

International Association of
Peer Supporters
(iNAPS)

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iNAPS eNewsletter

December 2014



<http://www.inaops.org>

International Association of Peer Supporters (iNAPS)
iNAPS is a 501(c)(3) charitable organization

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Greetings

Why not give the gift of membership???



See the last page of this newsletter for a membership form, or
access it online at: <http://inaops.org/join-us>

Free Webinar!

Peer Support and the Dept. of Veterans Affairs



The U.S. Department of Veterans Affairs (VA) has emerged as a leader in the development of the profession. As the single largest employer of peer supporters, the VA has learned valuable lessons that have enabled peer supporters to be an important part of the VA healthcare workforce.

The session will be presented by Daniel O'Brien-Mazza, National Director of Peer Support Services for the VA. Dan and his team have contributed much to our understanding of the power of peer support and the military veteran culture.

Join Dan as he provides an "inside view" of the VA's peer support programs, roles of peer supporters and a vision of the future of peer support.

Use the "chat" function during the webinar so participants can share their thoughts and ask questions of the presenter or other participants.



Time: Noon to 1 p.m. Eastern Time Zone,

11 a.m. to Noon, Central Time Zone, 10-11 a.m. Mountain Time Zone, 9-10 a.m. Pacific Time Zone

Date: Friday, December 12, 2014

To join the online meeting (Now from mobile devices!):

1. Go to <https://optum.webex.com/optum/j.php?MTID=m1b324691695d1b40457a55db056ea60d>
2. If requested, enter your name and email address.
3. When the "Join" button turns green, click on it (Note, you may have to refresh your screen a few minutes before the scheduled webinar.
4. When requested, enter your phone number (a single line phone without an extension). You will receive an immediate call back with instructions about how to join the audio portion of the webinar.
5. Follow all screen and telephone instructions.

If you have not previously participated in one of our webinars please log in about ten minutes early to be certain you have downloaded the proper software. If you have not, you will be prompted to do so. The download is quick, free and easy!!!

This series of free webinars is made possible by Optum Behavioral Health Solutions, which provides technology and technical assistance. **Thanks, Optum!**

Questions? Contact us at: webinars@naops.org

RECORDED WEBINARS

The following recorded webinars are available:

- **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>
- **June's Webinar:** Stress: The Deadly Plague (applicable to all professions). http://www.youtube.com/watch?v=sLfGI0T1X_Y&feature=youtu.be
- **July Webinar:** Recovery to Practice Six Professional Disciplines give Updates on their Recovery curricula. <http://www.dsgonline.com/RTP/webinars/7.28.2014.html>
- **August Webinar:** The Workplace Bully – Who and You and What to Do. <https://www.youtube.com/watch?v=000hCIC1YFA&feature=youtu.be>
- **September Webinar:** Emerging Roles in Peer Support: Supporting Employment and Educational Recovery. <http://www.youtube.com/watch?v=wdVyi4rBLc0&feature=youtu.be>

No Webinar in October. Our efforts were focused on the 2014 National Conference.

- **November Webinar:** Build Your Resume: Strategies for Getting, Keeping and Advancing Employment. <http://youtu.be/RYZ1OgcLTpU>

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



You tell us!

Our webinars are well attended and raise many issues (sometimes with more questions than answers) about peer support. We are always looking for 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



Once again, we thank Peter Ashenden and Optum for their continued support of this webinar series. Without their generous donation of time and technology, we could not offer these webinars to you free of charge.

A Season of Hope

Ho! Ho! Ho! Hope for the holidays. Happy Chanukah, Merry Christmas, Happy Kwanzaa and a hopeful New Year 2015. Over the years when I was (and hope to be again, soon), a Peer Specialist, and throughout my life, people need HOPE during this time of year. For me, my hope is that I find another full time job as a Peer Specialist. So most afternoons, I spend time at the library computer looking for job listings and HOPE to find the right opening and get employed.

Throughout the decades, many songs were sung about, "High Hopes" Really the objective is just to have HOPE! By taking one step at a time and trying not to overwhelm oneself, in my opinion it is the best way to achieve the hope you want. Take a building, it is not all built in a day. Remember the adage, "Rome wasn't built in a day", either. You have to build the building, one brick at a time, then a second brick and so on and so on. Then you finally have a foundation and from that you can begin to have a small amount of hope. From there you keep on constructing till you finish and then and only then is hope realized.

In my life, I maintained hope in many things in my life. Although, I graduated college, it was a struggle at the beginning. During my freshman year, I believed I was a victim of abuse, but I was too afraid to do anything, so I just suffered. When I finally went to talk with someone, they gave me hope that I would get through this and that I could continue. Three years later, I finished my bachelor's degree and because of hope, I did it on time. For many years, I have held on to hope in many ways, too many to mention here, but having HOPE changed my life.

Take this advice, no matter how bad things seem, have HOPE it may make things a little better. Again, happy holidays to one and all. Finally, make 2015 the best hopeful year, yet. See you in the newsletter.

--Howard Diamond

Have any stories or articles to share?

During our last webinar on building resumes (for ourselves and those we support) the importance of making one "stand out" to prospective employers was discussed. One way to do that is to contribute to the profession. How can you do that? See Howard Diamond's article above!

We are interested in hearing from you. We want to know what you are doing as a peer supporter, what is working well and what is not. We want to share with our readers the great variety of work settings, training issues, workplace relationships, etc.

This newsletter is sent to about 3,500 working peer supporters across the U.S. By sharing, we all can learn and benefit from your experience. If you have anything you would like to share, please send your article to: steve@naops.org Don't worry about grammar, punctuation or spelling. We can help with that!

