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2014 Conference

October 13 and 14
Sheraton Gateway-Airport
Atlanta, GA

(Pre- & post-conference
institutes October 12 and
15)

Call for Workshops Ends
May 31, 2014

**Conference Scholarship
Application**
Due June 30, 2014
Early Bird Registration
Ends August 1, 2014

2014 Conference Sponsors

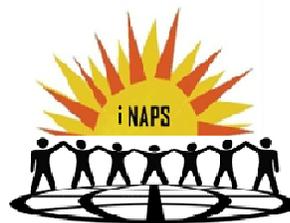
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Website:
www.inaops.org

iNAPS eNewsletter

June 2014



<http://www.inaops.org>

International Association of Peer Supporters (iNAPS)

iNAPS is a 501(c)(3) charitable organization

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- Our Conference Sponsors

Handle every stressful situation
like a dog.
If you can't eat it or play with it,
Just pee on it and walk away.



Quote of the Month

Image source:
<http://www.funnywallphotos.com/handle-every-stressful-situation-like-a-dog/>

Peer Support Champion

Larry Davidson, Ph.D., Researcher

There are a host of social scientists who have helped the peer support profession through research. Researchers have helped us understand whether peer support can work, the elements of peer support that work best and how to best implement peer support programs. The list of researchers who have contributed to peer support in these ways includes (but is not limited to) Patricia Deegan, Bill Anthony, Mark Salzer, Peggy Swarbrick, Matt Chinman, Pricilla Ridgeway, Judith Cook and Ken Gill. We hope to feature these researchers and acknowledge their contributions in future newsletters.

For this month's Peer Support Champion, we are featuring Larry Davidson of Yale University where he is a professor of psychology and Director of the Program for Recovery & Community Health. He is also Director of the Recovery to Practice Project.

You have researched peer support issues for many years. Obviously, you are very passionate about peer support. Why is that?

I first became passionate about peer support when I saw the effects it had on the peer staff themselves and when I saw how it could help in transforming mental health settings. I had been 'preaching' recovery for years, but it wasn't until we started hiring peer staff that other staff began to be persuaded that recovery was really possible after all.



As a researcher, why have you focused on peer support issues?

I have focused much of my career on peer support because it is one of the few really new advances made in the field in the last 30 years. It promises to revolutionize all of behavioral health, and it is such a positive, if difficult, enterprise that is much more interesting, and gratifying, than most other topics in mental health.

Do you have any advice for other researchers regarding the study of peer support?

I am most worried about role clarity and keeping the integrity of peer support. I would encourage researchers to be very clear about what peer staff are being trained and employed to do, and to make sure that their roles build on their lived experience and offer people supports that are different from the conventional ones. Peer staff should not be low cost substitutes for treatment as usual, but are being used that way across the country.

Any predictions for the future of peer support?

I am convinced that the Affordable Care Act (health care reform) will bring about a rapid expansion of what is already a rapidly expanding peer workforce. Peers will become health navigators for "health homes" and will expand well beyond the current 'public' mental health system. The future of peer support will be a major part of the future of mental health care.

Larry Davidson will be a plenary speaker at the annual national peer support conference, Oct. 13 & 14 in Atlanta, GA. His presentations are informative, meaningful and entertaining. You won't want to miss this one!

Stress: A Health Risk for Everyone

Steve Harrington



Stressful situations are part of life. But it is how we react to those situations that can have a profound effect on the length and satisfaction of our lives.

Stress was once an important part of our survival. The energy boost we experienced early in human existence often made the difference between survival and death. Few would argue that facing down a saber-toothed tiger would be a stressful situation. The natural stress response quickens our hearts and sends a bucket of adrenalin to our legs so we can run away more quickly. But, for the most part, those days are gone but our physical reaction—tied to our mental state—remains.

So what? How we react to stressful situations kills us. If we respond to these situations with stress, our heart rate increases as does our blood pressure. But there are other results as well. Our blood cholesterol levels increase and our bodies deposit more fat around our hearts. Recent studies also show we are more susceptible to diabetes, influenza, colds and even cancer. When people suddenly die in Japan due to workplace stress, they call it “karōshi” The Japanese have seen relatively young people (especially men) literally work themselves to death.

