11th Annual Peer Specialist Conference
October 16-18, 2017

Recovering & Sustaining Peer Support:
Creating a Path for Our Future

Keynote: Pat Deegan, Ph.D.

Sheraton Crescent Hotel
Phoenix, Arizona

Call for Proposals Now Open!

The International Association of Peer Supporters (iNAPS) is seeking proposals from presenters for the 11th annual conference.

Workshop Proposals Due: May 26, 2017
Click here to apply online
Please Welcome Beth Filson! (by Rita Cronise)

After a long winter, many of us are emerging from hibernation, or cocoons, or other wellness strategies to get through months of darkness. Likewise, iNAPS has been quiet for a time, searching for the right candidate to guide our organization forward. After a long selection process, we have chosen Beth Filson (or perhaps, in an act of true mutuality, she has also chosen us) in the role of executive consultant, which will be responsible for critical elements of organizational development and long-term sustainability.

Beth comes to us with a long history of shaping the training and practice of peer supporters through trauma-informed approaches, Intentional Peer Support (IPS), WRAP, and other authentic peer-based initiatives. Let us all welcome Beth to her new role. On the next page, Beth introduces herself and her hopes and vision for iNAPS.

And we ask the entire iNAPS community to send thoughts and prayers for healing to Lori Ashcraft who will undergo a major (open heart) surgical procedure on Monday, April 24. Lori remains hopeful, and – as you will see in this month’s article – continues to look through a positive lens, encouraging us always to do the same.
Greetings!

I am thrilled and honored to step into the role of consultant to iNAPS as it enters its next phase of development. Peer support has struggled with many changes. We have gone from barely visible in a few organizations and communities to fully present taking leadership roles as activists and advocates.

It seems like I’ve come full circle since the early days when I first encountered peer support, and soon after met Steve Harrington. Steve envisioned an association that could bring together the growing community and practices of peer support. I appreciate that Steve and iNAPS recently changed their name to the International Association of Peer Supporters. For me this was a big shift towards being inclusive of all peer support.

What we are doing is social change. We believe that people who have been labeled with psychiatric diagnoses can not only change themselves, but also the systems they work in, and the larger community. This has been the primary focus of iNAPS and will continue to be. How will we achieve this?

Over the next year, iNAPS will receive technical assistance from BRSS TACS to strengthen its presence in the peer community.

I think most of us can agree that we come to this work by way of a lot of pain. It makes sense that past events with suffering inform our advocacy and activism today. This has created some differences in our community. At the heart of our differences lie our individual truths. My vision is an iNAPS that nurtures and supports all of our truths.

There has never been this level of recognition of the power and potential of peer support – not just within the mental health system, but in primary care, the judicial system, in alternatives to the psychiatric system, in refugee resettlement, and in healing from torture and trauma – and more. Peer Support belongs to us. It must be shaped by all of us.

We are all required.
Did you know we actually have some control over what our mind comes up with? A very effective recovery tool has to do with training our minds to give us positive messages. We can do this by correcting them when they come up with negative messages and rewarding them when they come up with positive messages. This may be challenging at first since most of us have been taught to believe what our mind tells us. However, with a little practice, we can catch the messages early and redirect them before they settle into our consciousness.

An easy way to practice is to choose a subject or an object and think about it in your usual way. Then, try to see a new way to look at it that entertains you and makes you smile; or gives you peace and a burst of joy.

I was feeling a little stressed and depressed not long ago so decided to practice changing my mind. I looked around the room for an object to practice on. My eyes landed on a big yellow curved banana across the room. My usual way of looking at a banana is to see it simply as a food that I like to eat. I took a new look at that banana and saw a whole new situation. I started talking to the banana in a new way (luckily, I was alone and no one “committed” me for this). Here’s part of the banana transformation story.

I started talking to the banana in a new way (luckily, I was alone and no one “committed” me for this).

Here’s part of the banana transformation story.
Hello banana. What are you really? You look like a big yellow smile with cookie crumbs in the corners. You are a bruised smile-a smile that shines through the pain of your bruises – you are not the bruises – you just have them as a result of being banged around a little. They lend texture and character to your yellow brilliance.

What’s inside a bruised brilliant smile like you? Oh delicious, creamy and sweet. This nourishing part of the smile strengthens and comforts those who taste it. This is the part that spreads joy and delight. You are a soft, sweet delicious smile.