BRSS TACS: Supervision Strategies for Peer Recovery Support Providers (audio recording available)

An audio recording of BRSS TACS (Bringing Recovery Supports to Scale Technical Assistance Center Strategy) webinar featuring two nationally-recognized leaders about the supervision of peers: Beverly Haberle, executive director of The Council of Southeastern Pennsylvania, and Tanya Stevens, director of peer services of the New York Association of Psychiatric Rehabilitation Services (NYAPRS). <http://brsstacs.center4si.com/NovemberFirstFridays.mp3>

Key Update! Stay informed by subscribing to **The Key Update**, a publication of the National Mental Health Consumers' Self-Help Clearinghouse.

This month's topics include:

- Webinar on Psychiatric Advance Directives, December 18th 2pm Eastern
- Alternatives 2014 Presentation Handouts Available Online
- NIMH 2015 Draft Strategic Plan – Invitation to Comment
- Peer Staff Seeking Educational Credentials
- Webinars on Best Practices for Integrating Peer Staff in the Workplace
- New Yorker Article: Is there a link between Mental Health and Gun Violence?
- More Power at Work May Cause Depression in Women, Reduce it in Men
- Pathways RTC Webinar on Engaging Youth and Young Adults through Social Media
- SAMHSA Offers Mental Health Recovery Self-Help Educational Program
- SAMHSA TIP 59: Improving Cultural Competence
- CMS Releases New Data Demonstrating Increased Choice, Competition in the Insurance Marketplace in 2015
- Walking Workstations Improve Physical and Mental Health
- Next National Networking Teleconference is Monday, December 15 at 1 PM Eastern
- Consumer-Driven Services Directory

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

Would you like to advertise where more than 3,500 peer supporters will see your message? Contact steve@naops.org for a rate sheet and more information.

iNAPS Continues to Accept Charitable Contributions

As a financial donor, you can receive:

- **Platinum** --- \$5,000+: A thank you as a Platinum level contributing member in iNAPS newsletters and five scholarships to the 2015 conference that can be given to anyone you choose.
- **Gold** --- \$1,000-\$4,999: A thank you as a Gold level contributing member in iNAPS newsletters and two scholarships to the 2015 conference that can be given to anyone you choose.
- **Silver** --- \$250-\$999: A thank you as a Silver level contributing member in the iNAPS newsletters.



iNAPS is a 501(c)(3) charitable organization and these donations would be tax deductible.

Inspiration is only a click away!



Recover Resources is a peer owned and operated micro-enterprise that offers DVDs, books, posters, postcards, training manuals and speaker services. Check us out at:

www.RecoverResources.com

What is the International Association of Peer Supporters?

The International Association of Peer Supporters (iNAPS) was founded ten years ago when a small group of peer supporters in West Michigan decided an organization was needed to promote the power of peer support and learn more about what was happening in the field across the country.

Originally formed as the National Association of Peer Specialists, the organization changed its name in January 2012 to reflect a broader interpretation of peer support (such as recovery coaches in the addictions field) and also broaden the scope from national to international. That small group of founding members thought the organization might someday have as many as 50 members and could, perhaps, find a way to communicate events and developments.

Today, that founding group's vision has been far exceeded. iNAPS reaches more than 3,500 peer supporters with newsletters and special bulletins. In October, the group sponsored its 8th annual peer support conference with more than 225 attending the two-day event. Members and conference participants come from far beyond the US with some from the United Kingdom, Australia, Guam, Japan, Canada and elsewhere. Every state (even those that do not have formal peer support programs) is represented with at least one member.

What does iNAPS do? The mission of the organization (which is a non-profit, 501(c)(3) charitable organization) is to promote peer support. That is accomplished through the development and distribution of educational materials, this newsletter, responding to inquiries from peer supporters and officials wishing to create or expand peer support programs, webinar presentations, professional journal articles, research and related tasks.

In recent years, iNAPS has come to be recognized as a vital source of information and technical assistance. In July 2012, the group published a comprehensive set of value-based practice guidelines that have been embraced by government officials, employers, other non-profit organizations, and peer supporters. These guidelines have enabled peer supporters to better define their roles and work collaboratively with other behavioral health disciplines.

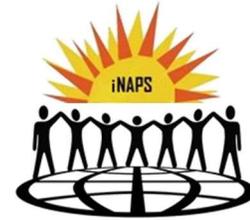
iNAPS also participated in the federally funded Recovery to Practice project that resulted in the development and implementation of an eight-module training for working peer supporters and the self-paced workbook is often used for continuing education purposes.

Looking back, iNAPS has grown not only in members and those served but in credibility as well. iNAPS has taken its place as a legitimate, powerful voice for peer support. "This has been accomplished through inclusion," says iNAPS founder and current executive director Steve Harrington. "Nothing about us without us applies to iNAPS so we continue to reach out to listen to peer supporter voices everywhere and as often as we can."

iNAPS is a completely volunteer organization. There is no paid staff and the organization relies on donations and membership fees to cover the costs of communication, surveys and information distribution.

"The fact that iNAPS has thrived without outside funds for operations is a testament to the power of passionate peer supporters who know how vital peer support is," Harrington says.

In the future, the organization hopes to create a global peer support day to recognize the importance of peer support. A sample code of ethics and the identification and description of core competencies may also be developed.



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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.)

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

Please mail completed form to:

**iNAPS
P.O. Box 67
Trufant, MI 49347**