



International Association of
Peer Supporters
(iNAPS)

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iNAPS eNewsletter

January 2015

International Association of Peer Supporters (iNAPS)

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

Contents this Issue

- *Happy New Year from iNAPS*
- *9th Annual National Peer Support Conference Update*
- *January Webinar (Friday, January 16)*
- *Recorded Webinars (2014)*
- *The Challenge of Exploring Personal Recovery Goals*
- *News and Upcoming Events*
- *Advertise with iNAPS*
- *Membership Form*

Quote of the Month

Opportunities are usually disguised as hard work so most people don't recognize them.

--Ann Landers

HAPPY NEW YEAR FROM iNAPS

The **International Association of Peer Supporters (iNAPS)** is an all-volunteer charitable organization (501(c)3) that promotes peer workforce development. We print a monthly newsletter, provide informal tech support, and host an annual conference. By joining iNAPS, you can receive “hardcopy” newsletters by mail, discounts on the annual peer support conference registration fee, and the good feeling that comes with knowing you are helping others. Membership dues are used to ensure regular communication with more than 3,500 peer supporters across the U.S. and others in other countries.

iNAPS projects for 2015 include the identification and description of core competencies and creation of a code of ethics. iNAPS will also continue its series of free webinars, which some peer supporters are able to use for continuing education credits (check with your state certification entity to see if these webinars qualify for continuing education).

See the last page of this newsletter for an iNAPS membership form, or access it online at:

<http://inaops.org/join-us>

NATIONAL PEER SUPPORT CONFERENCE UPDATE

Although many details have yet to be finalized, planning continues for the 9th Annual National Peer Support Conference. Here is what we know:

- The conference will most likely be held in San Antonio, Texas
- The conference will be held in mid or late August, 2015 (we will avoid the WRAP Around the World event dates).
- The Call for Workshops will be issued in March. Watch this newsletter and the website (www.inaops.org)
- There are no scholarship funds available at this time through iNAPS.
- The conference will follow a two-day format with pre and/or post-conference institutes possible.
- We will be especially interested in workshops/keynotes that address advocacy issues.

Free Webinar!



Dealing with Compassion Fatigue Friday, January 16

Anyone who cares about others and is empathetic is susceptible to compassion fatigue—a state of mind and emotion that makes it difficult to deal effectively with the challenges others face.

Join us as Ted Thomas, peer supporter and program director for the Promise Recovery Network in Charlotte, NC, explores the realities of compassion fatigue. His presentation will include ways to avoid compassion fatigue and, one experience, how to overcome it.

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

Time: Noon Eastern Time, 11 am, Central, 10 a.m. Mountain, 9 a.m. Pacific

1. Go to:

<https://optum.webex.com/optum/j.php?MTID=m357ae64c291c7853b830171447b1220b>

2. When the “Join” button turns green, click on it.

Note: You may have to refresh your screen a few minutes before the webinar starts.

3. When requested, enter your phone number (must be 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.

4. Follow all screen and telephone instructions.

If you have not previously participated in one of our webinars join about five 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!!!

Questions? Contact us at: webinars@naops.org

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



Recorded Webinars

The following 2014 recorded iNAPS/Optum webinars are available:

- **April's Webinar:** Guided Tour of the iNAPS Recovery to Practice training for experienced peer supporters <http://youtu.be/l4OymMprBQY>
- **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://youtu.be/sLfGIOT1X_Y
- **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. <http://youtu.be/000hCIC1YFA>
- **September Webinar:** Emerging Roles in Peer Support: Supporting Employment and Educational Recovery. <http://youtu.be/wdVyi4rBLc0>
- *No Webinar in October. We were enjoying the 2014 National Conference.*
- **November Webinar:** Build Your Resume: Strategies for Getting, Keeping and Advancing Employment. <http://youtu.be/RYZ1OgcLTpU>
- **December Webinar:** Peer Support in the VHA. <http://youtu.be/sm7gVir3DA0>

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>.

Thank you David Barker and CreateUs Media for recording these sessions!



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



Save the Date - August 24-26, 2015
WRAP Around the World Goes to Washington, DC!

'I Don't Want to Work:' The Challenge of Exploring Personal Recovery Goals

Steve Harrington

"I don't want to work. Why does everyone want me to get a job?"

Those words came from "John," a 30-year old man who lived with his brother and rarely left the home. I was asked to "engage" him in services because he refused to come to an agency for meetings with his case manager.

