

CONGRATULATIONS JOHN!



JOHN MARTIN – PEER OF THE YEAR



John Martin and OPDI Board Member, Richard Adair

Photographed by Arif Majeed

Introduction from the Awards Night *October 1, 2018:*

This year's Peer of the Year's home base is an inpatient unit at Credit Valley Hospital, one of the sites of Trillium Health Partners. There he serves as a peer supporter and strong advocate for patients and families alike. It's obvious he doesn't consider his work a job, even coming in on off days to make sure people being discharged have all the supports they need to make the transition to community successful. And it seems

to have been just that, as the hospital has seen significant outcomes related to various supports he has been involved in implementing. Testimonials gave many powerful accolades for the valuable resource that he has proven to be to patients and family members, ranging from creating a program for patients to providing educational resources. He considers it a priority to share his understanding of how nutrition and emotional wellness go hand in hand. He has also introduced a pet therapy program to the mental health unit.

As well he has deep interests in substance use. With qualifications as a Canadian Certified Addiction Counsellor, a Substance Abuse Counselling Skills Certificate, and Harm Reduction Training, he has unique insights into what may keep people from staying well.

Knowledge exchange is also in his blood, as he was part of a team that developed a presentation on “Implementing and Sustaining Peer Support in Community Hospitals”. The poster presentation won the Best Poster award at the Association of General Hospital Psychiatry.

The accompanying mental health staff testimonials touch on a common theme, that he practices his work with great compassion and dedication, and that his lived experience and burning desire to dedicate himself to working with people with addictions issues is invaluable as a member of their team.

Please give it up for the Lighthouse Award Peer of the Year – John Martin.