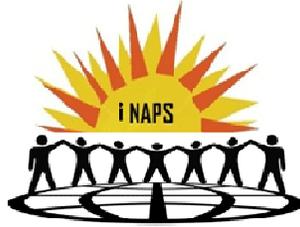


# iNAPS eNEWS- October 2013



<http://www.inaops.org>

## International Association of Peer Supporters (iNAPS)

– formerly the National Association of Peer Specialists (NAPS)



The concept of recovery was not even dreamed possible when I first began working in mental health... Our focus was on gaps in service and access to care. For me, the emergence of *recovery as a goal represents the single biggest advancement of the last thirty years*. Unfortunately, many people today—from the general public to professionals—still know very little about what it is or what it means. ~Rosalynn Carter



### SAVE THE DATE!

**Tuesday, October 22, 2013**

– 12:00 Noon Eastern

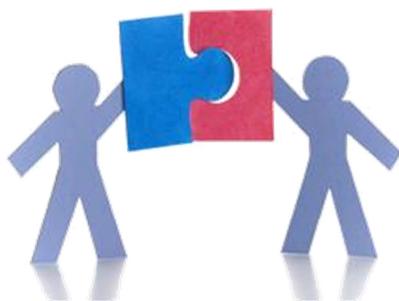
Free Webinar 7 – From Dual Recovery to  
Recovery of the Whole Person

*See next page for more information.*

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- Webinar 7: From Dual Recovery to Recovery of the Whole Person
- 2013 Pillars of Peer Support Review
- Peer Specialist Training and Certification National Overview
- Recovery to Practice (update)
- Membership Form

## Free Webinar 7: From Dual Recovery to Recovery of the Whole Person



The next free webinar is Tuesday, October 22, 2013  
from 12:00 noon to 1:00 p.m., EDT.

Join Patrick Hayes, Region 4 Recovery Support Specialist for the Illinois Dept. of Human Services/Division of Mental Health, and Erik Simkins, Wellness Coach and Certified Recovery Support Specialist from the Human Service Center in Peoria, IL, for a webinar on moving from dual recovery (from co-occurring mental health and substance use conditions) to recovery of the whole person.

This webinar is designed for peer supporters (also applicable for recovery coaches) and it is based on a part of the soon to be released SAMHSA-funded Recovery to Practice Project training for working peer supporters.

Patrick and Erik will cover ways peer supporters can understand co-occurring disorders and help those they support move beyond both disorders and address recovery in a broader context.

**No pre-registration is required!** To receive a free certificate of attendance, complete the very brief quiz that will appear on the iNAPS website immediately following the webinar. After submitting the quiz, a certificate will be mailed to you (U.S. Postal Mail) 3-4 weeks after the webinar.

For continuing education credit, contact your state certification authority to determine if this webinar is qualified for such credit.

**Questions? Contact us at: [webinars@naops.org](mailto:webinars@naops.org)**

## Access Information for Webinar 7

**Topic:** From Dual Recovery to Recovery of the Whole Person

**Date:** Tuesday, October 22, 2013

**Time:** Noon to 1 p.m., EDT (11 a.m. to Noon CDT)

**Cost:** Free

**No pre-registration is required!**

**Note:** The webinar will be recorded so your voice and identifying information may be disclosed if you choose to speak up during the Question and Answer period. You may wish to refrain from asking questions or making comments during that time if you do not wish to be recorded.

**Meeting Number:** 644 045 391 | **Meeting Password:** optum

**Toll-free audio conference (required):** 1-888-844-9902 access code 956 7295

**To join the online meeting, go to:**

<https://optum.webex.com/optum/j.php?ED=244572952&UID=491905707&PW=NMTIxNjcyNTk5&RT=MIM3>

**Important Note:** If this is your first webinar with us, please log in at least 15 minutes before the start of the webinar to download the WebEx software (a free and quick download).

**This webinar series is made possible through the generous support of Optum.**

**Questions? Contact us at:** [webinars@naops.org](mailto:webinars@naops.org)

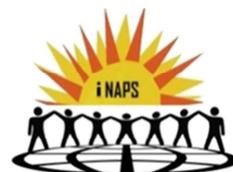
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### For technical assistance (if required)

1. Go to <https://optum.webex.com/optum/mc>
2. On the left navigation bar, click "Support".

To update this meeting to your calendar program (for example Microsoft Outlook), click this link: <https://optum.webex.com/optum/j.php?ED=244572952&UID=491905707&ICS=MIU2&LD=1&RD=2&ST=1&SHA2=r/wPohAA0Cuy1KSiQ0gmyVsPun9FR8YjjJR8hmFMmTU=>

To check whether you have the appropriate players installed for UCF (Universal Communications Format) rich media files, go to <https://optum.webex.com/optum/systemdiagnosis.php>



# PILLARS OF PEER SUPPORT

## **A Review – Summit Explores Skill Diversity, by Steve Harrington**

The range of skills peer supporters possess that enables them to help others was explored during the fifth annual Pillars of Peer Support Summit held in Atlanta, GA, Sept. 24 & 25. The group of about 60 invited guests also explored steps employer organizations can take to facilitate the hiring and effective practices of peer supporters.

