11th Annual Peer Support Conference
October 16-18, 2017
Sheraton Crescent Hotel
Phoenix, Arizona
(Reserve a room online)

Early Bird conference registration has been extended
July 30, 2017

Exhibitor space is limited.
For details on exhibiting, becoming a sponsor, or registering for the conference, visit our Conference page.

Quote for July
"Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world."
- Ada Louise Huxtable
Recovering & Sustaining Peer Support: Creating a Path for Our Future

Planning for the 2017 INAPS Conference to be held Oct 16-18 in Phoenix is well underway! The INAPS Board of Directors and the conference committee are working hard to make sure this event is impactful and memorable for all who attend. Registration is open and we already have 40 registered. We have extended the early bird rate until July 30th in part to allow organizations to tap into their FY18-19 budgets to send folks. Please visit our conference website, www.inaps4peers.org, to register and get updated information.
We now have three amazing keynote speakers!

On Monday October 16, we welcome Pat Deegan, a thought leader and disruptive innovator in the field of behavioral health recovery. Along with her co-workers at Pat Deegan and Associates, LLC (PDA) she promotes recovery interests and helps to spread the message of hope, that recovery is real for EVERYONE. The principal philosophy is simple...give people the keys, and they will free themselves. PDA creates keys—web applications, tailored information, videos, manuscripts and trainings—that help people unlock their human potential and recover after a diagnosis of mental illness.

On Tuesday October 17, we are honored to bring you Chacku Mathai, a nationally recognized thought leader and advocate on recovery, cultural competence, peer services, employment, economic self-sufficiency, and integrated, person/family centered systems, services and practices. He currently serves as the Director for the STAR Center, one of five National Technical Assistance Centers funded by SAMHSA. Their purpose is to provide technical assistance to facilitate the restructuring of the mental health system by promoting recovery and consumer directed approaches. We are particularly pleased that he will be assisting a group of youth peer support advocates and representatives from Youth M.O.V.E. National to bring to the forefront the power and potential of the national movement for youth peer support."

On Wednesday, we welcome our third keynote presenter, Sally Zinman, a pioneer in the mental health peer movement. In 1977 she established the Mental Patients’ Rights Association that operated an all-volunteer community center in West Palm Beach, FL. In 1983 she was a co-founder of the California Network of Mental Health Clients (CNMHC), the first statewide consumer run advocacy organization in the country. Currently, Sally is the Executive Director of the California Association of Mental Health Peer Run Organizations (CAMHPRO), a statewide organization that provides advocacy, outreach, and training services to California’s consumer community. Sally remains committed to working for self-determination, choice, and empowerment of all people with mental health challenges.
Wednesday October 18 is our kick off for the 3rd Annual Global Peer Supporter Celebration Day, which is officially on Thursday Oct 19. To learn more, visit the Global Peer Support Celebration Day page.

As part of this kick-off we will have speakers and events that represent the history of our movement by Sally Zinman, Gayle Bluebird, Pat Deegan, Peggy Swarbrick, and Judy Banes, as well as a graduation for newly certified peer specialists, and a ceremony to commemorate “passing the torch” and welcoming young adults working in peer support as critically important members of our community—members on whose shoulders the future will rest.

During the conference, we also hope to have an overnight telecommunications event to connect with peer supporters around the world who are celebrating with us!

We had a resounding response to our call for proposals receiving 120 submissions—some for 90 minute workshops, some for 3 hour workshops, and some for twenty-minute PEP (TED-like) talks. A subcommittee of reviewers is going through all of the proposals this week to choose those that will most enhance our conference program and represent diversity in topic, presenter background, level (beginner, intermediate, or advanced) in order to be educational, enjoyable, as well as thought provoking for all who attend. As I’m sure you can imagine, narrowing these down for the final program is an important and challenging job and we greatly appreciate the 20+ volunteers that have chosen to do this.

We are also actively seeking sponsors and exhibitors. This conference is not possible without some of the generous sponsors that donate to defray the cost to our membership and help us keep the registration costs as low as possible. We have limited space for exhibitor tables so we urge you to put in your requests early. Both sponsorship and exhibitor information is available on the conference website, www.inaps4peers.org.

If you have any comments, questions, or want to volunteer to help please email our conference committee co-chairs, Andy Bernstein and Martha Barbone, and the conference committee at conference@naops.org.

Andy Bernstein and Martha Barbone (co-chairs)

We look forward to seeing you in Arizona in October!
Optum-Sponsored Webinar Series Continues

Series Resumes on Friday, July 28
12:00 ET | 11:00 CT | 10:00 MT | 9:00 PT

Meet our Executive Leader, Beth Filson in an interactive session. She wants to hear from you! Connection details will be provided to members and subscribers during the week of July 24.

