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National Peer Helpers Association

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March 2, 1993

Bill Clinton, President U.S.A.

White House

1500 Pennsylvania Ave.

Washington D. C.

Dear Mr. President,

I am very pleased with your idea concerning Service to pay back student loans both personally and professionally. As a parent of two college student, this will help them continue their education. As a professional psychologist and officer in the National Peer Helpers Association, I would like to support your idea of service.

I would like to suggest some ideas that will help make the service a meaningful experience for the college student and helpful for those receiving the volunteer service. For Service Learning to be effective, the person performing the service must be trained before the service is performed and an opportunity to discuss the service experience after the experience. Many college campuses currently have peer helping programs that are performing service activities such as tutoring, health education, and other activities. Our association and the College HELP Network promotes and encourages peer helping at all levels.

Some of the research around tutoring indicates those that are tutored can actually regress unless the tutor is trained and their tends to be various amount of growth of the tutor depending on the amount of training. Research also indicates that the more pro-social skills developed in youth, the less at risk they are.

Our association offers training and consulting in the Peer Helping area and is offering training in Service Learning this summer. If we can be of any assistance in supporting your proposed idea, please let me know.

Thank you for your time.

Sincerely,

Judith A. Tindall, Ph.D.

V. President N.P.H.A.

Enclosures: What is Peer Helping, Membership brochure

What is the National Peer Helpers Association Case Statement?

The National Peer Helpers Association is an organization of professional adults who have joined together to encourage, promote, and improve peer helping programs, primarily involving youth throughout the United States and Canada. Since peer program currently exist in schools, social service agencies, religious sectors, and youth organizations, the NPHA membership is composed of representatives from many areas, the largest of which is the school population.

The concept of Peer Helping is based upon the belief that youth represent a powerful human service resource that can be mobilized and supported through training and supervision to address such social problems as alienation, dropping out, alcohol and other drug use/abuse, vandalism, gang involvement, pregnancy and other high-risk youth problems at a minimal cost. As a result of quality training and experiences, positive and productive peer relationships can be developed which equip youth with the necessary coping skills needed to handle their lives in a developmentally healthy way.

WHO ARE PEER HELPERS?

Peer Helpers are young people, trained and supervised by peer helping professionals. Peer Helpers provide services individually and/or in groups to their schools and communities in such capacities as peer counselors, educators, tutors, facilitators, support leaders, mentors, volunteer service and mediators of peer conflicts. Peer helpers do not replace licensed or certified professionals or practitioners, but often serve as an extension of the services these professionals provide. Since youth frequently are the first to be aware of problems with their peers, trained youth know how and when to assist in getting help for those in trouble from these credentialed adults.

Youth today are ever more becoming isolated from significant contacts with adults from whom they could learn the social and coping skills they need. Peer Helping training fills this void, as well as providing opportunities to make a significant difference in the

lives of others and the atmospheres in which they live. This contributes to their growth in self esteem, and provides them with a sense of purpose and direction for their lives. By enabling them to become actively involved in their own learning, creating more caring and compassionant peer world, thus fostering pro-social behavior that is both preventive of at-risk and interventive for many problems of youth.

WHY PEER HELPING?

YOUNG PEOPLE OF TODAY NEED HELP. Today's youth are poor than any other segment of the population. They are at greater risk than youth of any previous period. A high percentage have less than two parents, drop out of school, become parents while still children themselves, experience academic failure, cope with various external and internal pressures, contact AIDS, abuse crack, cocaine, alcohol and other drugs, contemplate suicide, or become victims of school and urban violence. There is phenomenal need for prevention in these and other areas. with a focus on developing a more resilient child.

Research has validated a number of ways in which positive peer relationships contribute to a young person's social and cognitive development and socialization:

- *Peer interactions are another area besides family, school, and community-- which provide support, opportunities, and models for pro-social development.

- *Peer interactions, compared to interactions with adults, tend to be more frequent, intense and diverse and allow for experimentation, and thus are powerful arenas for shaping a youth's behavior.

- *Peers are especially critical in the development of internalized moral standards.

- *Through reciprocal peer interactions, children learn to share, to help, to comfort, and to empathize with others.

