

iNAPS eNEWS- April 2013



<http://www.naops.org>

Inter-National Association of Peer Supporters (iNAPS)

– formerly the National Association of Peer Specialists (NAPS)



A peer supporter is one who bears witness to the butterflies that emerge from those labeled mere caterpillars by the rest of the world.

~~ Anonymous

Welcome to iNAPS eNEWS

The name has changed, but the mission remains the same....

Founded in November 2004 by a group of peer specialists, the National Association of Peer Specialists (NAPS) was a private, non-profit organization dedicated to promoting peer support in mental health and related systems of care. NAPS was open to anyone who provided support (paid or volunteer) for individuals in recovery from psychiatric, trauma, substance use, or any combination of related conditions and circumstances.

On January 1, 2013, the National Association of Peer Specialists (NAPS) was renamed the **inter-National Association of Peer Supporters (iNAPS)** to reflect its increasingly global membership and to correct a misperception that NAPS was only for certified peer specialists in the mental health system.

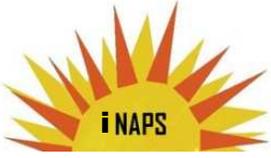
As with the original NAPS, the new **inter-National Association of Peer Supporters (iNAPS)** is open to anyone who provides peer support (paid or as a volunteer), aspires to provide peer support services, or is a champion for recovery and the peer support movement.

Individual membership to iNAPS is now available....

iNAPS is now taking applications for membership. Benefits of membership include:

- Membership certificate
- Quarterly newsletter with periodic email updates
- Registration fee discount to the annual National Peer Support conference

Applications accepted by mail only. See next page or visit the iNAPS web site to download a copy of the membership form (<http://na4ps.wordpress.com/join-us>)



inter-National Association of Peer Supporters

A non-profit organization

Membership Form

The inter-National 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, quarterly 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: \$ _____

Please mail me a "hard copy" version of the newsletter.

Please mail completed form to: INAPS, 755 Alta Dale, Ada, MI 49301.

Update on the (U.S.) National Peer Supporter Standards of Practice

SURVEY ENDS APRIL 12, 2013



iNAPS is currently gathering input on practice standards for peer supporters. The goal of this project is to establish nationally-recognized guidelines that define acceptable practice for the numerous emerging peer support disciplines. As an emerging profession, it is important to hear from peer support providers themselves what they consider to be important considerations for peer support practice.

The first stage of the process has been to gather input from peer support providers about the core values of peer support. This is well underway and has been done through a series of focus groups in various cities in the U.S. A survey about the core values of peer support is also available to anyone who would like to participate in the project.

<http://na4ps.wordpress.com/national-standards>

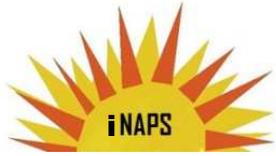
If you have not already done so, please click the link above or visit the national standards project page on our website and complete this survey. (Pass this on to other peer supporters who would like to contribute ideas, stories, or other feedback on the process.)

This survey of core values will end at **midnight on Monday, April 15th** so we can analyze the results and begin the next step in the process of drafting practice standards based on peer input to the survey and focus groups about these core values.

To stay informed about the **National Practice Standards** project, send an email with **JOIN** in the subject line to naps-standards@naops.org.

Peer Support Continuing Education (*Webinar*): Recovery Foundations for Peer Supporters

SAVE THE DATE: APRIL 23, 2013



In collaboration with



A free webinar series designed to improve peer support knowledge and skills has been planned by the International Association of Peer Supporters (INAPS, formerly the National Association of Peer Specialists-NAPS) in collaboration with OptumHealth.

The series will launch with a webinar on vital recovery knowledge for working peer supporters. “This webinar will help ensure we are on the ‘same page’ regarding basic recovery principles and will be useful for subsequent webinars in the series,” according to Steve Harrington, executive director of INAPS.

The webinar series is a result of the Recovery to Practice Project for peer supporters and will draw on a comprehensive continuing education curriculum developed as part of that project.

“The goal of the project is to improve peer support,” Harrington said. “As part of the project, we obtained input from peer supporters across the country to learn what they felt were recovery knowledge gaps and for the last two years, have developed a curriculum to address those gaps.”

The webinar series will consist of eight, one-hour sessions delivered by a variety of experts involved in the Recovery to Practice project. The first webinar will be facilitated by Harrington. Additional webinars are planned to cover trauma-informed peer support, wellness, multi-cultural awareness, peer support roles and values, co-occurring disorders and recovery relationships.

