



International Association of  
Peer Supporters  
(iNAPS)

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# iNAPS eNewsletter

## March 2015

**International Association of Peer Supporters (iNAPS)**

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

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### Quote of the Month

“Each misfortune you encounter will carry in it  
the seed of tomorrow’s good luck.”

~ Og Mandino



# HAPPY St. PATRICK'S DAY FROM iNAPS

The **International Association of Peer Supporters (iNAPS)** is an all-volunteer charitable organization 501(c)(3) that promotes peer workforce development. We print a monthly newsletter, provide informal 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>

## NATIONAL PEER SUPPORT CONFERENCE UPDATE



The 9<sup>th</sup> Annual National Peer Support Conference has been set for Thursday and Friday, Aug. 20 & 21 in San Antonio, TX. The event will be held at the Sheraton Gunter San Antonio Hotel, a very short walk to the famous Riverwalk and a short ride to the Alamo.

This year's conference will focus on advocacy and poverty. A Call for Workshops is featured in this newsletter and posted on our website: [www.inaops.org](http://www.inaops.org). The lineup of plenary speakers is still being finalized but we expect the conference format to be similar to last year's event. The registration cost will remain the same as last year and a special group rate for lodging has been arranged with the hotel.

With much assistance from the Hogg Foundation and peer advocates, Texas has emerged as a leader in peer support. Conference participants will have an opportunity to learn about the Texas peer support experience and also other areas as conference participants come from across the U.S. and other countries. It is, indeed, an exciting experience! Join us for fun and learning as we celebrate, promote and develop peer support!

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

# Free Webinar # 19 – March 20, 2015!



## History of Peer Support

**When and where did peer support begin?  
How did it develop in the U.S.?**

These are just two of the many questions that will be addressed by Larry Davidson, Ph.D., Director of the Program for Recovery and Community Health at Yale University. Davidson, a person with lived experience, is more than a casual historian and his presentations on this topic have captured the attention of audiences throughout the U.S. and abroad.

This is a presentation no one in the mental health or addictions fields will want to miss! Davidson's presentations are never "dry" and his expert knowledge brings to life important aspects of peer support. You will be able to use the "chat" function during the webinar to ask questions of the presenter or share your thoughts with other participants.

Date: Friday, March 20, 2015

Time: Noon to 1 p.m. Eastern, (starts at 11 a.m. Central, 10 a.m. Mountain, 9 a.m. Pacific)

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

1. Go to: <https://optum.webex.com/optum/j.php?MTID=m22433639368fa45e56ad0d33bd0be3b8>
2. If requested, enter your name and email address.
3. When the "Join" button turns green, click on it (Note, you may have to refresh your screen a few minutes before the scheduled webinar.
4. When requested, enter your phone number (a single line phone without an extension). You will receive an immediate call back with instructions about how to join the audio portion of the webinar.
5. Follow all screen and telephone instructions.

If you have not previously participated in one of our webinars please log in about ten minutes early to be certain you have downloaded the proper software. If you have not, you will be prompted to do so. The download is quick, free and easy!!!

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

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

# Recorded Webinars

Several 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](#)
- [Compassion Fatigue](#)

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](http://www.createusmedia.com)) for recording these sessions!*

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## Guest Article: Peer Support Helps with Phobias

**Howard Diamond**

Shakespeare wrote in 1601, "Beware the Ides of March". Are we to be afraid, every time the date is mentioned? No, the statement was to be afraid of death for Julius Caesar. But all of us are afraid or fearful of something. I am not worried that I will die from an enemy's hand, but I definitely was scared.

In late 1981 and 1982 my situation was, I was so badly frightened of leaving my mom's house, I had panic attacks which turned into a severe problem. My "safety zone" was a mile and a half from her home in every direction. It seemed like when I was getting close to that point, my anxiety got higher and higher, I began to sweat, my heart beat harder and harder and my head was ready to explode. "BOOM", it just went off. No, not literally. At that time, that was the feelings I had.

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The good news was that could walk to the local library, my doctor's office and I had a park where I could sit and reflect and/or write poetry, if I was able. Finally, after several months of these torturous ordeals, I went to find help. Also, within my mile and a half was a treatment center where I applied for a therapist and a psychiatrist. They started me in a day treatment program five days a week, where I get involved by talking with other people about their issues and get assistance with mine.