What happens when the brilliant yellow peel is removed? The smile remains, soft and white. This smile is soft and sweet to the core. There are no lumpy seeds to avoid, no bitterness even though the core is dotted with little dark dots of pain. The sweet taste lingers.

So what do you have to say about this, big yellow smile? I think you would say “thanks for enjoying me. My purpose has been fulfilled. I live on within you and give you strength and sustenance. Freeze me if you want. I make great ice-cream. Cook me if you want. I make great pie.”

So, see how much fun you can have by seeing things differently? Try it. Have some fun with it. Who knows what you will discover!!

[Ed Note] To all who know Lori or simply enjoy her inspirational messages, please send warm thoughts for healing and recovery to her on April 24 as she has surgery and begins another journey of recovery and resilience. More of Lori’s writings can be found at: https://resilience4u.us/
As someone who was trained originally as a psychologist but who found a philosophical home in psychiatric rehabilitation, I have always been impressed with the degree of openness that our field has shown to the input of folks whom it serves, i.e., people with mental health and addiction challenges. By explicitly acknowledging the value of lived experience, psych rehab has made it possible for people in recovery to play an ever-increasing role in shaping how services should be conceived, delivered and evaluated. This has brought many peers into the field as practitioners and leaders, and I believe that the resulting benefits and enrichment go in multiple directions.

What I’d like to do in the space which follows is identify what I see as some interesting overlap between the discipline of psychiatric rehabilitation and that of peer support. I offer this observation having been closely aligned with both fields over the past several decades.

In the mid-1980’s I worked at a state-wide program (the NJ Self-Help Clearinghouse, which is still in operation) which maintained state and national listings of self-help groups for a wide range of problems, and which helped people—both lay and professional—start these mutual support groups if they were so inclined. It was in that context that I became involved in what at the time was being referred to as the mental health consumer movement, also known as the psychiatric survivor- and sometimes the C/S/X (consumer/survivor/ex-patient) movement. “Consumer-providers” and “prosumers” were two terms which people used at the time to identify themselves as people with lived experience with mental illnesses who were helping others deal with the same—in today’s parlance, peer supporters. In the addiction field, similar work was being done (and had been for a while), and if you were someone “in recovery” it generally meant that you were “clean and sober” and using your experience to help others achieve a similar state.

For a variety of reasons, I remained very interested and involved as a community psychologist in the continuing emergence of peer support as both a field and a discipline, and very early in its development, I had the opportunity to become connected with the newly forming National Association of Peer Specialists.
Steve Harrington, its founder, recognized that there were roles to be played by non-peer allies, and I was fortunately in the right place at the right time to become one of those allies. I believe that I was also well served by following a dictum which I first heard from Self-Help Clearinghouse founder and recently-retired Director, Ed Madara, which suggests that when working with “self-helper,” professionals should be “on tap, not on top.” These are wise words, and I believe that they hue rather closely to several of psych rehab’s core principles.

iNAPS has played a critical role in the evolving definition of peer support, and in 2012 convened a task force at its 6th Annual Conference, which would eventually obtain feedback from over 1000 peers throughout the US in a joint effort with SAMHSA to identify the core values of peer support and what those values would look like in practice. The National Practice Guidelines for Peer Supporters was issued in the summer of 2013 as both a consensus and guidance document for those who are providing or supervising peer support services. Many different codes of ethics and practice standards were considered by the initial task force; ultimately--and impressively--there was 98% national agreement on the following descriptors of what peer support is, and what peer supporters do, in practice:

<table>
<thead>
<tr>
<th>Peer Support is:</th>
<th>And therefore, in practice, peer supporters:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Voluntary</td>
<td>Support choice</td>
</tr>
<tr>
<td>2 Hopeful</td>
<td>Share hope</td>
</tr>
<tr>
<td>3 Open-minded</td>
<td>Withhold judgement about others</td>
</tr>
<tr>
<td>4 Empathic</td>
<td>Listen with emotional sensitivity</td>
</tr>
<tr>
<td>5 Respectful</td>
<td>Are curious and embrace diversity</td>
</tr>
<tr>
<td>6 Facilitative of change</td>
<td>Educate and advocate</td>
</tr>
<tr>
<td>7 Honest and direct</td>
<td>Address difficult issues with caring and compassion</td>
</tr>
<tr>
<td>8 Mutual and reciprocal</td>
<td>Encourage peers to give and receive</td>
</tr>
<tr>
<td>9 Equally shared power</td>
<td>Embody equality</td>
</tr>
<tr>
<td>10 Strengths focused</td>
<td>See what’s strong, not what’s wrong</td>
</tr>
<tr>
<td>11 Transparent</td>
<td>Set clear expectations and use plain language</td>
</tr>
<tr>
<td>12 Person driven</td>
<td>Focus on the person, not the problems</td>
</tr>
</tbody>
</table>

