

# November Newsletter

International Association of Peer Supporters (iNAPS) <info@naops.org>

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Inbox

To:webinars@naops.org <webinars@naops.org>;



International Association of Peer Supporters (iNAPS)

November Newsletter

Friday, November 11, 2016

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## **VETERANS DAY EDITION**

***Remembering our service men and women***



On this day we pause to thank those who have served and also to recognize the families, friends, and loved ones who, in many cases, have also made extraordinary sacrifices on our behalf. Let us remember freedom isn't free. It frequently comes at a high cost, particularly to the health and mental health of those who have served and their loved ones.

For those of you who are veteran peer specialists we thank you for your own service and your unique ability to comfort and support others in healing from the often invisible wounds that have come from serving our country.

In our webinar 17, Dan O'Brien-Mazza, National Director of Peer Services presented one of our Optum-sponsored webinars that gave a historical perspective of peer support in the VA and a glimpse into the VA culture. To view (or review) this timely free webinar, click here <https://youtu.be/sm7qVir3DA0>

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## November Newsletter / Contents at a Glance

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- Save the Date / Next Optum-Sponsored Webinar
- Peer Support Research Questions of iNAPS Conference Participants, by Mark Salzer
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## Next iNAPS Webinar / December 2



Save the date for our next Optum-sponsored free webinar, **From Hospital to Community: A Process of Inclusion**, with Gina Calhoun of the Copeland Center on Friday, Dec 2 at 9 AM PST, 10 AM MST, 11 AM CST, and 12 PM EST. To learn more about this webinar, click here: <https://inaops.org/free-webinar-series>

To learn more about other Copeland Center activities, visit: <https://copelandcenter.com/events>

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## New Research Questions / TU Collaborative

**Peer Support Research Questions from the Perspective of iNAPS Attendees by Mark Salzer and Liz Thomas**

Dr. Mark Salzer and Dr. Liz Thomas gave a workshop at the International Association of Peer Supporters (iNAPS) annual conference, held in Philadelphia in August 2016. Dr. Salzer presented on the current state of the peer support research literature, and Dr. Thomas facilitated a discussion about attendees' perceptions of the most important research questions for the field.



Attendees were highly engaged, generating a list of about 30 questions with topics ranging from the effectiveness of different types of peer support and the contexts that facilitate effectiveness to characteristics of the researchers and how the research is currently being used. A TU Collaborative Center product was developed to acknowledge the participants and to disseminate these questions.

Click here to download a copy: <http://tucollaborative.org/wp-content/uploads/2016/11/iNAPS-Product3.pdf>

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## Upcoming / **Announcements and Events**

### **Japanese Peer Support Association**

*Saturday and Sunday, November 12 and 13*

Celebrating the 5<sup>th</sup> Annual (Japanese) National Conference on November 12-13<sup>th</sup> in Kangawa, Japan!

Send well wishes and congratulations to Professor Ayako Aikawa,  
who attended our iNAPS 10<sup>th</sup> Annual conference in Philadelphia this past August.  
To reach Professor Aikawa, send email to: [ayako.aikawa@gmail.com](mailto:ayako.aikawa@gmail.com)

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### **Mentoring for Re-Entering Summit in West Chester, Pennsylvania**

*Monday and Tuesday, November 14 and 15*

Next week the Copeland Center hosts a Summit  
for those who are providing peer support in conjunction with corrections and criminal justice.  
Click here to learn more: <https://copelandcenter.com/sessions/mentoring-re-entering-summit>

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### **PEERLINK Webinar - Estate Planning and Empowerment**

By Ethel B. Sidney, Esq.

*Thursday, November 17th 11am PST/ 2pm EST*

Description: Many think that Estate Plans are only for wealthy people.

This webinar challenges that myth and shows how every person can benefit from having an Estate Plan as a form of personal empowerment. Without one, the laws of the state in which you live will determine who will care for your children if you die or become incapacitated, and who will get your stuff—not just money, but other belongings as well. If you get sick and don't have an Estate Plan in place, other people will make important health care decisions on your behalf, often without considering your wishes.