The summit began with a presentation by Larry Davidson, Ph.D., Director of the Program for Recovery & Community Health at Yale University. Although the title of his presentation, “The Role of Peers in Building Self-Engagement Among Consumers of Services,” seemed to signal a dry session, Davidson brought the topic to life with personal stories and quick wit.

A panel discussion with Frances Purdy, Director of the Certification Commission for Family support and Sue Smith, CEO of the Georgia Parent Support Network examined the role of family peer support. Peer self-management innovations and outcomes within the addiction recovery community was the topic of a panel discussion led by Neil Kaltenecker, Executive Director of the Georgia Council on Substance Abuse, Charryse Cooper, consultant for the National Center for Trauma-Informed Care and James Guffey, Director of Community Recovery Supports for the Georgia Mental Health Consumer Network.

The final panel discussion for the first day examined peer self-management innovations and outcomes within the mental health recovery community. James Sawyer, Youth Engagement Content Specialist with the TA Partnership for child and Family Mental Health addressed the needs of youth and peer support. Beth Filson, a consultant who focuses on trauma-informed care, made an inspiring presentation that was moving and hopeful.

## ***Pillars of Peer Support (continued)***

At the end of the first day, participants self-selected one of three groups (mental health, substance use or family support) to discuss the skills and/or abilities peer support specialists bring to the workplace that make them effective in teaching and supporting self-management/self-care. Each group developed a list of skills and abilities that was reported back to the larger group. An examination and discussion of the results was led by Ike Powell, Training Director for the Appalachian Consulting Group.

The second day featured a presentation by Larry Fricks, Director of the Appalachian Consulting Group and Deputy Director of the SAMHSA-HRSA Center for Integrated Health Solutions. Fricks addressed the role of peers in building whole health self-management outcomes. Using personal experiences and good humor, Fricks emphasized the need for peer support in a variety of healthcare settings.

Four groups formed to explore what agencies can do to position and support family support peers, addiction recovery peers and mental health peer support specialists to ensure they are effective in teaching and supporting self-management/self-care. These small-group discussions built on the discussion of the previous day and resulted in long lists of suggestions.

The lists were shared with the entire group but due to time constraints, the lists were not consolidated as planned. That task was left to consultant Allen Daniels, the lead author of Pillars of Peer Support reports.

How useful was the summit? Time and the final report will be the best indicators of the usefulness of the summit. But it is evident that there were many positive results.

Those immediate results include:

- An updated exploration/examination of peer support skills/abilities,
- An updated exploration/examination of how employer organizations can facilitate peer support,

## ***Pillars of Peer Support (continued)***

- Networking among participants to:
  - Explore collaborations
  - Learn what others are doing
  - Share problem-solving strategies
  - Build on established relationships
  - Share resources
  - Share perspectives
  - Celebrate successes
- Recognition of peer support as an important workforce component.

It is important to be mindful of the purpose of Pillars of Peer Support. The summit is intended to be an information gathering and sharing event. It is NOT an organization that develops policies as some have mistakenly believed in the past. Representatives are invited from each state and although those invitations are generally directed to state officials, many peers are sent as representatives and do an excellent job of presenting peer perspectives.

Some have criticized the summit as being too exclusive. Reasons why the event is by invitation only is because there is limited space at the Carter Center where the event is held and too many attendees can limit productivity. Organizers strive to be transparent and a comprehensive report of the summit is published as a free download at: [www.pillarsofpeersupport.org](http://www.pillarsofpeersupport.org).

The summit enjoys the support of the Carter Center, the National Association of State Mental Health Program Directors and OptumHealth.



**Transforming Mental Health  
Systems of Care**

### **Pillars of Peer Support**

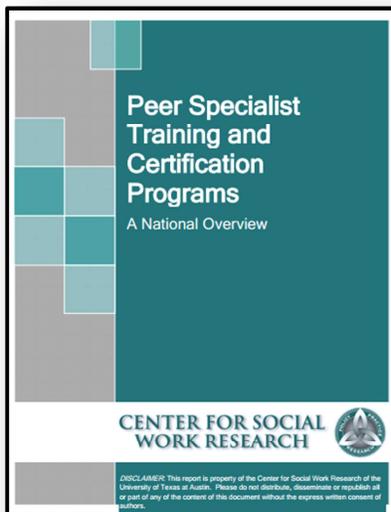
<http://www.pillarsofpeersupport.org/>

## Peer Specialist Training and Certification

We are often asked about peer specialist certification from people across the country. Because each state handles certification differently, the answers these questions are complex. A resource we have been sharing (and have posted a link to on our website) was prepared by the **Center for Social Work Research at the University of Texas at Austin**. What follows is an introduction and link.

### Peer Specialist Training and Certification Programs: A National Overview

The certified peer specialist workforce is relatively new in the behavioral health field, with certification programs emerging in 2001. Even in this short timeframe, states have recognized the potential of peer specialists to improve consumer outcomes by promoting recovery. States without programs may look to those that are well-established for advice and guidance in development, while established programs may benefit from gaining an understanding of the similarities and differences between existing programs.