Now let’s compare this with the twelve core principles and values of psychiatric rehabilitation, as identified on PRA’s website. I’ve underlined words and phrases which I believe are the essence of each:

**Principle 1:** Psychiatric rehabilitation practitioners convey hope and respect, and believe that all individuals have the capacity for learning and growth.
**Principle 2:** Psychiatric rehabilitation practitioners recognize that culture is central to recovery, and strive to ensure that all services are culturally relevant to individuals receiving services.

**Principle 3:** Psychiatric rehabilitation practitioners engage in the processes of informed and shared decision-making and facilitate partnerships with other persons identified by the individual receiving services.

**Principle 4:** Psychiatric rehabilitation practices build on the strengths and capabilities of individuals.

**Principle 5:** Psychiatric rehabilitation practices are person-centered; they are designed to address the unique needs of individuals, consistent with their values, hopes and aspirations.

**Principle 6:** Psychiatric rehabilitation practices support full integration of people in recovery into their communities where they can exercise their rights of citizenship, as well as to accept the responsibilities and explore the opportunities that come with being a member of a community and a larger society.

**Principle 7:** Psychiatric rehabilitation practices promote self-determination and empowerment. All individuals have the right to make their own decisions, including decisions about the types of services and supports they receive.

**Principle 8:** Psychiatric rehabilitation practices facilitate the development of personal support networks by utilizing natural supports within communities, peer support initiatives, and self- and mutual-help groups.

**Principle 9:** Psychiatric rehabilitation practices strive to help individuals improve the quality of all aspects of their lives; including social, occupational, educational, residential, intellectual, spiritual and financial.

**Principle 10:** Psychiatric rehabilitation practices promote health and wellness, encouraging individuals to develop and use individualized wellness plans.

**Principle 11:** Psychiatric rehabilitation services emphasize evidence-based, promising, and emerging best practices that produce outcomes congruent with personal recovery. Programs include structured program evaluation and quality improvement mechanisms that actively involve persons receiving services.

**Principle 12:** Psychiatric rehabilitation services must be readily accessible to all individuals whenever they need them. These services also should be well
coordinated and integrated with other psychiatric, medical, and holistic treatments and practices.

So, to summarize with just the underlined words and phrases, the twelve core principles of psychiatric rehabilitation include:

1. Hope and respect. Learning and growth  
2. Culture is central  
3. Informed and shared decision making  
4. Build on strengths and capabilities  
5. Person centered  
6. Community integrated  
7. Self-determination and empowerment  
8. Natural supports  
9. Multi-dimensional  
10. Promote health and wellness  
11. Emphasize evidence-based, promising, and emerging best practices  
12. Accessible, coordinated, integrated  

By now it should be clear that there is significant compatibility and even overlap between the core principles of psychiatric rehabilitation and the practice guidelines of peer support. The following table is a cross-mapping of the two:

<table>
<thead>
<tr>
<th>Psychiatric Rehabilitation</th>
<th>Peer Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hope and respect, learning and growth</td>
<td>Voluntary—support choice</td>
</tr>
<tr>
<td>Culture is central to recovery</td>
<td>Hopeful</td>
</tr>
<tr>
<td>Shared decision making</td>
<td>Open-minded—hold judgment about others</td>
</tr>
<tr>
<td>Strengths and capabilities</td>
<td>Empathic—listen with emotional sensitivity</td>
</tr>
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<td>Person centered</td>
<td>Respectful—be curious and embrace diversity</td>
</tr>
<tr>
<td><strong>Community integration</strong></td>
<td>Change-facilitating—educate and advocate</td>
</tr>
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<td>Self-determination and empowerment</td>
<td>Honest and direct—address difficult issues w care</td>
</tr>
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<td>Natural supports</td>
<td>Mutual and reciprocal</td>
</tr>
<tr>
<td>Whole-person quality of life</td>
<td>Equally shared power—embody equality</td>
</tr>
<tr>
<td>Health and wellness</td>
<td>Strengths focused—see what’s strong, not wrong</td>
</tr>
<tr>
<td>Evidence-based, promising and emerging practices</td>
<td>Transparent—clear expectations, plain language</td>
</tr>
<tr>
<td>Readily accessible and coordinated and integrated</td>
<td>Person-driven—focus on person, not problems</td>
</tr>
</tbody>
</table>