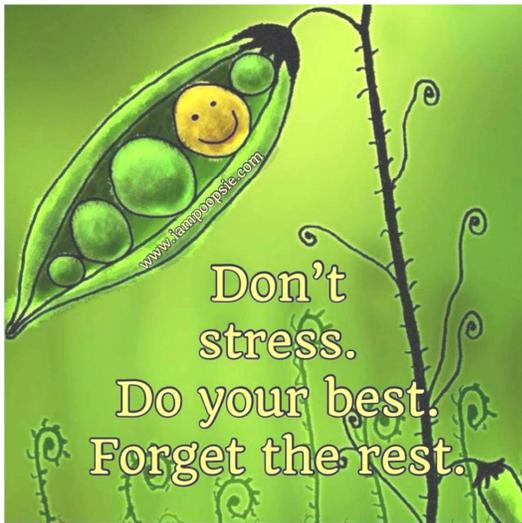
There are other outcomes when we allow ourselves to become stressed. Job burnout is among the most common. Social work and related services are recognized as among the most stressful occupations. This is not surprising as people who enter mental health and similar professions often do so because they are compassionate, empathetic and dedicated. Given those traits, it is difficult to leave work issues—and the stress of dealing with others with serious life challenges—behind during off hours.

It is difficult, indeed, to be fully present, mindful and actively listening when you are dealing with serious stress in your personal life.

It is difficult, indeed, to be fully present, mindful and actively listening when you are dealing with serious stress in your personal life. It hurts one’s ability to be an effective employee and increases absenteeism, according to an article in the April issue of the Harvard Business Review.

What can trigger stress in our lives? The list is long and includes financial problems, bad relationships, workplace issues, the way in which our society values those who can “multi-task” and challenges faced by loved ones. There is enough potential stress to go around so everyone can have their share!

Although stress is a serious issue for us as we do our best to support others, it is also a serious issue for those we serve. Far too many peers are faced with poverty, homelessness, unsupportive relationships, uncertainty, stigma and the challenges symptoms often bring.



But before we can help others with stress, we must recognize and deal with the stressful situations we face ourselves. And that isn't easy.

About a year ago, I went to a doctor with a painful jaw that made eating almost impossible. The doctor asked me about my typical day, took my blood pressure and pulse. He touched my jaw just below my right ear lobe and I almost jumped to the ceiling with intense pain. He asked me if I ground my teeth at night. "No. Not that I know of," I told him. "Well," he said, "maybe you are doing it during the day and don't realize it."

What the doctor said next was a wakeup call. "You have two choices. Either change your lifestyle or get your affairs in order. You are a walking heart attack."

Driving home from the medical office, I pondered the doctor's words. As I did, I noticed that I was grinding my teeth. Ah, one more stressor!

I took the doctor's advice and changed my lifestyle. I now turn my computer off at 10 p.m., get more sleep and hired a peer to organize my stacks of papers on the verge of consuming my home. I take Sundays off completely, pay more attention to the food I eat and try to walk outdoors more often. Changing one's lifestyle is not an easy task. The first Sunday I didn't work, I sat around for two hours to figure out how to relax. "What do I do now?" I asked myself repeatedly.

I learned to say "no" to participate on committees and at conferences, I learned to delegate, and I also learned to decline certain leadership roles and the power of being a follower. I rediscovered the enjoyment of fishing and photography. In the process, I discovered I was NOT indispensable. The future of the peer workforce was NOT solely dependent on me. I could give myself permission to relax.

One of the most important discoveries was that I could have a more enjoyable life and even be more productive if I adopted a different attitude about how I responded to stressful situations. It is about bringing balance to one's life through self-awareness, planning and action.

I asked Larry Fricks, a pioneer of peer support in the U.S. and an extremely busy person, how he handled stress. "How well and long I sleep is important for me," Fricks said. "Before I leave on a trip, I have everything prepared and go to bed early the night before."

"Stress almost killed me," another peer support leader who asked not to be identified said. "It took heart surgery for me to wake up to what I was allowing stressful situations do to me. I discovered, though, that I could actually decide how I would respond to those situations. I discovered I could decide not to be stressed."