Beth Filson

Webinar in August

Pat Deegan is an independent consultant who specializes in researching and lecturing on the topic of recovery and the empowerment of people diagnosed with mental illness. Pat is an activist in the disability rights movement and has lived her own journey of recovery after being diagnosed with schizophrenia as a teenager. She is a disruptive innovator and she is one of our featured keynotes at the 11th Annual Peer Support Conference in Phoenix, October 16-18.

To learn more about Pat, visit her site: https://www.patdeegan.com/pat-deegan

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!
Breaking Through the Fortress

~Terrence J-R Smithers

Experiencing love can be an elusive thing. We always look for it, sometimes consciously and sometimes unconsciously. As human beings we are, for the most part, hard wired to have experiences of love. These experiences can be generated by us and at other times they are generated by others. Either way, we look for love from the start.

A question might be, then, why aren’t we always living in a love experience? What aren’t we giving and receiving love all the time? I think, perhaps, life brings us to legs or paths in our journeys that sometimes become painful or create fear and anxieties that make it necessary for us to put up such strong and impenetrable fortresses that love seems to have eluded us all together.

I had lived a very love filled life until psychiatric experiences and addictions brought me behind that fortress and love had completely disappeared. My days consisted of desperate attempts to find respite and my nights were consumed with wandering the streets in darkness and despair. Seeing no way around, through or over this fortress I considered leaving the world as my only salvation from this distress. My attempts were futile and I found myself sitting on a gurney in a hallway of a hospital, waiting for a ‘psychological evaluation’ and sobbing at the loss of a life once rich with kindness, joy and, of course, love.

It happened that a charge nurse, grand in her personality and presence, was to be there managing this emergency room with skill and agility. The place ran like clockwork and everyone who connected with her went away with a smile as she filled the area with laughter. I sat there, the world falling around me and wanted so to be able to just speak a word or two in hopes that I might experience the joy she was giving to others. Alas my fortress was tall and solid and my voice couldn’t penetrate that prison.

I was to sit there all night until the time came when I was to move on to this ‘assessment’ which, in my eyes, was not holding much hope for me. As they began to wheel me away, my creaking gurney heralding how desperate my life had become, this grand woman of the night, this matron of merriment looked at me and said “I don’t know who you were meant to be, my friend, but please stay around long enough to find out.” In an amazing moment these few words broke through my fortress, the bricks began to fall away and, on the other side, there it was---love. Love was there patiently waiting for me all the time. With it were hope and joy and possibility and peace, all greeting me with patience and kindness. For the first time in a long time I began to think there was a chance that a love filled life was once again possible.
Love has, in fact, welcomed me and stayed with me all the days since this life changing night. I once again am able to be the bearer and receiver of love because I once again am able to stand tall in the world, regardless of any physical, psychological or emotional challenges and take my place in this ever present consciousness of love that lives in the hearts of us all.

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**Summer Hope Can Lead to Summer Success**

~ Howard Diamond

"Summer Breeze, Summer Wind" and "Summer in the City" are just two of the songs that may have given us hope for the past summer season. Hope is all around us; however, some of us may find it extremely difficult to know how to begin (on the journey towards hope). *Follow the fellow who follows a dream*... may be the way to go. These lyrics might inspire you to have hope to move ahead by going after someone or something you want.

You have to start somewhere in your journey. “*Let’s start at the very beginning; a very good place to start.*” Everything is step by step, (not steps by steps) and the more we understand this, the more hope we can achieve. This is especially true for me in the good old summertime.

All journeys have an entrance point, and each individual must find his/her own. In my life, I just, "*follow the yellow brick road*". Maybe this is too idealistic, but it helps me be me. Always do your best and, then and only then, can hope be realized. Please everyone go at your own pace; there is no rush to finish. Remember who won the race between the tortoise and the hare! (The tortoise!)

How does one have hope when they are stuck at the start? Find techniques that worked for you before and try them again. One idea that worked for me is that I was encouraged that there would be rewards ahead. For every step I took, maybe I would feel better about myself and that gave me hope that I’d get to the next step. It did not always work, but if I did not try, I might still be stuck.