Only shows up in psychiatric rehabilitation          Only shows up in peer support

I see this as a partial explanation of the affinity between the two fields.
Moreover, as someone who practices in one and sees the other enacted on a daily basis, I believe that the items which only appear on one side of the table or the other are concepts which members of neither discipline would eschew, and in fact often embrace. After all, what psychiatric rehabilitation practitioner would reject the ideas of listening with emotional sensitivity, addressing difficult issues with care, or using plain language to convey clear expectations of someone with whom s/he is working? And similarly, while peer supporters generally take their priorities and goals directly from the people with whom they are working, community integration, health and wellness, and multi-dimensional, whole-person work are probably somewhere in their mindsets, at least as far as those ideas have been part of what enabled them to reach the place in their own recovery where they are now helping others.

[This article by iNAPS Board Co-Vice President, Andy Bernstein, was originally published in the Psychiatric Rehabilitation Association (PRA) Monthly Update Newsletter, Check It Out, Newsletter Issue 3, April, 2017]

Click here to learn more about the Psychiatric Rehabilitation Association.

Don’t miss the 40th Annual Wellness and Recovery Summit in Atlanta, June 24-26, 2017
Spring ahead... last month, most of the world did just that. Not only did we spring ahead, we entered the spring season. As everyone enters April we are looking ahead to the change of weather. Like me, in the Northern Hemisphere we look to longer and warmer days and while in the Southern Hemisphere the exact opposite happens. Enough about weather.

Hear the birds singing, watching baseball and softball playing, smelling the grass and flowers growing and many other outdoor activities are plentiful which makes it enjoyable to be alive. Of course, except anyone who suffers from any type of allergies. Just think, in a few months it will be summer and the beach awaits. But, let's not rush through the months.

April, also brings the Passover and Easter holidays where there are big meals for both. Passover is the major Jewish spring festival that commemorates the liberation of the Israelites from Egyptian slavery. Easter which celebrates Jesus Christ's death and resurrection is Christianity's most important holiday.

In addition, April 18 was the last day to file for your 2016 taxes. Yeah, those dreaded taxes! I know death and taxes, something we all have. On a lighter note, April 22 is Earth Day. This annual event is held worldwide to demonstrate support for environmental protection. My favorite thing about April is the start of the baseball season. A lot of people have a team they like and mine is The New York Yankees. They began on April 2. LET'S GO YANKS!

During the initial part of spring more uplifting songs are played on the radio. "Walking on Sunshine", by Katrina & The Waves, "Here Comes the Sun", by the Beatles and "Best Day of My Life" by American Authors are just three of many examples. Maybe you can name others, there are many. Take your music outside and soak up the sunshine whenever you can. I know I do.

Spring sounds like fun, doesn't it? Whatever you do to enjoy yourself, do your best, just get outside and have a wonderful time. Yes, I still miss my Maureen and I will continue to do my best. March 13 would have been her birthday, so I am wishing her a HAPPY BIRTHDAY. Miss you and I still love you always, "Sweetie". See you in the Newsletter.

~ Howard, a Peer from Long Island
By Terrence Smithers

*A person does not have to be behind bars to be a prisoner. People can be prisoners of their own concepts and ideas. They can be slaves to their own selves. -- Maharaji Prem Rawat*

It’s dawn. It’s dark so I first turn on the bedside lamp, a nice soft light that can guide me out of the room. I drag myself out of bed to the kitchen. I pour my freshly brewed coffee, Starbucks’s French Roast today (it was Espresso Roast yesterday) pour some fresh real cream into it and grab a fresh pastry from the dozen bought last evening. After enjoying my coffee and flicking through the channels for something to wake up to, I return to the bedroom, flick on the bright overhead lights, swing open the door of the walk-in closet and stare perplexed as to what out of this obscene amount of clothing am I going to wear this day. Thus begins my day. A day that, within the first 20 minutes, is filled with choices!

These weren’t the choices had by the folks in brown and white as they came to Peer Employment Training every day within the Pennsylvania Correctional System. Do I button my shirt all the way up or leave a couple undone? Do I wear my eyeglasses that look exactly like all those I see on the block? Do I wear my sneakers or my shoes, either of which are on the feet of every one of my fellow residents? Whilst these may have been the choices of some within the system, some more courageous and dignified residents were making choices around recovery, change, sobriety for some, new direction, hope, courage and transformation.