I am not a “stress expert.”

Everyone has their own stress experiences and many have found effective strategies for dealing with it. On that basis, we will be offering a free webinar about stress and explore the sources and consequences of stress but, more importantly, how webinar participants have successfully handled it.

This webinar, entitled *Stress: The Deadly Plague* (as described on the next page), should help anyone in the human service fields so we invite others outside the peer support profession to join us. This free webinar is scheduled for 12:00 noon to 1:00 p.m. Eastern Daylight Time, on June 20. A link to the webinar will be provided on our website: <http://inaops.org/free-webinar-series> on the day of the webinar. No pre-registration is required.

The webinar series is made possible by Optum, which provides the technology and technical assistance. iNAPS is solely responsible for the topics selected and webinar content.

Steve Harrington is the Executive Director of iNAPS. Opinions, articles and suggestions for this newsletter are welcome and should be sent to <mailto:steve@naops.org> for consideration.

Tips for Managing Stress

Recognize stressful situations. Sometimes it is difficult to determine what causes stress in your life. A daily journal may help.

Get enough sleep. Lack of quality sleep can contribute to stress.

Set priorities. Examine the issues in your life and decide which are the most important and deserve your attention. Ignore or procrastinate on the rest.

Consider new ways to manage stress. Use a distraction, or remove yourself from the situation, mindfulness, a fun activity or other strategy to manage stress.

Give yourself permission. Too often, we do not give ourselves permission to take time for ourselves. You deserve and need some fun!

Change your style. Your work or lifestyle may require changing. Decide how you can avoid stressors and work hard to make your life more enjoyable. Explore new hobbies, music, art or other ways to enrich your life in a stress-free way.

Make a plan. Set goals and create steps (objectives) to reach your goals. You are more likely to follow your plan if you write it down and share it with close friends and family.

Practice deciding. Just because you encounter a stressful situation it doesn't mean you have to become stressed. Learn how to respond to such situations in a more positive way.

You tell us!



Our webinars are well attended and raise many issues (sometimes with more questions than answers) about peer support. We are looking for ideas for future topics related to peer support practice. If you have expertise in a particular area, you may even be a future webinar presenter. To suggest a topic, describe in a few brief sentences what it is and why it is important for peer supporters.

Send your suggestion(s) to Executive Director Steve Harrington at: steve@naops.org.

Free Webinar! Save the Date!

Stress: The Deadly Plague

June 20, 2014 (Friday) – 12:00 noon – 1:00 p.m. EDT
(11 a.m. – Noon CDT, 10 a.m. – 11 a.m. MDT, 9 a.m.-10 a.m. PDT)



Stress is killing us! It affects both our physical and mental health. But we don't have to react to stressful situations with stress. We can find alternate ways to respond and preserve our health.

This webinar will explore stress in the healthcare workplace; sources and strategies for managing stress. The webinar will be hosted by Steve Harrington, Executive Director of the International Association of Peer Supporters (iNAPS).

Steve will introduce special guests to provide their perspectives on stress and invite those viewing the webinar to contribute their strategies through the "chat box" function.

Image source: Fotolia

"This is an important topic that affects everyone in the stressful healthcare environment," Harrington says. "We hope people from other disciplines join us."

All webinars in this series have been possible through the generous support of Optum™, which provides both the technology and technical support.

The webinar is scheduled for Friday, June 20, 2014, from 12:00 noon to 1:00 p.m., EDT.

No pre-registration is required!

Access information will be found on the day of the webinar on the iNAPS website:
<http://inaops.org/free-webinar-series>

Questions? Contact us at: webinars@naops.org

To receive a free certificate of participation, complete the quiz that will be available after the webinar (the link will be found on our website <http://www.inaops.org>). A certificate will be mailed (U.S. Postal Mail) to you 3-4 weeks after the webinar. For continuing education credit, please contact your state certification authority to determine if this webinar qualifies for such credit.



Thank you Optum!! All of the webinars in this series have been offered to you free of charge through the generous technology and technical support of Optum. Opinions expressed in this webinar series are those of the presenters and do not necessarily reflect those of iNAPS or Optum.