The webinar explains (1) what exactly is an Estate Plan, (2) what is not typically part of it, (3) why it is so important to have one—even if you don't have a lot of money or assets—and (4) how you can get one created for you. The webinar will show how an Estate Plan helps you take back control of your life in very important ways, how it ensures that your wishes will be heard and your choices followed, and how it often makes people feel empowered to take on other life challenges.

For more: <https://cc.readytalk.com/registration/#!/?meeting=kvf3i8gah0xp&campaign=ohntfvj5n1qg>

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### **International Survivors of Suicide Loss Day**

*Saturday, November 19, 2016 (times vary by location)*

The Annual International Survivors of Suicide Loss Day is supported by the American Foundation for Suicide Prevention.

It is a time to remember and celebrate the lives of loved ones who have been lost to suicide.

Click here for more: <https://afsp.org/find-support/ive-lost-someone/survivor-day>

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**Doors to Wellbeing Last Tuesday Webinar - Creating and Managing a Peer-Run Business**

By Diana Fullem, CPS, CEO Recovery InSight, Inc.

*Tuesday, November 29th 11am PST/ 2pm EST*

Description: With both family and survivor lived experience for over 50 years Diana advocated for the voices of consumers be heard, even before she learned she was a "consumer". When starting a new career with a consumer-run organization she began to learn the power of peer support. This is when her path to recovery began. Observing and listening to inspiring individuals with lived experience along with a county and statewide initiative she understood her recovery had no limits. HOPE was the catalysis for her dream to advocate on a broader scale could become a reality.

This inspirational workshop will provide you with action steps to start a peer-run or peer-owned organization. Research reveals our wellness is gained and maintained as we contribute our skills and talents to society. If you have a desire to be a leader beyond your imagination you will learn the benefits of research, communication and collaboration to watch your dreams become a reality.

- Identify the 3 "W's (why, what, where) you want start a peer-run or owned business
- Identify HOW to start
- Identify your best supporters and what's in it for them.

Click here for more: <https://attendee.gotowebinar.com/register/6682977180743518722>

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Send announcements to [info@naops.org](mailto:info@naops.org) for future newsletters.

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## Recent / **Successes**

### **Global Peer Support Celebration**

*The 2<sup>nd</sup> Annual Global Peer Support Celebration Day was on October 20, 2016*



Pictured here was a proclamation issued in Tucson, Arizona; one of thousands of celebrations that happened around the world to raise awareness and recognize the work of peer support providers.

Click here to visit the Facebook page:

<https://www.facebook.com/GlobalPeerSupportCelebrationDay.org>

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### **Alternatives 2016**

PEERLINK Sends thanks to all who contributed to the success of Alternatives 2016!



For more, visit <http://www.peerlinktac.org>

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## Opportunities for Involvement / **Surveys**



### **Peer Specialist Survey**

Doors to Wellbeing is conducting a survey of what additional education you need as a peer specialist.

Click here to take the survey.

[https://docs.google.com/forms/d/e/1FAIpQLSdvqN\\_cCJoWuxDe2sXzEu2OJy8\\_mNVaS4z5EX13ocZc9ZPJbA/viewform?c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSdvqN_cCJoWuxDe2sXzEu2OJy8_mNVaS4z5EX13ocZc9ZPJbA/viewform?c=0&w=1)

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### **Survey for Supervisors**

Magellan Complete Care is asking supervisors of peer support workers to complete a short survey.

The results will be used to develop a peer support supervision guidance document. Thank you for your time.

<https://www.surveymonkey.com/r/supervisionpeer>

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## Member / **Announcements**

### **Mental Illness to Wellness: The Impact of Food on Our Mental Health**

The story of two women who share their life-long journeys of going in-and-out of private and public mental health systems as well as the subsequent impact on their lives. By examining a multitude of possible causes for their never-ending symptoms, just about every avenue available to them was explored in order to find the primary source of their illnesses.

