



International Association of
Peer Supporters
(iNAPS)

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iNAPS Newsletter

April 2015

International Association of Peer Supporters (iNAPS)

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

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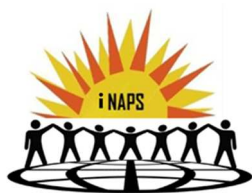
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Quote of the Month

"Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive."

~Howard Thurman





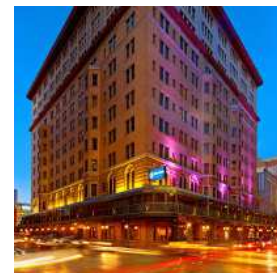
NATIONAL PEER SUPPORTER CONFERENCE

Advocacy, Poverty and Peer Support

August 20 & 21, 2015

Sheraton Gunter San Antonio Hotel

Join us for two days of learning, networking, and fun in beautiful San Antonio, Texas!



Our 9th Annual National Peer Support Conference is set for San Antonio at the Sheraton Gunter San Antonio Hotel, a very short walk from the famous Riverwalk and a short ride to the Alamo.

The conference will feature keynotes by nationally known presenters as well as workshops that address important peer support issues. This year's conference will focus on advocacy and poverty—two important issues for peer supporters and those they support.

Come prepared to learn new skills and information that will help you be the best peer supporter you can be!

We have arranged a special group lodging rate (\$139 per night single, \$159 per night double and \$174 per night triple plus applicable taxes). Space is limited in our room block so please make your reservations early to avoid disappointment. Reservations can be made online: <https://www.starwoodmeeting.com/Book/nationalpeersupport> or by calling 888-999-2089. Be sure to mention that your reservation is for the iNAPS conference.



For more information about the Sheraton Gunter Hotel, please visit: www.sheratongunter.com. For more information about the Riverwalk, please visit: www.thesanantonioriverwalk.com



International Association of Peer Supporters (iNAPS)
www.inaops.org

9th Annual National Peer Support Conference

Advocacy, Poverty and Peer Support

August 20 & 21, 2015
San Antonio, TX

iNAPS Workshop Presenter Application

The International Association of Peer Supporters (iNAPS) is seeking workshop proposals for its ninth annual national peer specialist conference.

Workshops that provide innovative solutions and/or practical skills are preferred.

Proposals will be evaluated based on the value of the proposed topic to the practice of peer support. Workshops that teach “practical” skills are more likely to be selected than a lecture or presentation about a topic.

Advocacy and Poverty of the key themes of this year’s conference, but iNAPS is open to workshops on virtually any topic of interest to the practice of peer support. We are specifically seeking workshop proposals addressing peer support in the following areas:

- Advocacy and action to reduce poverty (including peer supporters themselves)
- Reaching underserved peer groups such as GLBT, minorities, youth, elderly, formerly incarcerated, etc.
- Working in non-traditional roles, such as corrections, geriatric, primary care, managed care, parenting, vocational or employment, faith-based peer support, financial, coming off benefits, community navigation and integration, wellness coaching, or other settings.
- Working together on a team with credentialed professionals – what have we learned?
- Lessons learned from substance use and mental health recovery peer support
- Peer support for the peer supporters – how are we doing this?
- Veterans Issues—what are the lessons learned and best practices?

Submitting a workshop proposal

Fill out the proposal on the following pages. All contact between the conference planning committee and proposal applicants will be with the listed “primary presenter.” If submitting more than one proposal, each proposal must be submitted on a separate form.

iNAPS welcomes proposal submissions from both experienced and novice presenters. Although not required, you may provide a brief biography/resume with the proposal if you wish.

Because we are always seeking new talent, diverse experiences, and fresh ideas, “repeat” workshops on the same or similar topics by the same individual(s) are unlikely to be selected.

This promises to be an exciting and inspiring event. Your contributions are appreciated.

Complete and mail this form to: iNAPS, P.O. Box 67, Trufant, MI 49347

Proposals will **ONLY** be received by **U.S. Mail**.

Workshop proposals must be postmarked no later than May 1, 2015

If your workshop is selected

Presenters are responsible for their own lodging, non-conference meals, travel and other expenses. Presenters for selected workshops will receive a complementary membership* and the \$195 early bird/member rate. **All presenters must register for the conference and pay registration fees no later than July 1, 2015.**

Please do not submit a proposal unless your attendance is assured. There are no scholarships planned at this time.

*If a presenter is already a member of iNAPS, the complementary membership can be extended an extra year or be given to someone else.