Leaders, Followers, and Dead Rabbits in the Middle of the Road



Are you a leader? A follower? Or, do you like to keep things exactly as they are?

Whatever role you prefer, **Recover Resources** is offering a two-day institute in conjunction with the National Peer Support Conference to explore your potential in the workplace or community.

Dead Rabbit Photo Credit: Nicole Rafferty

What will be covered?

- Different approaches to leadership
- Identifying and maximizing strengths
- Compensating for weaknesses
- The benefits of being a follower
- Characteristics of a skilled follower
- Third Alternative Thinking—a way to enable everyone to “win” without compromise
- How recovery principles can be applied to leaders and followers
- How to use what is experienced in the institute to become an effective leader or follower
- Dealing with those who resist change
- Understanding the relationship dynamics of leaders, followers and dead rabbits

This institute will be conducted in a participatory, interactive manner with large and small group discussions, role plays and other activities. Participants will explore their own strengths and weaknesses and discover how those attributes can result in effective leadership or followership. Participants will see how recovery and peer support principles can (and should) be used in leadership and followership roles.



**Learn, explore
and discover in a
fun, interactive
way!**

The institute will be facilitated by Steve Harrington, Executive Director of the International Association of Peer Supporters and part of the faculty of **Boston University's Global Leadership Institute**. This institute will be based on Steve's new book on peer leadership. Participants will receive a complimentary copy of the book plus supplementary materials. But the “meat” of the institute will be interactivity that will enable participants to examine, explore, discover and apply the gifts, talents and skills they already possess.



Leaders, Followers, and Dead Rabbits in the Middle of the Road

October 12 & 15, 2014
Sheraton Airport Gateway Hotel, Atlanta

This leadership institute will be conducted on two days—the day before and the day after the national peer support conference (Oct. 12 & 15). Lunch and refreshment breaks will be offered each day. Participants are responsible for their own travel, lodging and other meals.

The cost of the full two-day institute is \$95. This cost is NOT included in the registration fee for the national peer supporter conference. Payment must be made with this registration through Recover Resources.

Due to the interactive nature of this institute, the number of participants is limited. Once your registration is accepted, you will receive a confirmation letter and additional information. Because seating is so limited, register now (or as soon as possible) to avoid disappointment!

Registration Please Print VERY Clearly

Name _____

Street Address _____

City _____ State or Province _____ Postal Code _____

E-Mail Address (If available) _____

Telephone (Including area code) _____

Method of payment (\$95 per person) Check enclosed (payable to "Recover Resources")
 Credit or Debit Card

Card # _____

Expiration Date _____
(month/year—XX/XXXX)

Mail completed form to:

Recover Resources

755 Alta Dale, Ada, MI 49301

Or e-mail / fax to:

Steve@RecoverResources.com | Fax: (616) 233-0832

Questions? Contact Steve at: (616) 773-8866

Recover Resources



Need Funding to Attend the 8th Annual National Peer Specialist Conference or Related Leadership Institutes?



We recognize that peer supporters, even if they are employed, often live in poverty. One of our goals as an organization is to improve wages but discrimination, prejudice and bias are tough barriers to overcome. We have tried to keep conference registration fees to a minimum to make the annual national peer support conference as affordable to as many as possible.

Even though there is an application for a scholarship to the conference in Atlanta in this newsletter and on our website, the number of scholarships has dwindled in past years and no scholarships are expected from the federal government this year. Will this lack of “free” funding keep you from attending? It doesn’t have to!

What are the costs?

