**PEER APPROACHES**

Peer Support Experts (ESP) have been working in the mental health services in Lombardy for more than 10 years; these realities differ in history but also in different contexts and therefore localized needs.

Even with these peculiarities, there are some factors in common between the different experiences: on the one hand, the need to offer a mode of training and attention to the path of awareness of the user who begins this ESP collaboration, on the other hand, the sharing that it is important the monitoring and training supervision during the conduct of peer interventions by ESPs.

A 2015 research carried out under the scientific responsibility of the Department of Sociology and Social Research (University of Milan Bicocca), involved users, operators and family members as researchers and deepened the state of the art of ESP in six areas of Lombardy (6 Departments of Mental Health: Brescia, Busto-Saronno, Como, Legnano-Magenta-Garbagnate-Rho, Milan and Pavia).

Many of the entities mentioned that work with the resource of ESPs have preceded this experience with visits to other Italian situations such as: Massa Carrara, Trento, Trieste (among the first), but also La Spezia and Reggio Emilia. Many situations have also developed a study of texts or participation in national and international conferences to improve knowledge in the field of peer support. References include:

- The American Handbook of Washington State used by local psychiatric services as a textbook for preparation for the peer supporters exam (Como).

- Coleman R., Smith M., Working with Voices, Il Ramo d'Oro, Trieste, 2004 (Various realities).

- International Conference World Association for Psychosocial Rehabilitation (WAPR) on psychosocial rehabilitation held in Athens, October 12-15, 2006 (Saronno).

- 17th Conference of the Hospitals for Health Promotion (HPH) Network in Crete in March 2009 (Como).

- Julie Repper, Nottingham Recovery College (Brescia).

There are also three types of course offered in the Lombardy Region:

- "Structured" course for Peer Support Experts.

- Well-being-centered course: "Protagonists of one's own well-being".

- Course "Affects-Effects of Art".