To access the report, go to the iNAPS website:  
<http://inaops.org/training-and-certification>.

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## 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. The **Recovery to Practice Resource Center** was designed to bring together relevant materials on translating recovery into practice in one, centralized place.

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

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

Join the Listserv to receive weekly highlights and quarterly updates. If you have a recovery story to share, contact Recovery to Practice at: 877-584-8535 or [recoverytopractice@dsgonline.com](mailto:recoverytopractice@dsgonline.com).



## Open Jobs List

The iNAPS **Open Jobs Google Group** is a free list of peer support provider (and related) job openings that have been submitted to us by employers across the country. To post a position or sign up for automatic notifications when jobs are posted, go to: <http://inaops.org/open-jobs>.

**Disclaimer: Job descriptions are posted “as is” from employers and do not necessarily reflect the language or views of iNAPS regarding job descriptions of peer support providers.** If you are a qualified applicant for one of the openings on the open job list, contact the employer in the listing directly.

### *Example: Current opening*

**JOB DESCRIPTION Job Title:** Peer Support Specialist  
**Exemption Status:** Non-Exempt  
**Reports To:** Director of Forensic Programs  
**Review Date:** July 2013  
**Hourly Rate:** \$12.00 - \$16.00

**Position Code:**  
**Department:** Programs  
**Division:** Jail Based Restoration  
**Supervises:** None  
**Facility:** Denver Colorado

### **Minimum Requirements**

- High school diploma or equivalent.
- Experiential understanding of mental illness.
- Ability to establish and maintain harmonious working relationships with mentally ill clients and staff.
- Ability to exercise sound judgment when interacting with mentally ill clients.
- Ability to establish rapport with patients and staff from different ethnic, cultural, and economic backgrounds.
- Ability to communicate effectively verbally and in writing.
- Ability to gather insights about patients through dialogue and observations.
- Ability to formulate recommendations for the advancement of patient treatment.

### **For more information, contact:**

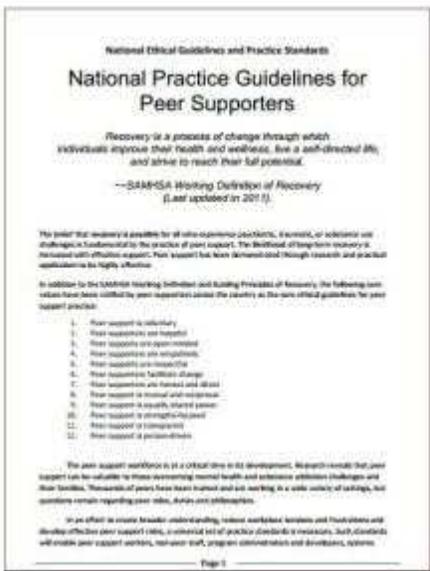
Belkys Lackey, SPHR  
Human Resources Manager  
GEO Care, LLC.  
One Park Place  
621 NW 53rd Street, Suite 500  
Boca Raton, FL 33487  
Tel: 561-999-5844

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### **A Peer Specialist Prayer...**

*“God, allow me to be humble enough to accept my peers and providers as they are today.  
Keeping ever so mindful empowerment is only a change away.  
The courage to provide choices with the echoes of hope, and, the wisdom to listen to their  
footsteps while they travel.”*

Arnold Hokanson, November 7<sup>th</sup> 2010



# National Practice Guidelines

<http://inaops.org/national-standards/>

The belief that **recovery is possible for all** who experience mental health, trauma, or substance use conditions is fundamental to the practice of peer support. The likelihood of long-term recovery is increased with effective support. Peer support, in particular, has been demonstrated through research and practical application to be highly effective.

The National Practice Guidelines are based on twelve core values, ratified by 1000 peer supporters nationwide, as guiding principles that explain how peer support is different from other mental health, trauma, or substance

use professions. These guidelines should be used as a tool to share these core values of peer support with employers as they create job descriptions, supervisors as they evaluate performance, co-workers as teams clarify roles and responsibilities, and people who receive peer support and their families as you explain what you do. <http://inaops.org/national-standards>.



## About the International Association of Peer Supporters (iNAPS)

*Our name has changed, but our mission remains the same....*

On January 1, 2013, the National Association of Peer Specialists (NAPS) was renamed the International Association of Peer Supporters (iNAPS) to reflect an increasingly global membership and correct a widespread misperception that NAPS was only for “certified” peer specialists in the mental health system. iNAPS is open to anyone who provides peer recovery support (paid or as a volunteer) for mental health, addiction, or trauma recovery; anyone who aspires to provide peer recovery support, or anyone who is a champion for recovery and the peer support movement.

Help us to spread the word..... *iNAPS is taking applications for membership. Benefits of membership include:*

- Membership certificate
- Regular newsletter with periodic email updates
- Discount on registration fee to the annual National Peer Supporter conference

# International Association of Peer Supporters (iNAPS)

A non-profit organization ([www.inaops.org](http://www.inaops.org))

## Membership Form

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!

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**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, 720 Clarkson Dr., Sparta, MI 49345**