"So, what is it that is important to you?" I asked.

"Having a quart of beer every day. I don't want to have to worry about not having a beer when I watch TV."

When I reported John's goal to his case manager, she rolled her eyes and spoke sternly. "That's not a goal. He needs to get a job, come in for appointments and take his medication. Those are goals."

"Those are goals you may value but they are not John's goals. He has a right to decide for himself what is important to him," I told her. "Let's give it some time and see where it goes."

Together, we explored ways John could ensure his daily beer. Options were somewhat limited because John didn't want to use the bus. And a social phobia also made it difficult for him to relate to people. Still, he was interested in achieving his only life goal—having that quart of beer each day.

Those are goals you may value but they are not John's goals. He has a right to decide for himself what is important to him.

Ultimately, John decided the only way he could attain his goal was with some sort of income. That, he reluctantly decided, was the only answer. But how could he realize that income? Again, we explored possibilities. After many trips to his modest home in the city, I had come to know John fairly well. My job was not to find John a job but to help him decide what HE wanted and how he might fill his needs.

Through our visits, John became increasingly comfortable in our relationship. He freely shared his thoughts and feelings and I could see a flicker of hope when he talked about cars and television shows. After several months of weekly visits, John met me at his door obviously excited. "I got a job!" he announced before I got to the door. "I got a job next door."

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Exploring Personal Recovery Goals

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John lived next to a lumber yard. He shared his news telling me he had gone on his own to the lumber yard and asked about a job. The manager hired him on the spot to load lumber on trucks. John would have limited contact with others and could easily walk to the worksite. It was a perfect way for him to achieve his goal.

John started working part-time and proved himself a hard worker. He was soon hired full-time and it wasn't long before he left Social Security benefits in favor of a regular paycheck. Last I knew, John was saving for a car. Perhaps his most meaningful accomplishment was rejoining his community where he has formed relationships and learned to step outside his comfort zones.

When people with physical or mental health challenges engage in human services there are often two responses: 1) You aren't capable of working so learn to live on entitlements, or 2) You need to get a job. Both responses reflect value-based judgments on the part of human service workers. A better approach is to explore the values of the individual and encourage him/her to create goals important to THEM and help them find their own ways to achieve those goals. Recovery goals must be based on an individual's values; not the values of service providers who often see work as one of a few "legitimate" goals.

Indeed, work can bring much meaning to our lives. In the U.S., when we meet someone new and ask, "What do you do?" the expected response is a vocational occupation. But in some European countries, the question elicits a much different response. A person may say, "I garden," "I write poetry," "I cook for my children."

The difference is values; what an individual finds meaningful in their lives. In the U.S., we have come to link our work with our life meaning. Consider the fact that U.S. workers, on average, rarely use all their vacation time while workers in many countries enjoy considerably more vacation time and use it all. One of the highest suicide rates in the U.S. is among recently retired men. Presumably, they are unable to find meaning beyond the workplace. Unfortunately, I have seen this among people who graduated high school in my class as they consider or begin retirement.

"What are you going to do when you retire?" I asked a friend preparing for retirement from a police department.

"I have no idea. The kids are grown. I never had time for a hobby. I just don't know," he said.

Instead of that "Get a job" knee-jerk reaction, let's help those we support (and ourselves) explore a broader sense of life meaning. Let us reject the notion that our life's meaning is solely linked to our work. Let us instead focus on personal growth and life in a community of our choice.

Key Update!

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

Topics this month include:

- SAMHSA Issues RFA for Statewide Consumer Network Grants
- National Institute on Drug Abuse Seeks Input on 2015-2020 Strategic Plan
- "Ask Me Anything": A Free Webinar on Employment Will Provide Some Answers
- ABLE Act Is Signed into Law
- Café TA Center Offers Information about Higher Education for Students with Mental Health Needs
- Researchers Find More Evidence That Guns, Not Mental Health Conditions, Cause Violence
- SPRC Announces Launch of New Video Series on Suicide Prevention
- Condensed Version of "Sick," Performed by Elizabeth Kenny, Is Available Online
- Letter Outlines Home Care Rule Obligations of Public Entities under the ADA and *Olmstead*
- Gravedigger at a Psychiatric Institution Will Finally Be Memorialized
- Next National TA and Networking Teleconference Is Monday, January 26, at 1 p.m. ET
- Consumer-Driven Services Directory

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

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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.

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