- § **Registration fee**—same as the last few years—\$225 early bird rate (before **August 1**) and \$260 after that for non-members. Or, if you are a member of iNAPS, the early bird rate is \$195 before August 1 and \$230 after that. (The rate for one day is \$150 for non-members and \$120 for members).
- § **Meals**—two continental breakfasts and afternoon refreshments will be provided. Other meals will be “on your own.”
- § **Lodging**—if you stay at the hotel where the conference is being held and register early the rate will be \$119 per night plus taxes (single/double). The conference is being held at the Sheraton Gateway-Airport Hotel.
- § **Travel**—this depends upon where you are. Atlanta is a hub for Delta Airlines so that airline may be less expensive. Check out Travelocity, Priceline, Orbit, Kayak, or a similar travel site to find travel options. The hotel has a free shuttle that runs every 20 minutes to and from the airport, so add the cost of tips to your plans. Also add the cost of ground travel to and from any other locations you might want to visit while in Atlanta. Because the host hotel is close to the airport, taxis/shuttles are more reasonable.
- § **Pre-conference institutes and Recovery to Practice training**—held immediately before and/or after the conference. The cost of each institute or training event will be determined by the institute organizers, and you will also need to plan for the extra days of lodging.

Here are some proven tips from other peer supporters’ experiences:

- § A positive attitude—one that focuses on success—is vital. Decades of research shows that positive people who are creative and focus on their passions are more successful in all aspects of life.

- \$ Imagine what you might say to support a peer who may find a difficult challenge overwhelming. Would you tell him/her to just give up? Or would you ask him/her to find ways to overcome barriers?
- \$ Get creative—think outside the box! You may have funding sources you never imagined. Talk to others about possible funding strategies.
- \$ Ask your employer for financial support—Most peer supporters attend the conference with at least some (if not all) support from their employers. Emphasize what makes sense for your ongoing education as a peer, that is, what you are going to get out of the event:
 - ¢ Skills that will help you support others better.
 - ¢ Innovative programs from across the country to use in your own workplace.
 - ¢ A network of peers who can be advisors for peer support at work and personally.
 - ¢ Access to the most recent research on peer support—we will be offering a special track on peer support research from some of the country’s top social scientists.
- \$ Ask for support from friends and family—Instead of gifts for birthdays, anniversaries or other special events, ask for cash for the conference.
- \$ Establish a savings account—A savings account will cause you to think twice about spending saved money. It can also help you set goals as you watch the balance rise.
- \$ Try a special event or activity—Bake sales, dog walking/washing, car washing, house cleaning, gardening, babysitting, etc. are all chores you can turn into fundraising opportunities.
- \$ Ask local civic groups—Some civic groups such as the Lions, Moose lodges, etc., will support individuals. Emphasize the community benefits and offer to make a presentation at one of their gatherings to share the experience. What a great opportunity to spread the word about peer support.
- \$ Ask state or local mental health organizations—Local and state mental health associations and NAMIs sometimes help peers. If you don’t ask, you can be certain you won’t succeed! It helps if you are a member of such organizations.
- \$ Ask yourself—How important is going to the conference to you? Putting off the purchase of the newest cell phone, iPad or stylish clothes can help you save. One participant once said, “If you want to come badly enough, you’ll make it a high priority in your life. You have to want it badly enough.”



We are striving to make this conference, which marks the 10th anniversary of the International Association of Peer Supporters, the best yet. Watch the newsletter and our website for more information as plans for our celebration develop.

Organizations and Philanthropists Want to earn national recognition and rewards? Make a Donation toward the 8th Annual National Peer Support Conference

This year will mark the 10th anniversary of the International Association of Peer Supporters (formerly the National Association of Peer Specialists). Our association works to promote and facilitate the use of peer supporters primarily in the substance use and mental health disorder fields. We provide information valuable to the profession and also advance the profession through education of other healthcare disciplines about the appropriate roles of peer supporters.

The 2014 conference will be held in October in Atlanta, GA. Our speaker lineup includes **Steve Ford, son of former President Gerald and First Lady Betty Ford**. Steve Ford is an accomplished actor and has his own addictions experience. Other speakers include **Larry Davidson (see Peer Support Champion article in this newsletter)**, Consultant and visionary **Allen Daniels, Anthony Stratford** of Australia, **Anne Beales** of the United Kingdom, peer support pioneer **Larry Fricks**, and other experts in the development of peer support.

Although we have a solid success record of national conferences, we want this one to be our best yet. Unfortunately, peer supporters remain among the most low-paid in the healthcare profession. To keep costs reasonable so we can serve as many peer supporters as possible, we are seeking financial support. Below are some levels of support to consider:

- **Platinum**-\$5,000+: Donors receive a full-page recognition in the conference program, complimentary exhibit table and conference registration for five.
- **Gold**-\$1,000-\$5,000: Donors receive a half-page recognition in the conference program, complimentary exhibit table and conference registration for two.
- **Silver**-\$200-\$999: Donors receive a quarter-page recognition in the conference program and complimentary exhibit table.