Peer Support Workshop Proposal

1. Primary Contact/Presenter

Name: _____

Agency: _____

Street: _____

City, State/Province _____

Zip & Country _____

Day Phone: _____ Email: _____

2. Title of Workshop: _____

3. Description (50 words maximum):

4. **Learning Objectives:** (List at least three learning objectives *using person-first language*. For example, it is preferable to say: “Participants will be able to recognize three signs of respect with people who are homeless,” as opposed to: “Participants will learn about communicating with the homeless.” This step is necessary for CEU granting entities).

5. **Will handouts be available?** ___ Yes ___ No

- If yes, please plan on bringing at least 100 copies for the workshop.

Participants find handouts useful and are strongly encouraged. If your workshop is selected, plan to bring about 100 copies for participants (extra copies—if unused during workshop sessions--will be made available at a literature table for those who cannot attend a session).

6. **Have you presented this or similar workshops before?** ___ Yes ___ No

- If yes, please explain.

Note: Some audio-visual equipment will be available at the conference, but presenters are encouraged to bring their own equipment and should be proficient in its use.

7. **Co-Presenters** (please provide names, addresses, e-mails—Note: up to three presenters—including primary presenter--total will be eligible for complimentary iNAPS membership for one year):

Mail no later than May 1, 2015 to: iNAPS, P.O. Box 67, Trufant, MI 49347

Proposals will **ONLY** be received by **U.S. Mail**.

Conference Registration
9th Annual National Peer Support Conference
August 20 & 21, 2015

Advocacy, Poverty and Peer Support

Sheraton Gunter San Antonio Hotel
205 E. Houston St.
San Antonio, TX 78205
(210) 227-3241

Register online: <https://inaps2015nationalconference.eventbrite.com>

Or print and e-mail this registration to: steve@naops.org

Questions? E-mail: steve@naops.org

Fax: (616) 200-5392

To register, visit the online registration site or 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.

You are responsible for making your own arrangements for travel, hotel, and meals. A special discount room rate of \$139 single, \$159 double, and \$174 triple per night, plus applicable taxes, has been negotiated for those who will be attending our conference. Let them know you are attending the NAPS conference when you make the hotel reservations. The number of rooms we are able to reserve at the special rate is limited so make your reservations early to avoid disappointment!

National Peer Support Conference
Advocacy, Poverty and Peer Support

Registration

Name _____

Telephone # _____

Street Address or P.O. Box _____

City _____

State _____

Zip _____

E-Mail Address (if available) _____

Special Needs (please indicate) _____

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

Full Conference (2 days) Early Bird Until July 1, 2015	Full Conference (2 days) Regular Price After July 1, 2015	One Day of the Conference	Total Registration (Fill in the total below)
\$225	\$260	\$150	Registration Total:
Member rate: \$195	Member rate: \$230	Member rate: \$120	

You **MUST** be an iNAPS member to take advantage of the discounted membership rate. However, **you can submit your membership form with the \$25 membership fee** and send it with this form to take advantage of the member rate at the time you submit this registration. Membership forms can be found on our website: <http://inaops.org/join-us/>.

To register and pay online (processing fee applies)
visit: <https://inaps2015nationalconference.eventbrite.com>

To register by mail, complete this form. Payment must accompany registration.

To pay by check, make it payable to "iNAPS" and send with this registration form.

To pay by credit card, provide the following:

Name on Card _____

Phone # _____

Card # _____ Security Code on reverse _____

Expiration Date _____

Zip Code associated with card _____

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

iNAPS is a 501(c)3 non-profit organization, Federal I.D. #46-1719864.

MAIL TO:

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

FAX TO:

(616) 200-5392

Be a Conference Sponsor



Would you like to make a memorable contribution to the emerging field of peer support services?

Do you have a product or service you would like to share not only with those who attend the conference but more than 4000 peer supporters and healthcare organizations that hire them?

As a conference sponsor your message of sponsorship is included in the next four issues of the iNAPS newsletter and conference promotional materials. Many levels of sponsorship automatically include exhibitor space and admission for exhibitors to attend the conference and network with attendees.

Contact steve@naops.org for suggested donations and more information.

Recorded Webinars

Several recorded iNAPS webinars are available on our site:

- [Tour of iNAPS Recovery to Practice training](#) for experienced peer supporters
- [Self-Disclosure](#) for peer support providers and other disciplines
- [Stress: The Deadly Plague](#) (applicable to all professions)
- [The Workplace Bully](#) – who and you and what to do
- [Emerging Roles in Peer Support](#): supporting employment and educational recovery
- [Build Your Resume](#): strategies for getting, keeping and advancing employment
- [Peer Support in the VHA](#): Dan O'Brien Mazza, Director of Peer Support Services VA
- [Compassion Fatigue](#): Ted Thomas, Program Director of Promise Recovery Network, NC
- [History of Peer Support](#): Larry Davidson, Ph.D., Director of the Program for Recovery and Community Health at Yale University.

