



In July's issue we will learn first hand how goals can be achieved with truly person-centred care

Courage and Perseverance by Brian MacPhail

This month we get to learn about a phenomenal employment service in town and more about one of our fantastic new outreach peers.

Hello, my name is Brian, and I am a peer outreach worker with IHA. Before this role, I worked in the construction industry but always had a drive to help people. After I lost my construction job, it was the redirection I needed to give me the courage to dive into a field that was close to my heart. I really wanted to get into a field where I could give back to the community that gave so much to me during my sobriety and recovery journey.

My support at ASK Wellness suggested that I put in a referral through CLBC for an employment agency called SMART Options. SMART Options is a supported employment agency here in Kamloops that has been around for over 20 years! They support individuals with diverse abilities find and maintain meaningful employment. I was connected with an employment counsellor, Kelsey, who supported me through my employment journey. Kelsey took the time and care to get to know me, my interests, strengths, abilities, and goals. Together, we developed a plan that helped me move toward meaningful employment.

SMART Options not only supports individuals seeking work but also collaborates with employers to create inclusive hiring opportunities that benefit both employees and businesses. Throughout my time with SMART Options, I received support with training, community connections, and built confidence in myself that I didn't know I had. Kelsey's encouragement helped me

recognize my strengths and believe in what I could achieve.

My journey wasn't easy and came with setbacks and disappointment, but I knew in my heart that this was the path for me. I have gained a deeper understanding of my resilience, feel more confident, and can acknowledge that my lived experience is an important part of my story. I love my new role in Outreach and it makes my heart melt knowing I am doing something good. It has brought me a sense of fulfillment I did not know was possible.

smart options

[Click here for the website](#)



Peer Good News

We will be holding interviews to have new peers support our Intensive Day Treatment Program (IDTP) as well as an early recovery group at Maverick Manor's second stage treatment program called Healthy Foundations. Both of these groups will benefit deeply from having peers to walk alongside the program participants.

We have been developing a peer mentorship program, having more experienced peers be able to support our newer team members.

We are excited to have peers back in the OPS in the fall and will be having conversations about what this will look like over the summer - but our team will do outreach in the meantime!

And finally we had Matthew Borle and Tom Moore volunteer at the Kamloops Pride Festival booth. The booth was so busy and the variety of people doing the naloxone training and getting information about our services was inspiring!



IHA Pride Booth - from L-R: Tania McCartney, Annelise Beach, Tom Moore, and Matthew Borle

July 30 is International Day of Friendship - we can't do this journey alone. Text a friend and let them know what you appreciate about them. Don't wait - do it now!!

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OR CHECK OUT THE [IH PEER ENGAGEMENT AND INCLUSION WEBSITE](#)