“We hope some states will grant continuing education credits for participation,” Harrington said. “It will be the responsibility of participants to request such credits from state officials who certify peer supporters.”

Although the webinar series is designed for working peer supporters, it is open to anyone interested. The webinar is set for noon to 1 p.m., EST on Tuesday, April 23. There is no cost to participate. For a free certificate of completion, registration is required and can be accomplished by e-mailing: webinars@naops.org and providing your name, address and e-mail address.

To participate, use the following link and telephone number:

To join the online meeting

Go to <https://optum.webex.com/optum/j.php?ED=176102272&UID=491905707&PW=NNGJhZGE5YTII&RT=MIM3>

Audio conference information: 1-888-844-9902 access code 956 7295

Plan to log on to the webinar at least five minutes prior to the start time (1 p.m. EST) as it may be necessary to download the webinar application software before you can join the webinar.

7th ANNUAL PEER SUPPORTER CONFERENCE

SAVE THE DATES: Conference on AUGUST 27-28, 2013
(Pre- and post-conference institutes now in the planning stages.)

Mark your calendars now for the 7th Annual National Peer Supporter conference!

California, Here We Come!



Join us for another annual gathering of friends and colleagues to share innovations and information – and to have a great time!

The site of the 2013 conference will be the Sheraton Garden Grove Anaheim South, in Garden Grove (near Anaheim) California.

Address: 12221 Harbor Boulevard, Garden Grove, CA 92840.

The hotel is conveniently located close to Disneyland and other attractions.

The discount lodging room rate will be \$100 per night, single/double, and the hotel is close to two major airports (Orange County and LAX). We hope you will be able to join us!

More, including early bird rates, Call for Workshop proposals, and pre-conference institutes will be coming in the next iNAPS eNews.

iNAPS Video Resources

A new resource page is available on the iNAPS website that contains video resources which can be downloaded (or played) free of charge for training and continued inspiration.

A Certified Peer Specialist's Story (Gina Calhoun and Scott Heller)

Recorded during the 6th Annual National Peer Specialist conference in Philadelphia (2012) as a part of the National Association of Peer Specialist / *Recovery to Practice (RTP) training for peer support practitioners. The video tells the story of a how peer support changed the destiny of a woman during the closing of a state mental hospital.*

The video is ~10 minutes. The password to access is: **NAPS2012\$SAMSHA**
<https://vimeo.com/49596537>

The Wounded Healer

An inspirational video by Christopher Buck / Humanity Healing that illustrates the profound nature of being a wounded healer. It offers rich insights to peer support providers and those who support the peer support movement. The video is ~6 minutes in length and available free of charge on you tube: <http://www.youtube.com/watch?v=orxEawi9qro>

Singing in the Key of Hope

The odds were stacked against Antonio Lambert from the start. As a child in Portsmouth, Virginia, he was sexually and emotionally abused. Neglected by his family, he grew into a street-toughened gang member with a driving need for drugs.

By the time he was 17, Antonio had been shot nine times and sentenced to 22 years in prison, where a doctor diagnosed him with depression. After 16 years of incarceration, he emerged feeling lost, hopeless, and desperate to find drugs. He found them—but the high never lasted long enough. Something had to change or else he'd end up dead or back in prison. His mother assisted him in getting into Teen Challenge USA, a Christian-based recovery program – and then he joined a local mental health agency as a peer support specialist.

In 2007, Antonio attended a training talk by Steve Harrington, chief executive and founder of NAPS, now the **International Association of Peer Specialists**. Steve saw something special in Antonio and signed him up as a keynote speaker at an event in Michigan.

“I didn’t even know what ‘keynote’ meant,” Antonio later recalled. “I thought I might have to sing.”

To read more of Antonio’s story, visit...

<http://thinkbeautifulminds.wordpress.com/2013/04/02/singing-in-the-key-of-hope/>

Antonio Lambert is now a Recovery to Practice trainer, keynote presenter, and motivational speaker through Recover Resources. To view his New York Times story and download the associated video, visit:

<http://www.nytimes.com/interactive/science/lives-restored-series.html#/antonio-lambert>

Antonio went from the streets to prison and back to the streets to become a community leader and trainer in mental health systems. For a more in-depth version of his story, told with passion and energy, and filled with important life lessons for everyone – you can purchase his DVD. Run time ~45 minutes.