Upon discovering their food allergies and food intolerance, they both overcame their mental illness diagnoses...all of them. Go to this link to get your copy today: <http://foodandmentalhealth.com/resources/>

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If you are a member, send email to [info@naops.org](mailto:info@naops.org) to submit announcements.

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## News / **Updates and Newsletters**

**Café TA**  
News and Notes

Click here to view the latest News and Notes <http://cafetacenter.net/>

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### ***Depression and Bipolar Support Alliance***

#### ***DBSA Peer Leadership Center / Recorded Discussions***

The Peer Leadership Center has recently held a series of live discussions on topics such as Spirituality and Peer Support, Medications and Less Common Side Effects, Unique Roles and Challenges in Peer Support, and a Brainstorming Session. Click the link to view the discussions and add your comments.

<http://www.peerleadershipcenter.org/plc/News.asp>

#### **Care for Your Mind (blog site)**

Click to view the latest blog

<http://careforyourmind.org>

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#### ***Doors to Wellbeing***

2016 Winter Issue

Click here to view the latest Doors to Wellbeing Issue

[http://media.wix.com/ugd/8b1e4a\\_85e309050528431aa4993b1693ccc76e.pdf](http://media.wix.com/ugd/8b1e4a_85e309050528431aa4993b1693ccc76e.pdf)

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#### ***National Mental Health Consumers' Self-Help Clearinghouse***

The Key Update

Click to view the latest issue of The Key Update

<http://www.mhselfhelp.org/the-key-update-latest>

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#### ***RI International***

News and Social Media Feed

Click here to view the latest news from RI International

<https://riinternational.com/about-us/news-and-social-media>

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#### ***Resilience, Inc***

November 1, 2016 (Volume 15)

Click to view the latest issue

<https://gem.godaddy.com/p/0521f8?fe=1&pact=23580-135221601-7855592545-58bf22e57b3a95478d25021dcef4124988f45c2c>

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Submit a link your newsletter to [info@naops.org](mailto:info@naops.org)

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## Member / **Articles**

### **Taking one thing at a time, by Howard Diamond**

Another month is ending today and a new one begins tomorrow. "Seedlings turn overnight to sunflowers ...one season following another", both lines from "Sunrise, Sunset" in the musical, "Fiddler on the Roof". Also, "Day by Day" sung in the musical, "Godspell", show the way each day comes and goes and the frailty of life continues. Even a name of a soap opera, "Days of Our Lives", states this very well.

For me, I try to take things one thing at a time, one hour at a time and each day as it comes. That does not mean, I do not get overwhelmed, and I do, but I just attempt to focus on what has to be done now and what can wait. Yes, it is called prioritizing my day the best I know how and to keep everything into some sort of prospective. Making a list of what I want to do is too much, but I do what I can every day and it will be good enough.

One task at a time helps me get through the day. As I write this article, I am eating my lunch. If you must know it is a Bologna and American Cheese on multi grain bread. Nosy, aren't you all. But is fun to share information. Now, I am full of bologna. My morning was busy writing notes, making phone calls, scheduling appointment for the rest of the week and supervision. Soon, I will be leaving to see people at their homes and see what type of assistance is required. Each person has their own set of issues.

What challenges await me when I leave the office? As long I try to take them as one challenge at a time, I think I will be fine. Expect the unexpected and persevere. I am not a bird or a plane and I am not Superman. What I am is what I am, a person. In the musical, "Le Cage Aux Folles", one song states just that, "I am what I am". Most importantly, be yourself and be truthful to everyone that you deal with. "Honesty is the best policy", is a good line to live by.

Remember, live life to the fullest. Take it one thing at a time, one hour at a time or whatever method helps each other get through the day. Each one of us can make it a great day; even though, it is not always easy. Try to do the best that is possible. As November approaches, get out and vote for the best candidate(s). Happy Thanksgiving. Stuff the bird, not yourself. Of course, enjoy what you can. See you in the Newsletter. Howard, a Peer from Long Island

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## The peer support movement and remembering others who have made sacrifices for important causes, by Rita Cronise



On November 8, a small but significant story unfolded in my hometown of Rochester, New York. Thousands of women left the polling places and converged in Mount Hope Cemetery, many standing in line for more than an hour to place their "I Voted" sticker on the headstone of pioneering suffragette Susan B. Anthony. In 1872, Anthony was arrested for casting a vote in the election. Five

years and much hard work, speeches, and rallies later, with the help of many others (men and women) in the suffrage movement, Congress was presented with an amendment giving women the right to vote, which became the Nineteenth Amendment to the U.S. Constitution in 1920.