- * Through peer interaction children learn critical social skills such as impulse control, communication, creative and critical thinking, relationship and friendship skills.

- * Peer relationships have a strong influence on school achievement and performance.

- * Peer interactions are powerful influences on a child's development of identity and autonomy.

(From a report by the Northwest Regional Laboratory, of the Western Regional Center for Drug-Free Schools Communities.)

An excellent example of research which confirms the value of peer helping programs is presented in Nancy Tobler's "meta-analysis" of 143 secondary school alcohol/drug prevention programs, published in the Journal of Drug Issues (1986). The study identified specific program modalities and strategies, most effective for reducing adolescent alcohol and drug use. The study revealed the following:

For the average adolescent, " Peer Programs are dramatically more effective than all the other prevention programs even at the lowest levels of intensity (hours spent in prevention programming).

Tobler's research clearly and convincingly identifies the effectiveness and cost-effectiveness of even low-intensity school-based peer programs for reducing drug abusing behaviors among the general adolescent population.

WHAT ARE THE GOALS OF THE NPHA?

Since its inception over six years ago, the NPHA has emerged as the recognized and dynamic force in the field of peer helping. To ensure the future of these programs, NPHA is committed to the promotion of specific principles and practices which are critical to the success of the peer helping programs. To accomplish this, the NPHA Board of Directors has adopted the following five goals:

Goal #1- Training and Conferences

The NPHA will deliver standardized, culturally diverse training and consulting resources that promote peer helping internationally. This training is based upon NPHA established principles and practices and is correlated with planning and technical assistance to initiate and maintain programs.

Goal #2: Distribution and Collaboration

The NPHA will develop and disseminate comprehensive human and material resources that are aimed at encouraging, promoting and improving peer helping programs. Strong collaborative efforts with state, regional, and local associations, public and private agencies and school districts will be utilized to advance the NPHA mission.

Goal #3: Networking and Research

The NPHA will facilitate the exchange of information and development of reciprocal relationships at the state, regional, national, and international levels. The NPHA will encourage, generate, and disseminate research that gives direction to program design, describes the impact of peer helping on youth, and provides an evaluation that measures the quality and effectiveness of individual programs.

Goal #4: Leadership and Advocacy

The NPHA will be recognized as the leading authority for professional leaders in peer helping. This will occur through an organized system of communication enabling people involved in peer helping to become aware of the organization, services, training, and resources available from participation in the association.

Goal #5 Income Development

The NPHA will have revenues to pay for the services needed to effectively pursue its mission. This funding will take the form of membership dues, fees from conferences and regional meetings, private and public funding, training, donations, and other needs.

HOW CAN THE NPHA MEET THE NEED?

Income development has long been identified as one of the critical target goals of the NPHA. In 1990, the National Peer Helpers Association (NPHA) was issued a grant of \$30,000 from the Danforth Association as part of a matching funds proposal designed to permit the organization, originally staffed by volunteers, to transition to an association with a paid professional staff. The Danforth grant was supplemented by a generous donation of \$10,000 from an anonymous donor, who believed strongly in the power of peer helping. The Lilly Foundation has supported a Midwest Peer Leadership Project to train administrators and staff. Additional revenues for the NPHA are derived mainly from membership dues and the annual conference.

The NPHA Development Committee actively pursuing the procurement of additional funding through foundations, corporations, individuals, special grants, and other sources.



ization for
Professionals"

(818) 240-2926

Glendale, CA 91221-0783

P.O. Box 3783

Peer Helping Professionals"

"An Organization for

NATIONAL PEER HELPERS ASSOCIATION



WHY BECOME A MEMBER?

As a member of NPHA, you receive:

Peer Facilitator Quarterly the NPHA official publication, which includes: information on committee and board activities, articles by experts in the field, state and local association activities, peer helper contributions, program ideas that work, materials reviews, calendars of events, and state-of-the-art program profiles.

Attendance at our annual conventions at reduced travel, lodging and registration rates.

As a member of NPHA, you become part of this comprehensive support system which provides you opportunities for:

- Personal and professional growth
- Access to other programs
- Ideas and information exchange
- Active participation in setting NPHA policies
- Broad perspectives and a pulse on new trends
- Brainstorming and trouble-shooting
- Special interest groups and committee involvement
- Development of research initiatives



"An Organ
Peer Helping

WHAT IS PEER HELPING?