These were the men and women who had made the choice to attend Peer Employment Training in their respective institutions.
I had the great honor of delivering the first and many subsequent peer certification trainings within the PA Correctional System. The 6 prison pilot was so successful that now, there are inmates fully trained and certified as PA Certified Peer Support Specialists in all PA State Prisons. In Peer Employment Training, we discuss the Five Pathways to Recovery which include Choice, Hope, Spirituality (Meaning & Purpose), Recovery Environment and Empowerment. I just wanted to share a minute about Choice.

It is choice that brings all of us to the places we go in this world and on our journeys. It is choice that we sometimes aspire to and yearn for and it is choice that we too often take for granted. My experience with the heroes of these trainings was that they honored, respected and revered the limited choices they had. They cherished them in order to earn and achieve the greater choices to change the direction in their lives. I know that I take choices for granted and the choices I can make around limited ideas and concepts can limit my growth and development. I am grateful to the men and women of the PA Correctional system who taught me the values and importance of choice. They modeled honesty in owning the choices they had made and courage to make different choices in an environment that may not necessarily support that. It was a tremendous experience to watch the transformation that took place in these classes and the new and empowered goals the men and women have taken on for their own recovery and the support of recovery in others. When I make my early morning choices now, they are done with much gratitude!

~Terrence J-R Smithers

Peer, AZ CPRS, NCCPSS
Manager of Training Development
RI Consulting
RI International
https://riinternational.com/consulting/training/

Do you have an article of interest to the peer support community? Send it to info@naops.org by the 15th of the month for consideration in the next newsletter.
On June 5th – 7th, recovery champions from all over the world will gather together at the Holiday Inn in downtown Sacramento.

Let me tell you why I plan to be there...

Life gets busy. Our jobs are busy. As champions of recovery, we are tasked with some pretty amazing and really, really hard work.

I know that over time if I don’t deliberately stay mindful of my vision, I get drained.

I always feel invigorated and inspired when I get a chance to break out of my usual surroundings, challenge my status quo, and be inspired by others doing amazing work in the world.

I am immensely grateful for the opportunities I have had to gather with like-minded people at conferences, summits and retreats. Honestly, these experiences have altered my paradigm, and have been so life giving for me.

I first learned about WRAP on a trip to the US in 2001.

It changed my life.

It gave me the tools to deal with the many challenges I have faced.

I have the best tool I could ever ask for—HOPE.

I was able to bring WRAP back to my agency in British Columbia, Canada.
Since that time, WRAP has exploded in my area. Many, many lives have been changed, because of WRAP—including my life.

So...any time I have the opportunity to go to one of these events, I go.

Because inspiration is worth more than anything to me.

If you are a Peer Supporter, WRAP Facilitator, or you simply want to learn about WRAP for your own wellness, here are some reasons to come to the WRAP Around the World Conference:

- Network with likeminded people from around the world. Learn new approaches to recovery and peer support.
- Gain new perspectives to support your local organizations in their mission.
- Be inspired by the work others are doing, and share your stories too. WRAP is all about mutual learning.
- Build on your facilitation skills.
- Learn about the Copeland Center best practices.
- Take the opportunity to refresh your WRAP. It’s so great to have the chance to do this away from home.
- If you don’t have a WRAP yet, you will have the opportunity to develop your own WRAP.
- Meet the prerequisites for the WRAP Facilitator training.
- Attend a Caucus on using WRAP for many purposes and special interest groups.

To learn more about the WRAP Around the World conference, check out the Copeland Center’s website

https://copelandcenter.com/sessions/wrap-around-world-2017
Peer Specialist Webinar Series Continues!
Tuesday, April 25th (2PM ET/ 1PM CT/ 12PM PT)

National Accreditation for Peer Specialists:
How Canada Makes It Work

There has been a lot of discussion among peer specialists trying to determine if national certification is a good thing for the profession or would it get in the way of personal or professional achievement. A lot of ideas, organizations and plans are being discussed.

This workshop will examine the Canadian Peer Support Certification process from start to completion, along with the internal organizational structure and supports needed for the process. We will also share how Canada developed our National Standards of Practice for the Practice and Training of Peer Support.

- Participants will learn about the framework behind the Canadian National Standards;
- Participants will learn about the infrastructure and processes required for Peer Support Certification; and
- Participants will learn about the National Peer Support Certification process for candidates.