In addition to these benefits, donors may designate particular uses for the funds provided. For example, donors may wish to sponsor specific attendees, a meal, a keynote address or a reception. iNAPS is a 501(c)(3) charitable organization and any of these donations may be tax deductible (see next page for details).

We hope you or your organization will consider becoming a donor for this important event. Without the assistance of organizations and people who care deeply about peer support, we would be unable to thrive. For questions or additional information, please contact Steve Harrington, Executive Director, at: steve@naops.org.

Attention Charitable Donors and Sponsors: iNAPS is Tax-Exempt

The International Association of Peer Supporters (iNAPS) has received formal notice of its approval as a tax-exempt, charitable organization. The notice, from the U.S. Internal Revenue Service, opens the door for those who make charitable donations to take a deduction for those contributions.

The designation was sought by iNAPS when it made the transition from its predecessor, the National Association of Peer Specialists (NAPS). iNAPS was more than just a name change. It allowed the organization to be more inclusive for a broader range of peer supporters (including recovery coaches from the addictions field) and welcome members from other countries, according to Executive Director Steve Harrington.



“We applied for tax-exempt status almost immediately after iNAPS was formed as a non-profit organization under Michigan law,” Harrington said. “Due to government budget cuts and a shutdown, what used to take two or three months took 16.”

Harrington noted that the approval letter pre-dated the organization’s status to January 2013, when the application was submitted.

“Tax-exempt status could open the door to more donations because, for most, those donations will be tax deductible. We may now be eligible for more government grants,” Harrington said. “Except for the Recovery to Practice project, which provides a small amount of income, iNAPS remains a volunteer organization.”

Sponsors and donors who make a charitable contribution to iNAPS should check with their tax expert to determine the exact amount of deduction that can be taken for the donation.

Conference Scholarship Application Reminder!

Applications for scholarships to attend the 8th Annual National Peer Support Conference in Atlanta, GA, Oct. 13 & 14 are due (postmarked) no later than June 30, 2014. Please note that there are a very limited number of scholarships available! An application is in this newsletter.

Recovery to Practice Training Planned

iNAPS and DBSA will be offering the full Recovery to Practice training (8-hour self-study and 24-hour in-person collaborative learning experience for peer supporters with a minimum of one year of work/volunteer experience) will be held in Atlanta in conjunction with and immediately following the annual national peer support conference on October 15-18, 2014. Watch for more information in next month’s newsletter or sign up for updates by sending email to: training@naops.org

Key Update!

Stay informed by subscribing to **The Key Update**, a publication of the National Mental Health Consumers' Self-Help Clearinghouse. Current issue: <http://www.mhselfhelp.org/the-key-update-latest/> or subscribe to **The Key Update**, go to <http://www.mhselfhelp.org/>

Research on the Effectiveness of Peer Support

The iNAPS website has a page devoted to research on the effectiveness of peer support. Our featured Champion of Peer Support, Larry Davidson has contributed a number of research studies and more research is coming out all the time. If you are aware of research that you think should be posted on our site, let us know. Send email to info@naops.org

The Value of Peer and Family Support

[Paolo del Vecchio](#), M.S.W., Director, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration has been writing a series of blogs on Mental Health topics. In this blog (dated May 26, 2014) he talks about the value of peer and family support.

http://blog.samhsa.gov/2014/05/26/the-value-of-peer-and-family-support/#.U4X_HDYZ4nl

Recordings of two iNAPS Webinars now available

We have successfully recorded and made two recent webinars available on our website:

- **April's Webinar:** Guided Tour of the iNAPS Recovery to Practice training for experienced peer supporters (<http://youtu.be/I4OymMprBQY>)
- **May's Webinar:** Self-Disclosure for Peer Support providers and other disciplines. (<http://youtu.be/sWRpMGRG6NU>)



To access the presentation slides and other information from these and other past webinars, visit this page on our site: <http://inaops.org/free-webinars-past>.