*[A brief biography of Susan B. Anthony as described in Wikipedia.](#)*

*followed by some thoughts about how the women's rights movement relates to peer support today.*

Susan Brownell Anthony (February 15, 1820 – March 13, 1906) was an American social reformer and feminist activist who played a pivotal role in the women's suffrage movement. Born into a Quaker family committed to social equality, she collected anti-slavery petitions at the age of 17. In 1856, she became the New York state agent for the American Anti-Slavery Society.

In 1851, she met Elizabeth Cady Stanton, who became her lifelong friend and co-worker in social reform activities, primarily in the field of women's rights. In 1852, they founded the New York Women's State Temperance Society after Anthony was prevented from speaking at a temperance conference because she was female. In 1863, they founded the Women's Loyal National League, which conducted the largest petition drive in United States history up to that time, collecting nearly 400,000 signatures in support of the abolition of slavery. In 1866, they initiated the American Equal Rights Association, which campaigned for equal rights for both women and African Americans. In 1868, they began publishing a women's rights newspaper called *The Revolution*. In 1869, they founded the National Woman Suffrage Association as part of a split in the women's movement. In 1890, the split was formally healed when their organization merged with the rival American Woman Suffrage Association to form the National American Woman Suffrage Association, with Anthony as its key force. In 1876, Anthony and Stanton began working with Matilda Joslyn Gage on what eventually grew into the six-volume *History of Woman Suffrage*. The interests of Anthony and Stanton diverged somewhat in later years, but the two remained close friends.

Anthony traveled extensively in support of women's suffrage, giving as many as 75 to 100 speeches per year and working on many state campaigns. She worked internationally for women's rights, playing a key role in creating the International Council of Women, which is still active. She also helped to bring about the World's Congress of Representative Women at the World's Columbian Exposition in Chicago in 1893.

(Continued from above....) As I ponder the thousands of women who flocked to Susan B. Anthony's grave on election day in Rochester, New York, four years shy of the 100th anniversary of the passing of the Nineteenth Amendment, regardless of the outcome of this election, every woman in the U.S. had the right to vote because of pioneers like Susan B. Anthony and Elizabeth Cady Stanton and countless others who aided them in their quest for equal rights.

In our own peer support movement, there are activists and advocates who have worked hard and made countless sacrifices to bring people in the movement together, raised awareness of recovery principles and the value of peer support, and continue to do what it takes to make peer support a viable option for people who are isolated, suffering, hopeless, and facing all manner of hardships alone.

There is still much to be done in organizing our movement, from raising consciousness to educating entire systems and funders on the role peer support can play in helping marginalized people. I envision a time, as we work together to achieve it, when all people realize our unalienable human rights (regardless of gender, race, age, disability, orientation, political party, or any other factor that might define us as individuals) to choose life, liberty, and the pursuit of happiness.



The **International Association of Peer Supporters (iNAPS)** is a 501(c)(3) non-profit organization that promotes emerging and best practices in peer support and peer workforce development.

We send regular newsletters and updates to our members and free email subscriber list of 5000, hold webinars on topics requested by peer supporters, and host an internationally-attended conference that brings together people in all aspects of the peer support

movement.

This year marked the 10<sup>th</sup> annual national conference devoted to peer supporters and the champions of the peer support movement.

### **Our Mission**

Our mission is to grow the profession by promoting the inclusion of peer supporters throughout healthcare systems worldwide. We learn together and grow in our ability to....