Register
Wednesday, April 26, 2017 | 2:00 p.m. ET

Peer-Run Respites: Effective Alternatives to Hospitals

**Description:** Leaders of Peer-run Respites from around the country will provide an overview of Peer-run Respites and how they voluntarily engage people and offer a continuity of care which is often unavailable with traditional care and hospitalization. Success stories will be shared, along with reports from the latest research on Peer-run Respite effectiveness.

**Moderator:** Oryx Cohen, MPA

**Presenters**

- Steve Miccio – Executive Director, PEOPLe, Inc.
- Bevin Croft, M.A., M.P.P., Human Services Research Institute
- Daniel B. Fisher, MD, Ph.D. – CEO, National Empowerment Center, Inc.
- Jayme Lynch – Director of First Peer Support and Wellness Center in Decatur, GA
- Camille Dennis – Program Coordinator, SHARE! (the Self-Help and Recovery Exchange)
- Faith Boersma – Wisconsin Peer-Run Respites
- Roslind Hayes – Coordinator of the Peer Support, Wellness and Respite Centers (PSWRC)

[Register]
Please join us for the STAR Center

**Equity and Inclusion in Leadership Networking Call**

Wednesday, April 26, 2017
2-3 pm ET/11 am-12 pm PT

There are many issues faced by people of color that are major stressors impacting our mental health status including the continued disparities in health and mental health outcomes for people of color. Increasing the capacity of leadership in mental health organizations to reach and connect with communities of color is a recognized organizational change strategy.

The STAR Center's monthly national networking call for people of color is for anyone who is interested in increasing the number of people in organizational leadership roles who are African-American, Native American/American Indian/Alaskan Native, Latino/Hispanic or Asian/Pacific Islanders. Our hope is that this opportunity to network and support each other’s leadership efforts across the country and in our target states/regions will make a measurable and remarkable difference towards eliminating the health and mental health disparities we currently experience across the country.

Register now for this next session on April 26, 2017 from 2-3pm ET/11-12 PT!

Want to learn more about the STAR Center and all that we do?

Check out the [STAR Center’s website](#) and follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#).
Upcoming Conferences

June 5-7, 2017
WRAP Around the World
Sacramento, CA

Copeland Center for Wellness and Recovery

(Click here to learn more)

June 24-26, 2017
40th Annual Wellness and Recovery Summit
Atlanta, GA

Psychiatric Rehabilitation Association

(Click here to learn more)
July 24-25, 2017
Temple University
Philadelphia

(Click here to learn more)

August 18-21, 2017
Boston

Alternatives Conference 2017

Building Healing Communities Together
Boston · August 18-21

National Empowerment Center

Early Bird Rate extended to May 4th
(Click here to learn more)
----- SAVE THE DATES -----

October 16-18, 2017
Phoenix, Arizona

iNAPS 2017 Conference

International Association of Peer Supporters (iNAPS) 11th Annual Conference

Featuring Keynote: Pat Deegan, Ph.D.

Call for Proposals

Click here to learn more about the 2017 Conference

A Special Celebration is being planned at the conference on October 18 in preparation for Global Peer Support Celebration Day (GPSCD).

Each year, GPSCD falls on the 3rd Thursday in October. This year, it is on Thursday, October 19th.

Stay posted and start working on your local Grass Roots Celebration of Peer Support cause it’s going to be Global!

Bill Beverley-Blanco
GPSCD Lead
GpSCD@gmail.com
WE ARE CONDUCTING A CONFIDENTIAL ONLINE SURVEY TO LEARN ABOUT THE CHALLENGES YOU FACE ON THE JOB AND WAYS YOU HAVE LEARNED TO DEAL WITH THEM.

YOUR INFORMATION WILL BE CONFIDENTIAL BUT SHARING YOUR EXPERIENCES (BOTH GOOD AND BAD) WILL BENEFIT THE FIELD.

THE SURVEY WILL TAKE APPROXIMATELY 15 MINUTES OF YOUR TIME. PLEASE FOLLOW THE LINK BELOW:

CLICK HERE TO TAKE OUR SURVEY

YOUR PARTICIPATION IS GREATLY APPRECIATED!

LARRY DAVIDSON, PH.D.
Recovery Oriented Services Evaluation (ROSE)

We are part of an advisory council for a national study of recovery-oriented practices in community mental health agencies and wanted to tell you about it. Maria O’Connell, Ph.D. and colleagues from the Yale University Program for Recovery and Community Health are conducting the first nationally representative survey of agencies such as yours and I thought you may be interested in participating.