Conference Registration

8th National Peer Support Conference *Peer Support: Changing Times, Changing Profession* October 13 & 14, 2014

**Sheraton Airport Gateway Hotel
Atlanta, GA**

1900 Sullivan Rd, Atlanta, GA 30337

Phone: (770) 997-1100

Note: The hotel provides regularly scheduled shuttle service to and from the airport.
For hotel information, please visit the site: <http://www.sheratonatlantaairport.com>

Print and mail (or e-mail) to: Steve@naops.org
Or fax: (616) 233-0832

To register for the conference, complete this form and enclose payment. Each attendee must complete a separate form. The registration fee covers conference workshops, two continental breakfasts, and refreshment breaks only. Travel, hotel accommodations, and other meals are not covered under registration fee.

A discount rate for lodging of \$119 single/double plus applicable taxes, has been negotiated for a limited number of rooms at the hotel for those who will be attending our conference.

Call the toll-free reservation line: 1-888-627-7046 and let them know you are attending the NAPS conference, or access Sheraton Reservations for the discount rate online: <https://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1312178257&key=36EC6>

The number of discount rooms is limited so make your reservations early!

8th National Peer Support Conference Peer Support: Changing Times, Changing Profession Registration

Register online (processing fee applies) <https://2014-inaps-conf-atlanta.eventbrite.com>

Or save credit card processing fees by submitting payment by mail with this form:

Name _____

Telephone # _____

Street Address or P.O. Box _____

City _____ State _____ Zip _____

E-Mail Address (if available) _____

Any Special Needs (please indicate) _____

Conference Registration -- 2

Choose sessions you are registering for and enter the total registration amount.

Full Conference (2 days) Early Bird Before August 1, 2014	Full Conference (2 days) Regular Price After August 1, 2014	One Day of the Conference	Total Registration (Fill in the total below)
\$225	\$260	\$150	Enter the Registration Total:
Member rate: \$195	Member rate: \$230	Member rate: \$120	

Join iNAPS and save!! If you are not already a member, or your membership has lapsed, submit your membership form at the time you submit this registration. Membership forms can be found on our website: www.inaops.org, under the Join Us link.

iNAPS is a non-profit organization, Federal I.D. #46-1719864.

Payment must accompany registration form.

Checks should be made payable to "iNAPS" and sent with the registration form to:

iNAPS, 755 Alta Dale, Ada, MI 49301

To pay by credit card, please provide the following:

Name on Card _____

Phone # _____

Card # _____

Expiration Date _____

Amount to be charged: **\$** _____

Or to register online (until August 1), visit:
<https://2014-inaps-conf-atlanta.eventbrite.com>

After August 1, 2014, visit the iNAPS website <http://inaops.org/2014-national-conference/> for online registration and payment information.

Please Note: The pre-conference institutes on Oct. 11 & 12 will be sponsored by other organizations and the National Conference registration fee does not include the costs of those other institutes. More information on those events will be available soon! Visit <http://inaops.org/2014-national-conference/> to learn more.

Membership Form



International Association of Peer Supporters (iNAPS) A non-profit organization (www.inaops.org)

The International Association of Peer Supporters (formerly the National Association of Peer Specialists) welcomes all who support peer support in healthcare. We promote the use of peer support in a variety of settings, including but not limited to mental health and addictions. Members receive a certificate, e-mail newsletter, and registration fee discounts for the annual national peer support conference.

Join our ranks to be informed, involved and bring peer support to those who need it most!

To join, simply complete the following information form. The cost of membership is \$25 annually. If you do not have an e-mail address or would like to receive your quarterly newsletter in hard copy form, please check the box.

Please Print Clearly!

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

Amount Enclosed: \$ _____

I'd like to make a donation to help those who cannot afford membership \$ _____
(Donations are tax-deductible for most people. Check with your tax expert.)

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Recovery Opportunity Center is planning an event that will start on the day before the conference and end on the day after. (October 12 and October 15.) Plan your travel and hotel arrangements accordingly to take advantage of another outstanding innovative training program! More details coming soon!

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