Available through Recover Resources:

<http://www.recoverresources.com/catalog/i147.html>

Recovery-Oriented Practice is a Multidisciplinary Practice

A role play about one man's recovery journey through today's recovery-oriented mental health and substance use treatment systems, as portrayed by members of the Recovery to Practice disciplines, including iNAPS Recovery to Practice trainer, Antonio Lambert. The role play is followed by pertinent questions and answers from the perspective of the multiple mental health and addiction treatment disciplines. Feel free to use the video for training purposes, and to otherwise raise awareness.

Runtime is ~60 minutes and available for download free of charge at: <http://vimeo.com/54974190>

Successful Interpersonal Relationships (DBSA Site)

The following video is a presentation made by Julie Fast at the DBSA 2008 National Conference, "The Power of Peers." In this presentation, Julie, best-selling author of *How to Love Someone with Bipolar Disorder* and *Get It Done When You're Depressed*, provides practical tips for maintaining and improving significant relationships, such as a marriage or domestic partnership, making sure that both parties' needs are understood and met.

http://www.dbsalliance.org/site/PageServer?pagename=help_family_center_video

Other DBSA Award winners can be found here:

<http://www.facingus.org/media>

DBSA Offers Two New Video Series on YouTube

The Depression and Bipolar Support Alliance (DBSA) has developed two new video series. "Out of the Blue: The Many Faces of Depression" includes interviews with six individuals about their experiences with depression. "Bipolar Disorder Education Video Library" covers such topics as "Triggers and Warning Signs," "Stigma and Disclosure," "Medication and Side Effects," and "Coping Skills for Family and Friends." The two series are available at the sources below, respectively.

Sources: <http://www.youtube.com/playlist?list=PLkEyLB5TkXVK8ioW0K0v2tAfZvSXSbxcD>

<http://www.youtube.com/playlist?list=PLkEyLB5TkXVKkKwGYONIKvJc0BASsq4on>

Recovery to Practice – Curriculum for Working Peer Support Providers

The iNAPS/Recovery to Practice team has completed two pilot training events for the soon to be released **Recovery Curriculum for Working Peer Support Providers**. More information on this exciting "Next Step" in continuing education for peer support providers is coming soon.



DBSA Training & Consultation

DBSA Next Steps Collaborative Recovery Training Institute

June 17–21, 2013
Miami, Florida

Are you a peer specialist seeking to add to your toolbox of peer support skills and strengthen your ability to offer authentic peer support services? Plan now to attend the inaugural Next Steps Collaborative Recovery Training Institute for peer specialists through DBSA.

This 5-day course features group exploration and relevant practice in the principles of recovery, self-care, and supporting peers in multiple dimensions of wellness and healing from trauma.

Registration fee: \$750, which includes training materials and beverage breaks.

Trainers: Rita Cronise, M.S.; Lisa Goodale, M.S.W.; and Noelle Pollet

Participants completing the course will receive certificates of attendance for up to 32 hours.

Please note: In order to be accepted for the institute, registrants must have completed core peer specialist training and certification in their home states or systems.

To register, please visit the DBSA Post-Conference Institutes page at: [DBSAlliance.org/Conference 2013](http://DBSAlliance.org/Conference2013). **Registration deadline is Friday, May 15th.**

Training Location

Hilton Miami Downtown
1601 Biscayne Boulevard
Miami, FL 33132
(800) 445-8667



DBSA 2013
National Conference
June 14–16, 2013 • MIAMI, FL

The Next Steps Institute follows the DBSA 2013 National Conference, and participants are eligible for reduced conference hotel rates of \$109/night for single/double occupancy. Visit DBSAlliance.org/Hotel2013 to book your room by May 24th to receive this reduced rate.

You will learn:

Dimensions of wellness

- Challenges to wellness
- Encouraging positive change

Effects of trauma on recovery

- Understanding traumatic events and the thoughts/feelings they can cause
- Recognizing and responding to trauma and secondary trauma in mental health systems

Influence of culture on recovery

- Definitions of cultures and cultural influences
- Cultural self-perceptions
- Developing cultural curiosity and genuine interest
- Moving beyond stereotypes

Dual recovery

- Awareness of addiction types and warning signs
- Methods for saying “no” to self-destructive behaviors
- Taking a whole person approach

Recovery roles and values

- Defining values and ethics
- Goal of boundaries
- Ethical decision-making using a three-step tool

Strengthening workplace relationships

- Understanding diverse workplace values and beliefs
- Positive outcomes of conflict
- Team-building
- Workplace self-care

Recovery relationships

- Creating healthy and supportive relationships
- Helping peers move beyond old comfort zones
- Fostering appreciation and acts of kindness



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Toll-free: (800) 826-3632
Fax: (312) 642-7243

Next Steps Peer Specialist Training – Following the DBSA National Conference



For peer specialists seeking to add to their toolbox of peer support skills and strengthen their ability to offer authentic peer support services, DBSA will offer **“Next Steps” Peer Specialist training June 17-21, 2013 in Miami, Florida**, immediately following the DBSA National Conference. Participants will receive certificates of attendance for up to 32 hours. To qualify for acceptance, individuals must have completed core peer specialist training and certification in their home states or systems.