Eventually, looking for “hope rewards” worked and I was able to move in a positive direction. Do not get discouraged! Again, one step at a time. You will move ahead. I did! As it was said by the Reverend Jesse Jackson: *KEEP HOPE ALIVE! KEEP HOPE ALIVE!*
Hope is all around us and do your best to find it. I try all the time, it helps me get through the day much easier. During the summer, there are many more opportunities for hope and pleasure. Some people find that the energy one gets from doing physical activities gives them hope. They will run, jog, or walk on a boardwalk, go for a bike ride, hike up a hill or go swimming. Hey, I just like to walk on the board or go to a pool. Or if you are sun sensitive, go to an indoor pool, exercise and or go to a weight room and/or relax in a sauna. If physical pursuits are not what make you hopeful, try reading a book on self-help, going to a relaxing movie or listening to positive music or talk on the radio.

Find something you like that is enjoyable to you and that can turn into a hopeful moment for you. Now, can you see yourself being more hopeful? Rally your strengths and this may assist in your quest. Yes, even I have strengths. The general rule is to always try as hard as you can, even if it seems to be almost impossible.

Doing this as like the song from, "Man of La Mancha" says, "To dream the impossible dream". this can be difficult but get started and try anyway. Build up slowly and give yourself some hope-one item at a time. Mostly, this works for me. Remember, hope builds on hope, which can carry you towards your ultimate “hope dream.” Also, success build on success.

At all times, just be honest with yourself and this can lead to a more hopeful situation. Always remind yourself to keep on hoping, dreaming or whatever makes you feel like a more hopeful person inside and out. **YOU CAN DO THIS! I DID!**

Enjoy your summer, you deserve it and I will do the same. See you in the newsletter.
Howard, A New York State Certified Peer Specialist from Long Island
Upcoming Conferences and Events

Temple University Collaborative on Community Inclusion
July 24 & 25, 2017
Philadelphia

Register for the Summer Institute
International Congress: 9th Annual Hearing Voices Congress  
August 16-18, 2017  
Boston, MA  

(Boston University, Boston, MA)  
(Click here for details)

National Conference: Alternatives 2017  
August 18-21, 2017  
Boston, MA  

(Alternatives Conference 2017)  
(Building Healing Communities Together)  
(Boston - August 18-21)  
(Click here for details)
NARPA’s 2017 Annual Rights Conference
Holiday Inn by the Bay, Portland, ME
September 6 - 9, 2017

(Click here for details)

International Association of Peer Supporters (iNAPS)

11th Annual Peer Support Conference

October 16-18
Phoenix, Arizona

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

Over 50 workshops by dynamic leaders in the peer support movement.

Conference Registration

Pat Deegan
Keynote Presenter

Chacku Mathai
Keynote Presenter
Tuesday

(Click here for details)
Research

Are you seeking participants for research? If so, send information about your study to info@naops.org by the 21st of the month for consideration in the next newsletter.

Peer News

(This is not a complete list... If you are a member, feel free to submit other resources for peer news that you have found helpful for consideration!)

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.

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.

The Café TA is supported by SAMHSA to operate one of its five national technical assistance centers; providing technical assistance, training, and resources that facilitate the restructuring of the mental health system through effective consumer directed approaches for adults with serious mental illnesses across the country.

Click here for the latest news and training offered through the Café TA:
http://cafetacenter.net/
Peer Education and Training Resources

Several nationally recognized technical assistance centers and organizations offer regular free webinars, workshops, or educational topics that are relevant to peer support practice (listed alphabetically). This is not a complete list. Feel free to submit others for our website:

- 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
- Intentional Peer Support (IPS)
- 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 Toolkits and Resources

Looking for state by state information?

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)
Member Submitted Announcements

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!**

Peer & Family Career Academy

The **Peer and Family Career Academy** welcomes peers and peer supporters to the iNAPS Conference this October in sunny Arizona. We offer education and training to equip peer specialists for rising demands in the workplace.

For information on courses contact us at pfca@asu.edu or visit [http://www.azpfca.com](http://www.azpfca.com).


**Live through This – Portraits of Attempt Survivors**

Featured on the CBS Evening News (June 28, 2017)

PLC DISCUSSION CHAT: FOOD, MOOD, AND YOUR WELLNESS
What an individual eats every day can make a huge impact on every aspect of wellness. Mood, energy, attention span, and achiness can all vary depending on what we ingest nutritionally. Human relationships with food can be very complicated! Join your peers on Thursday, July 20, 2017 at 11 AM Central Time to share and learn about experiences, information, and tips to navigating the relationship between food, mood, and your wellness. Learn More →

INTERESTED IN LEARNING MORE?
“Being a peer specialist has been the single most important part of my own recovery”
—Matt, VA Peer Support Specialist
DBSA is excited to be holding its Veteran Peer Specialist Training in September in Chicago.
Join Us →
About iNAPS

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
Membership

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!

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*Representative of a possible rate increase over the next 10 years