We are looking for agencies to participate in this very important study that examines the links between recovery-oriented practices, organizational climate, and consumer outcomes. This study focuses on community mental health agencies with the following characteristics:

1) provides outpatient behavioral health services to adults with serious mental illness,
2) offers access to 24-hour crisis services,
3) accepts adults with no insurance or offers a sliding fee, and
4) is state-funded or receives Medicaid reimbursement.

If your agency fulfills these criteria, please consider taking part in this study.

Taking part in the study:

Participating agencies receive a web link to a brief, anonymous survey for directors/administrators, direct care staff, and supervisors to complete.

Each person who completes the survey will receive a $10.00 Amazon e-gift card for their participation. Agencies with multiple survey responses from directors and staff can also receive a personalized feedback report that summarizes their results, compares their scores to other participating agencies, and provides recommendations for how to promote recovery-oriented care.

The online survey consists of brief demographic questions about your role and work experience in the mental health system, followed by
several questions about your perceptions of recovery-oriented care where you work. This confidential survey is completely online, voluntary, and will take about 15-20 minutes to complete. In reporting the data, information you provide will be aggregated at levels of the organization, community, and state and no information will be included that could identify individuals or responses provided by a specific person.

Yale ROSE Study

Participate in the first nationwide study of Recovery-Oriented Care in Community Mental Health Centers.

Do you work at a mental health agency that:
- Provides outpatient mental health services to adults with serious mental illness?
- Is state-funded or receives Medicaid?

If you answer "yes" to both questions, please participate in our study by clicking here to complete a 15-minute confidential survey about some of the policies and practices at your agency.

For more information about the study and to view a sample personalized feedback report, please visit http://medicine.yale.edu/psychiatry/prch/research/rose.aspx

If you would like your agency to participate, or have any questions about this study, please feel free to email Stephanie Lanteri at stephanie.sangsterlanteri@yale.edu and we will be happy to answer any questions and provide you with more information.

Thank you in advance for your time and support.
The Key Update

The Key Update is a monthly e-newsletter that focuses on late-breaking news and notes on important mental health issues.
Click here to view the latest issue of **The Key Update**.

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The Peer Leadership Center is a clearinghouse and point of connection for Peer Specialists.
Click here for the latest news and upcoming events in the **Peer Leadership Center**.

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Click here for the latest news and upcoming events at **Intentional Peer Support**.

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Welcome to The New FAMILY CAFE!

**FamilyCafe.net has a brand new look!**

*Check out our new site!*

The Family Cafe is pleased to let you know that our website at [www.FamilyCafe.net](http://www.FamilyCafe.net) has a brand new look! We hope you like it!

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Have a newsletter you would like to recommend? Send email to info@naops.org
Peer Support Education and Training Resources
Several nationally recognized technical assistance centers and organizations offer regular webinars, workshops, or educational topics that are relevant to peer support practice. This is not a complete list. Feel free to submit others for our website:

Visit each of the following websites to learn more (listed alphabetically):
- Academy of Peer Services
- Annapolis Coalition
- Boston University
- Bringing Recovery Supports to Scale, (SAMHSA BRSS TACS)
- Cafe TA Center
- Centre of Excellence in Peer Support (Australia)
- Copeland Center for Wellness and Recovery
- DBSA eUpdate
- DBSA Peer Leadership Center
- Doors to Wellbeing SAMHSA Consumer Technical Assistance Center
- Hogg Foundation for Mental Health
- Peer and Family Career Academy
- MAD in America / MIA Continuing Education
- Mental Health America
- Mental Health Association of Southeastern Pennsylvania / Institute for Recovery and Community Integration (IRCI)
- Mental Health Recovery (WRAP and Recovery Books)
- NAMI STAR Center
- National Consortium on Stigma and Empowerment
- National Empowerment Center
- National Mental Health Consumers Self-Help Clearinghouse / Key Update
- Net Institute
- NYAPRS E-News Bulletin
- PEERLINK Technical Assistance Center
- PeerZone – Peer led workshops
- Psychiatric Rehabilitation Association (PRA)
- Recovery to Practice | Next Steps (iNAPS/DBSA Peer Support Training)
- Resilience, Inc.
- Resiliency Unleashed / PeerZone USA
- Recovery International
- RI International
- SAMHSA Recovery to Practice (Archive)
- SAMHSA Recovery to Practice (Current Webinars)
- Temple University Collaborative on Community Inclusion
- The Peer News (Canada)
- Yale University Program for Recovery and Community Health

Do you have continuing education or training resources to add? Contact us at info@naops.org.
Online Resources

Use this database to look up state by state requirements for becoming a Certified Peer Specialist.

