing your story with the individual?
- H-Hope.** Does your story promote hope or does your story promote a sense of hopelessness?
- A-Attitudes, feelings and emotions.** Did you experience a time when you had a similar attitude, feeling, or emotion as the individual you are supporting?
- R-Recovery/Resilience.** Does your story promote recovery or resilience?
- E-Educational.** Does the story you are sharing provide insight or education on a topic or situation?