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1.

What is the difference between giving advice and engaging in a helpful conversation based on similar experience?

2.

Non-verbal communication is no less important than verbal. How can we show respect, curiosity and openness through nonverbal communication?





3.

In a peer support relationship, what should be avoided in the conversation?

Choose from the list below:

- 1. refusing
- 2. instructing
- 3. telling the interlocutor not to worry
- 4. firmness
- 5. assigning mentally the interlocutor to a category
- 6. making sure what the other person wants to communicate
- 7. eye contact



Assertiveness is self-confidence based on a belief that can be summarized in the words: "I'm OK - I have the right to be myself." True or false?









Knowledge











Knowledge

5.
What can you do to stay serene on a daily basis?
Mention at least two things.

6.
Balance in life is about giving equal attention to the different aspects of your life.
True or false?





7.
Being present is keeping a mindful eye on our own affairs. True or false?

8.
Does well-being of a person mean feeling good, satisfied with meeting one's needs?











Knowledge











Knowledge

9. Homeless is a person that... 10.
Can you identify two of the forms a Peer Support Network can take?





11.
To create a network requires commitment and time. Please provide at least three answers on what creating a network may mean...

12. How homelessness is perceived at the EU level?











Knowledge











Knowledge

13.

Fill the gaps.
I can support a homeless person by developing (1)
______ towards the existing services I may be aware of, (2) _____ their wish and pace (because the recovery journey has different moments and we are all (3) _____ i n our ways to cope with it.
I can also share what I already know in a way that does not (4) _____ .

14.
How many people are affected by homelessness?





15.
What are the aims of a
Network led by
Peer Supporters?
Please provide at
least three answers.

16.
Can you refer to at least two basic documents protecting the rights of a homeless person?











Knowledge











Knowledge

	1	7.
What	is	trauma?

18. What is second type trauma?





19.
What kind of symptoms trauma can cause?
Mention a few of them.

20.
Trauma and
homelessness are
interlinked in many ways.
Mention at least one.











Knowledge











Knowledge

21. The professional expects the peer supporter to have fully recovered and put all the difficulties in their life behind them. True or false?

22.
Professionals decide
work tasks for the
peer supporter.
True or false?





23.
What are the conditions for successful cooperation between professionals and peer supporters? Mention a few of them.

24.
What challenges can you face if you work as a peer supporter? Mention a few of them.











Knowledge











Knowledge

25. Fill the gap. Something is more essential than "doing for" when it comes to supporting our peers to make changes, and that is

26.
Challenges and setbacks
aren't good learning
material.
True or false?





27.
Peer supporters are allowed to exercise power over those they support.
True or false?

28.
Choose the right option.
Taking risks, trying new things and moving beyond our comfort zone are ______
to personal growth and change.

- 1. useless
- 2. important
- 3. dangerous











Knowledge











Knowledge

29.

Choose the right option. A good way to connect with our peers is to:

- 1. draw a morality out of our personal experience
- 2. ask many questions about our peer's story
- 3. simply share our personal experience and listen

30.
Personal experiences that we share should not necessarily have something to do with the topic of homelessness.

True or false?





31.

Your recovery experience and things that helped you will also be helpful to all those currently in recovery.

True or false?

32.

It is recommended to add some action and romanticism into your personal experiences in order to sustain the attention of your peer.

True or false?











Knowledge











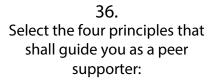
Knowledge

33. Who is a role model? 34.
Why is confidentiality important in the context of peer support?





35. What's the main role of a peer supporter?



- 1. Respect the individual needs of your peer.
- 2. Only focus on the needs of your peer and not your own.
- 3. Respect your peer's own unique journey towards recovery.
- 4. Don't establish boundaries in the peer support relationship.
- 5. Promote the empowerment of your peer to take an active role in their recovery journey.
- 6. Be collaborative with stakeholders and connect your peer with service provider











Knowledge











Knowledge

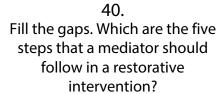
37. Which are the values of Restorative Justice?

38. What is mediation?





39.
Which are the five questions that must be addressed in a Restorative Mediation?



	Listen Define the key areas of the
3.	Focus on, instead of
4.	Create options for
5.	Draw up a physical agreement











Knowledge











Knowledge

41.

The prevalence of mental health problems among the homeless population, compared to the general population, is...

- 1. 15 times more frequent
- 2. Twice more frequent
- 3. Equal

42.
When may a PostTraumatic Stress
Disorder (PTSD) occur?





43.

Awareness – realising that all is not lost and that a full life is attainable – is one of the five stages of the Recovery Process. True or false?

44.

A loss of interest or pleasure in activities that the person used to enjoy before may be a symptom of which mental disorder?











Knowledge











Knowledge

45. What does it mean empowerment in a peer relationship?

46.
Which is the difference between a helper type relationship and an empowering peer relationship?





47. Briefly describe the three roles of the Drama Triangle 48.
Mention at least three techniques to maintain boundaries in a peer relationship.