Peer helping is a variety of supportive services initiated by peers in diverse settings. Peers are individuals who share common characteristics and experiences. Often they are young people, trained and supervised by professionals, who adhere to ethics and standards endorsed by helping professions and the National Peer Helpers Association. Peer helpers provide services individually and in groups.

Although they assume different roles, peer helpers are not to be used in place of licensed or certified professionals or as mental health practitioners. Often, they become preventive agents who identify problems and encourage others to seek the necessary help from appropriate professionals. Peer helpers provide people with opportunities for learning, guidance, emotional support, and growth. By helping others, they often increase their own self-esteem and personal functioning.

NPHA COMMITTEES

Middle School Programs
High School Programs
Elementary School Programs
Minority Involvement
Non-School Based Programs
Reference/Materials Review
Higher Education
Standards and Ethics
Public Relations
Peer Ministry
State Contacts
Publications
Research



WHAT IS NPHA?



The National Peer Helpers Association is a professional organization dedicated to encouraging, promoting and improving peer helping programs primarily involving youth. NPHA promotes public awareness of peer helping as a powerful human service alternative to professional efforts. Our members are committed to expanding a national network of leaders, educators, coordinators and trainers. NPHA marshals resources to establish and promote training and program guidelines, standards and ethics.

NPHA provides a clearinghouse for resources, training, research, and consultation. We respond to the needs of local, state and national peer initiatives by addressing critical issues common to programs impacting youth, our nation's most valuable resource. NPHA is founded on the belief that mobilizing positive and productive peer relationships improves individuals' abilities to solve problems, make decisions, and enrich the quality of their lives.

What are OUR GOALS?

NPHA is responsive to the following national concerns critical to this growing movement:

- ★ Establishment of program standards and ethics
- ★ Communication among local, state and national programs
- ★ Extension of peer helping to new areas of application
- ★ Development of exemplary programs
- ★ Research and evaluation of peer helping programs
- ★ Development of a national directory of programs and resources
- ★ Public awareness and political advocacy
- ★ Funding for research
- ★ Criteria for evaluating training and program materials
- ★ Establishment of data base and technical assistance hotline



PEER HELPING SERVICES

- Substance Abuse Prevention
- Rehabilitation After-care
- Peer Ministry
- Abuse and Neglect Awareness
- Parent Education
- Hotlines
- Gender Support Groups
- Tutoring
- Career Exploration
- Transitional Support
- Suicide Awareness
- Gang-related Interventions
- Dealing with Divorce and Loss
- AIDS Prevention
- Leadership Training
- Conflict Resolution
- Senior Citizens Support
- Drop-out Prevention

MEMBERSHIP APPLICATION

Name	_____	Position	_____
Affiliation	_____		
Preferred Mailing Address	_____		
City	_____	State	_____
	_____	Zip	_____
Phone	_____		
Your program population	_____		
Program mission	_____		
Program activities	_____		
How did you hear about us? :	_____		
NPHA Conference notice	☐	Colleague	☐
Workshop (given by)	_____	Direct Mailing	☐
Other	_____		

Mail \$35.00 check
payable to NPHA to:
**National Peer
Helpers Association**
P.O. Box 3783
Glendale, CA 91221-0783
(818) 240-2926

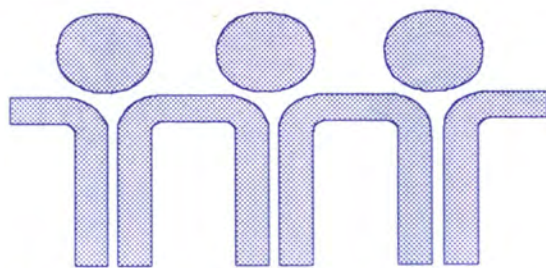


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National Peer Helpers Association

7th ANNUAL CONFERENCE

Massachusetts Institute of Technology

77 Massachusetts Avenue

Cambridge, Massachusetts

JUNE 26 - 29 1993



The Vision..

The Mission..