- Demonstrate compassion and hope
- Understand
- Expect more and encourage the next step
- Increase acceptance of those with mental health, substance use, or trauma experiences in their communities of choice
- Increase awareness of the benefits of hiring peer support providers

### **Our Vision**

Our vision is to make peer support services an option for anyone who needs the compassion and understanding of someone who has been there.

### **Our Values**

Our values come from an inclusive process of focus groups, interviews, and surveys in which 1000 peer support providers across the U.S. gave a 98% approval to twelve core ethical values of peer support. The [U.S. National Practice Guidelines](#) that iNAPS founder Steve Harrington compiled from peer input in that process have been used as a global standard for ethical peer support practices. To download a free copy of the U.S. National Practice Guidelines, visit the iNAPS website:

<https://na4ps.files.wordpress.com/2012/09/nationalguidelines1.pdf>

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Membership / **It's time to renew**



***Don't Delay! Join or renew Your iNAPS Membership Today!***

Last year, iNAPS adopted a calendar year membership process to simply processing by our all volunteer staff (memberships now run from January 1 through December 31 each year). Those who had joined in 2015 were extended through the end of 2016. And 2016 is coming to a close.

On January 1, 2017, an annual membership increases from \$25 to \$30 per year. A lifetime membership increases from \$250 to \$300. Don't miss out. Click here to join or renew today! (<https://inaops.org/join-us/>)

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## **Membership Cost Increases in January 2017**

**Join now and save!**

Description and Rates	2016*	2017	2018
--- Annual Membership	<b>\$25</b>	\$30	\$35
--- Lifetime Membership	<b>\$250</b>	\$300	\$350

### **Announcing the Lifetime Membership**

(Your lifetime or ours).

Benefits include:

- Protection against membership cost increases
- 25% discount over full price events and materials
- VIP invitations to forums and special events
- Lifetime member virtual community (coming in 2017)
- Advisory input

Lifetime membership is now available.

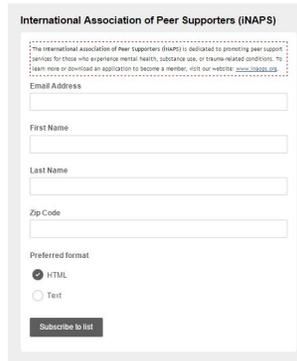
**\*Join or renew before December 31, 2016** to receive an individual 2017 membership or lifetime membership at the 2016 rates shown above.

Join or renew online: <https://inaops.org/join-us/>

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## Spread the word / **Free e-List**

Our free e-mail list is available for anyone with an interest in peer support or being a champion of the peer support movement. You don't need to be a member to receive our monthly newsletter and other free mailings (although we do encourage you to join if you find value in the information, education, and outreach we offer!).



The screenshot shows a web form for the International Association of Peer Supporters (INAPS). At the top, it says "International Association of Peer Supporters (INAPS)". Below that is a small text box with a dashed border containing the text: "The International Association of Peer Supporters (INAPS) is dedicated to promoting peer support services for those who experience mental health, substance use, or trauma-related conditions. To learn more or download an application to become a member, visit our website: [www.inaps.org](http://www.inaps.org)". Below this is a "Subscribe to list" form with the following fields: "Email Address", "First Name", "Last Name", and "Zip Code". There is also a "Preferred format" section with two radio buttons: "HTML" (which is selected) and "Text". At the bottom of the form is a "Subscribe to list" button.

[Click here to subscribe to our free mailing list](#)

Share the link with others who would like to sign up for our free email list and receive notifications about free webinars, our annual conference, and other upcoming events of interest in the world of peer support



Your tax-deductible donation to the International Association of Peer Supporters will go to educate, promote the inclusion of, and support the emerging peer support workforce and those who are being supported through their efforts.

Contact [inaps4peers@gmail.com](mailto:inaps4peers@gmail.com) to learn more.

[Click here to view our  
Conference Sponsors on our website](#)

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**Let others know about us!**

Share this announcement and continue to spread the word  
-- peer support inspires hope, reduces stigma, and improves lives.

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You are receiving this email because you have communicated with us, participated in one of our events, or were recommended to us by a personal contact as having an interest in the peer support field.

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