See the link to post-conference institutes on the DBSA Website (www.dbsalliance.org) for additional information and registration details. Questions can be directed to Training@DBSAlliance.org. Best wishes, Lisa Goodale, Vice President, Peer Support Services, Depression and Bipolar Support Alliance (DBSA)

ALTERNATIVES CONFERENCE – (an important message from Joseph Rogers)

Do you want a 2013 Alternatives conference?

If you want a 2013 Alternatives conference – the oldest national mental health conference organized by and for individuals with mental health diagnoses – you need to do something about it!

Since 1985, the annual Alternatives conferences have offered in-depth technical assistance on peer-delivered services and self-help/recovery methods. Beyond the exchange of knowledge and networking, the Alternatives conferences offer a rich social, artistic, and healing environment. When asked “one thing I learned that I will incorporate into my life and/or my work,” one Alternatives attendee responded, “We can influence the direction of the future.”

Now I’m asking YOU to influence the direction of the future! We have recently heard that, although the money for the conference has been allocated and the application submitted long ago, the Department of Health and Human Services (HHS) apparently

does not understand the importance of this national gathering and is dragging its feet on letting the conference move forward.

HHS seems not to understand that the federal allocation for the Alternatives conference is only a portion – albeit a necessary one – of the cost of the conference. The rest is made up by allocations from the states and from non-profit agencies, as well as from the individuals who attend the conference – you!

If you want to see Alternatives 2013 take place, please contact HHS Secretary Kathleen Sebelius at Kathleen.Sebelius@hhs.gov or call 202-690-7000 or write U.S. Dept. of HHS, Attn: Secretary Kathleen Sebelius, 2000 Independence Ave., SW, Washington, DC 20201, and explain the vital importance of the Alternatives conferences to our movement.

There may not be an Alternatives 2013, unless we work to make it happen! I urge you to contact Secretary Sebelius and make it happen!

Joseph Rogers
Chief Advocacy Officer
Mental Health Association of SE PA
Executive Director
National Mental Health Consumers' Self-Help Clearinghouse
www.mhselfhelp.org
<http://www.facebook.com/jar08034> | <https://twitter.com/jar08034>

FEATURED SPONSORS

Recover Resources

www.recoverresources.com



A peer-operated micro-enterprise and long-term sponsor of NAPS (now iNAPS), which is a clearinghouse for motivational public speakers, inspirational posters, DVD's, books and publications, and the official NAPS Peer Specialist Training Manual.

(Ready, Set, Do It!! There is no "y" in www.recoverresources.com)

Want to be listed as a sponsor or partner in future issues of iNAPS eNEWS?

Contact Steve Harrington at steveh@naops.org

FEATURED RESOURCES

Recovery to Practice



Many visions of recovery-oriented services are converging into a rich tapestry of practices based on peoples' lived experiences of recovery. However, the information on these practices is scattered and can be hard to find. The **Recovery to Practice Resource Center** was designed to bring together all of the existing information and relevant materials on translating recovery into practice in one, centralized place.

Website:

<http://www.samhsa.gov/recoverytopractice>

Overview:

<http://www.samhsa.gov/recoverytopractice/Documents/RTPOverview.pdf>

Recovery to Practice training curriculum for Peer Support Providers

<http://rtp4ps.org>

Listserv:

<http://www.samhsa.gov/recoverytopractice/JoinListserv.aspx>

Join the Listserv to receive weekly highlights and quarterly updates. If you have a recovery story or best practice to share, please contact the Recovery to Practice at: 877-584-8535 or email recoverytopractice@dsgonline.com.



*National Mental Health
Consumers' Self-Help Clearinghouse*

www.mhselfhelp.org

The Key Update

The Key Update is the free monthly e-newsletter of the National Mental Health Consumers' Self-Help Clearinghouse, <http://www.mhselfhelp.org>. This is a great way to stay up to date on current news and events in the world of mental health. To register, visit: <http://www.mhselfhelp.org/register/register.php>