



**Normalisation Process Theory as a
tool to understand the challenges and
opportunities of providing peer
support to those experiencing
problem substance use and
homelessness**

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Introduction to SHARPS Study



- SHARPS – Supporting Harm Reduction through Peer Support
- NIHR funded study – experienced study team from a range of organisations and working with various partners
- Exploring peer support for individuals who are experiencing homelessness and problem substance use
- ‘Peer Navigators’ based in outreach and hostel settings in both Scotland the north of England.

Introduction to SHARPS Study

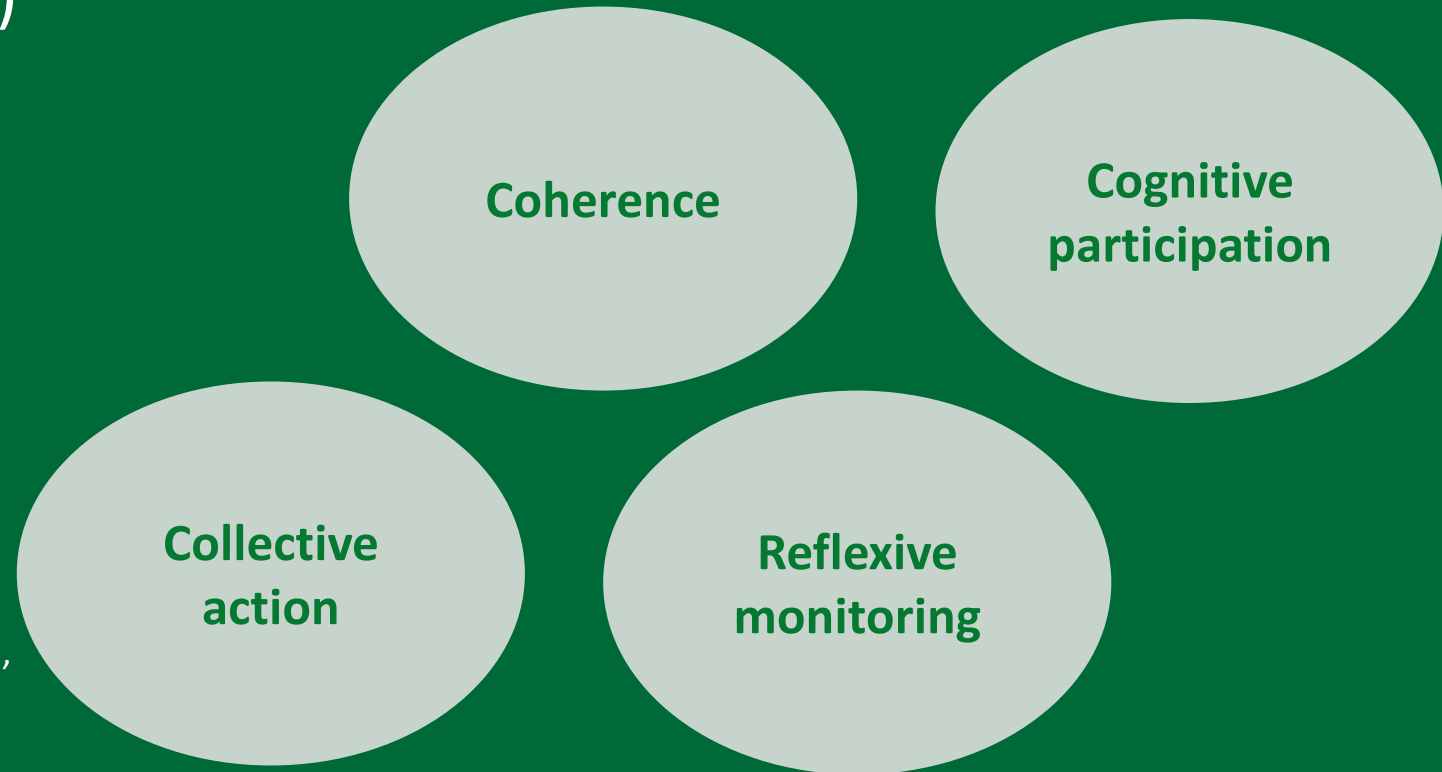


- Research study – qualitative and quantitative data
- Is it feasible? Is it acceptable?
- Research questions informed by Normalisation Process Theory (NPT).

Introduction to Normalisation Process Theory (NPT)

Understanding why some interventions work in reality and others don't (or don't work quite so well)

4 'core constructs'



May, C., Rapley, T., Mair F.S., Treweek, S., Murray, E., Ballini, L., Macfarlane, A., Girling, M. and Finch, T.L. (2015) Normalization Process Theory

NPT

1. Coherence – ‘making sense of it all’
2. Cognitive participation – ‘taking part’
3. Collective action – ‘making it happen’
4. Reflexive monitoring – ‘measuring’

Coherence

‘Making sense of it all’



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NPT

Cognitive participation

‘Taking part’



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NPT

Collective action

‘Making it happen’



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NPT

Reflexive monitoring

‘Measuring’



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NPT – some concluding thoughts

- Individual interpretations of situations
- Lots of different factors at play including changing moods and ‘off days’ (Peer Navigators included!)
- Overall, positive response from participants and services to Peer Navigator role and intervention.



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