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



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. *And thank you David Barker (www.createusmedia.com) for recording these sessions!*

Did You Know??

The iNAPS / Optum free webinar series started in April of 2013. Since that time, there have been 19 webinars attended by **2574** participants and **1650** certificates of attendance issued.

For a complete list of past webinars, visit: <http://inaops.org/free-webinar-series/>

Announcing Global Peer Supporter Day!



Save the date:
October 15, 2015

Make plans to celebrate the first annual Global Peer Supporter Day!

Plan events to promote peer support in your local community. More details coming soon!

Article: April Showers

Howard Diamond

As we left off last time (March newsletter), it was 1986 and things were about to change for the better. People talk about "April Showers". For me that means showers of emotions, both up and down. Not manic, but my good and my bad times. At least, I thought, so. After spending most of early 1986 in a vocational program, I finally landed a job. Boy, did I land. And land hard!



This job was to work for a bank where I processed Certificate of Deposits on a computer like seven or so hours a day, five days a week. It was nothing like what I was trained for (computerized bookkeeping), but it was a small full time paycheck. Shortly thereafter, I moved to an apartment in the Mental Health System with two other men. One was a thief and the other had a multitude of issues (that I did not understand at that point), not a good situation.

A few months later, I received my retroactive SSI and SSDI monies. All of these caused me so much anxiety, but I coped the best way I could (making good out of bad). After two promotions and three and a half years at the bank, I could not handle all the goings on in my life, including losing my job and the death of my step father, I fell apart emotionally. I called this a partial breakdown, not a total decompensation. My panic and anxieties came back full force and I was not coping. All of the techniques I learned worked well enough to exist "Day by Day", like it was sung in Godspell, kept me motivated and moving ahead. Now it was mid-1990, I had to almost start all over again. Occasionally, I would do an odd job and earn a little money to supplement my benefits. In 1992, I went to another vocational program for about three months and from there I got employed as a long term temp at their affiliated hospital which was a good time. There I used my bookkeeping and computer skills. A year later, the assignment was over and I was upset because I was not offered any other position. Moving so much in the system since 1986, if a new position came up, they could not find me. During a good part of 1993 and 1994, I started to read that people in the Mental Health System can find jobs (volunteer and paid), giving back based on their experiences with their own mental illness (wellness). Finding that very interesting, I spent time in the library researching what was available on Long Island.

To be continued ... See you in the newsletter.
Howard, a Peer from Long Island

Editor's note: *Articles published in the newsletter appear as submitted and do not necessarily reflect the language or views of iNAPS or its members.*

Other National Conferences

In addition to the 2015 National Peer Specialist Conference we are hosting on August 20 and 21 in San Antonio, TX, we are providing a list of other conferences so you can see at a glance the range of opportunities for ongoing education, networking, advocacy and support that are being offered “live” at the national level. Each group has much to offer and we are listing them in chronological order. (We apologize if we’ve missed your group.)

<p>Annual Executive Seminar (hosted by NYAPRS) Healthcare Reform – What Lies Ahead http://www.nyaprs.org/conferences/executive-seminars/index.cfm April 14-15, 2015 Albany, New York</p>	<p>iNAPS: 2015 National Peer Supporter Conference International Association of Peer Supporters http://inaops.org/2015-national-conference August 20-21, 2015 San Antonio, TX</p>
<p>National Council on Behavioral Health NATCON 2015 http://www.thenationalcouncil.org/events-and-training/conference/ April 20-22, 2015 Orlando, FL</p>	<p>WRAP AROUND THE WORLD IN DC Copeland Center for Wellness and Recovery www.copelandcenter.org August 24 -26, 2015 Washington, DC</p>
<p>Mental Health America: 2015 Annual Conference http://www.mentalhealthamerica.net/annualconference June 3-5, 2015 Alexandria, VA (Hilton Mark Center)</p>	<p>DBSA 30th Anniversary National Conference and Leadership Forum www.dbsalliance.org September 26-27, 2015 Chicago, IL</p>
<p>Recovery Workforce Summit: 2015 Annual Conference Psychiatric Rehabilitation Association (PRA) www.uspra.com June 1-4, 2015 Philadelphia, PA</p>	<p>ALTERNATIVES 2015 PEERLINK Technical Assistance Center October (location/dates to be determined) For details: http://www.peerlinktac.org/</p>
<p>NAMI National Convention: Embrace the Future http://www.nami.org July 6-9, 2015 San Francisco, CA</p>	
<p>NARPA 2015 Annual Rights Conference http://www.narpa.org August 20 - 23, 2015 Washington DC - Convention Center</p>	