To access the Peer Database or provide updates, click here: (https://copelandcenter.com/peer-specialists)

To help build the database, click Contributions

Contact Doors to Wellbeing by email: d2winfo@copelandcenter.com
Or call 888-959-6118 x214.

Do you have an online resource to recommend? If so, send information to info@naops.org by the 15th of the month for consideration in the next newsletter.
We just received approval for the 2017 series of free (Optum-sponsored) webinars!

Watch for an exciting line up of presenters, starting with our new Executive Consultant Beth Filson, and more exciting presenters… coming soon!

Recorded Webinars

Need CE Credit | Certificates?
iNAPS has offered webinars with top presenters in the peer support field since 2013.

Click here to access the library of free (Optum-sponsored) iNAPS recorded webinars with instructions for obtaining a certificate.

Thank you Optum for your ongoing support of peer supporters and this free webinar series!

Thank you David Barker of Createus Media for recording the series!
Members Only

This is a space for our members to announce upcoming events, provide links to surveys, or share items of interest to the peer support community.

Not a member?

Join today!

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**PEERZONE FACILITATOR TRAINING IS COMING TO PORTLAND, OREGON**

**DATES:** June 13 - 16, 2017  
**VENUE:** 10373 NE Hancock St, Suite 132, Portland, Oregon 97220  
**FOR MORE INFORMATION OR TO RSVP EMAIL:** rob@resiliencyunleashed.com

[Download a Flyer](www.peerzone.info)

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**Britain’s young royals open up about mental health (CNN)**

Imagine... Prince Harry speaking about his experiences at an iNAPS conference -- perhaps in recognition of Global Peer Support Celebration Day (GPSCD)! This year’s worldwide celebration is Thurs., October 19th.

Submitted by iNAPS Board Member and GPSCD Coordinator, Bill Beverley-Blanco, M.Ed, CPS | Lieutenant Colonel, USA (Retired)

The **International Association of Peer Supporters (iNAPS)** is a 501(c)(3) non-profit organization that promotes emerging and best practices in peer support and peer workforce development.

We send regular newsletters and updates to our members and free email subscriber list of 6000, hold webinars on topics requested by peer supporters, and host an internationally-attended conference that brings together people from all aspects of the peer workforce.

This year marks the 11th annual conference devoted to the peer support workforce and champions of the peer support movement. This year’s conference is in Phoenix, Arizona on October 16 and 17th with a special event on October 18th as a lead-in to Global Peer Support Celebration Day.

**Our Mission**

Our mission is to grow the profession by promoting the inclusion of peer supporters throughout healthcare systems worldwide. We learn together and grow in our ability to:

- Demonstrate compassion and hope
- Understand
- Expect more and encourage the next step
- Increase acceptance of those with mental health, substance use, or trauma experiences in their communities of choice
- Increase awareness of the benefits of hiring peer support providers

**Our Vision**

Our vision is to make peer support services an option for anyone who needs the compassion and understanding of someone who has been there.

**Our Values**

Our values come from 98% nationwide approval of twelve core ethical values of peer support that were compiled and distributed by iNAPS founder Steve Harrington in 2013. To download a free copy of the National Practice Guidelines from the iNAPS website: [https://na4ps.files.wordpress.com/2012/09/nationalguidelines1.pdf](https://na4ps.files.wordpress.com/2012/09/nationalguidelines1.pdf)
There is strength in numbers! The more who join, the stronger our collective voice will be as we continue to make strides to include peer support throughout systems of care, corrections, and many more places we’ve only just begun to imagine!

Save with a Lifetime Membership
(Your lifetime or ours)

Benefits include:
- Protection against rate increases
- Discount on events
- VIP invitations
- Virtual community for lifetime members (planned)

Lifetime membership is now available.

*Join or renew online
https://inaops.org/join-us/

Share this news with all who can benefit from belonging to a member organization that “gets” the complexity of peer support services, because it is operated by and for those in the peer support movement!

### Join now!

*(Beat rate increases)*

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<th>2017</th>
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*Representative of a possible rate increase over the next 5 years