News Briefs

SAMHSA Voice Award Nominations Deadline April 10



Voice Awards: Giving a Voice to Recovery

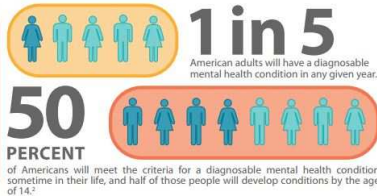
SAMHSA's Voice Awards program "honors consumer/peer leaders and television and film professionals who educate the public about behavioral health. Through their work and personal stories of resilience, both groups of leaders demonstrate that people with mental and/or substance use disorders

can and do recover and lead meaningful lives." To nominate a consumer/peer leader visit: <http://www.samhsa.gov/voice-awards/nominations/consumer-peer-leaders>

May is Mental Health Month (Mental Health America)



When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4—we begin with prevention. When people are in the first stage of those diseases and are beginning to show signs or symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease. So why don't we do the same for individuals who are dealing with potentially serious mental illness?



For over 65 years, **Mental Health America** and our affiliates across the country have led the observance of May is Mental Health Month by reaching millions of people through the media, local events and screenings. We welcome other organizations to join us in spreading the word that mental health is something everyone should care about. For more, visit:

<http://www.mentalhealthamerica.net/may>

Second Annual Mental Health & Dignity Day to Take Place May 3, 2015



The second annual national **Mental Health & Dignity Day** is being planned for the first Sunday in May, May 3, 2015, in part as a way to commemorate Mental Health Month. On their Facebook page, the organizers write, "Help us to set the agenda for 2015 by providing input on what issues you think are most important as it relates to mental health, dignity, human rights, that can be addressed at our events. Are you interested in seeing an event happen in your community? Would

you like to recognize National Mental Health & Dignity [Day] as a part of your existing activities in May? To learn more, visit: <https://www.facebook.com/mentalhealthdignityday>

Recovery Now Campaign



Join the campaign to raise awareness that people can recover from even the most serious mental health conditions, given the right mix of accessible, community-based services and supports (including peer support). To learn more, visit: <http://www.mentalhealthrecoverynow.org>.

Next Steps Peer Specialist Continuing Education (32 hrs.)



Next Steps is a continuing education program for experienced peer specialists developed by the [International Association of Peer Supporters \(INAPS\)](#) under the [SAMHSA-supported Recovery to Practice initiative](#). Delivered via a collaborative learning approach, the course includes 24 hours of face-to-face training plus 8 hours of self-paced pre-work.

Our Next Course: May 19-22, 2015 / Tacoma, Washington

Training space is limited. Application deadline is May 8, 2015. Fee: \$695.00

[Click here for a description of the training](#)

[Click here to access the online application](#)

For more, send email to training@dbsalliance.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>.

Headlines from the March edition include:

- Numerous Rebuttals to Controversial JAMA and NY Times Articles Calling for Return to Asylums
- British Guide to *“Understanding Psychosis and Schizophrenia”* Available for Free Download
- Newsletter Focuses on How to Help Individuals with Mental Health Issues Who Have Been Incarcerated Rejoin Society
- 3 FAQs from People with Disabilities About Their Taxes
- SAMHSA Extends Deadline for Voice Award Nominations to April 10
- International Day of Protest Against ECT is May 16
- Two Free Webinars on Advocacy will be hosted by BoardSource in Early April
- “Recovery is Breaking Through,” Says New Café TA Center Publication
- Free Webinar on Motivational Interviewing for Peer Support Providers on April 9
- “Say it Out Loud” Campaign Addresses Depression in Teens
- Second Annual Mental Health & Dignity Day on May 3, 2015
- Are You a Journalist or Do You Know One Who Might Be Interested? Applications for Roslyn Carter Mental Health Fellowships Due on April 17
- Strange But True: “Psychoanalysis” Comics from the 1950s
- Special National TA and Networking Teleconference Will Feature a Presentation by Jessica Wolf on Career Development for CPS: Monday, April 20 at 1:00 pm ET. To participate in this free conference call, email Susan Rogers at srogers@hasp.org.

To view the full issue, visit: <http://www.mhselfhelp.org/the-key-update/>

InterNational Association of Peer Supporters

Dedicated to promoting and developing peer support



Cultivating a culture
of compassion

About 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 technical 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>

Our Sponsors

Recover Resources



www.recoverresources.com



www.optum.com

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**