In addition, in a couple of months, a "phobia group" was going to start and it was recommended that I join. A couple of weeks before the start, they changed the location to a spot over two miles from home and I would and COULD not go. However, about ten days later they switched it back to half mile and I reluctantly went. There over a six month period, with groups and one on one support, I learned to get rid of my "safety zone" and was able to go back to work part time and start to succeed in many areas of my life.

By 1986, I not only had a full time job, but was ready to move in other facets of my life. Stay tuned to part two of this article in April's edition of this publication. As they said at the end of many episodes of Batman, "Tune in next week (edition), Same Bat-Time, Same Bat-Channel". See you in the newsletter. -- As always, Howard, Peer from Long Island, NY.

## FEATURE ARTICLE

### Must Peer Support Supervisors be Peers?

**Andrea Morris**

"How would you know? You're not even a Peer!"

The camp is somewhat divided and discussions about non-peers providing supervision to peers seems to be attracting some attention. Perhaps a good way to bring the topic to light is to begin some valuable discussion.



I am a licensed professional and have provided clinical supervision for a number of years with good success, which is chiefly measured by supervisee feedback. One of the current groups is specifically for peers. The goal of this group is not to monitor or dictate peer practice but to provide peers with additional support, an opportunity to staff challenging situations and issues as well as to receive input from a "traditional professional".

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Many excellent conversations about ethics, personal boundaries, workplace professionalism, co-worker relationships and general peer issues have unfolded here. Feedback from this group has been extremely positive as peers view this time as an opportunity to examine critical issues, get back to basics and dig in for some old fashioned support.

Good supervision includes a number of key elements to include the supervisor's openness to learning, understanding, patience and overall personal qualities. Other vital components are a safe environment, a supportive structure and perhaps most importantly, the trusting relationship between supervisee and supervisor. Effective supervision is a cross-disciplinary skill using varying areas of expertise and can be a true asset in any profession- to include peers.

The "us" versus "them" mentality is one that likely further isolates, splits and negatively distinguishes peers from non-peers. Most of us have a similar goal: To compassionately help others. Practices rooted in authenticity, openness and general acceptance have higher success rates on many markers and typically involve cross discipline engagement and interaction. Generally, we have higher probability of overall victory and satisfaction when information and input from many sources is made available.

To exclude non-peers based on simply that... that they are non-peers... appears shortsighted. Effective supervisors come in many forms and from many background- peer or not. When choosing a supervisor, it may be most useful to look at personal attributes, attitudes, approachability, wisdom and general openness rather than saying "How would you know? You're not even a peer".

Helen Keller said it well: "Alone we can do so little; together we can do so much." It is something to consider.

Lastly, I would say to anyone who is considering or already providing peer specific supervision- regardless of background- be prepared to do your homework and stay up to date! There is much changing in the peer provider world and new information is constantly being disseminated. New specializations, core principles, and many other topics will require your devoted attention. If peer supervision is a "hat" you wear, be prepared to be diligent in staying current and in the know!

## Other Upcoming National Conferences

In addition to the 2015 National Peer Specialist Conference 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 peer supporters and we are listing them in chronological order. (We apologize if we've missed your group.)

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**ACHMA Summit 2015**

The College for Behavioral Health Leadership  
<https://www.acmha.org/summit>  
March 24 - 26, 2015  
St. Louis, MO

**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

**National Council on Behavioral Health NATCON 2015**

<http://www.thenationalcouncil.org/events-and-training/conference/>  
April 20-22, 2015  
Orlando, FL

**Mental Health America: 2015 Annual Conference**

<http://www.mentalhealthamerica.net/annualconference>  
June 3-5, 2015  
Alexandria, VA (Hilton Mark Center)

**Recovery Workforce Summit: 2015 Annual Conference**

Psychiatric Rehabilitation Association (PRA)  
[www.uspra.com](http://www.uspra.com)  
June 1-4, 2015  
Philadelphia, PA

**NAMI National Convention: Embrace the Future**

<http://www.nami.org>  
July 6-9, 2015  
San Francisco, CA

**iNAPS: 2015 National Peer Supporter Conference**

International Association of Peer Supporters  
[www.inaops.org](http://www.inaops.org)  
August 20-21, 2015  
San Antonio, TX  
For more, visit: <http://inaops.org/2015-national-conference>

**NARPA 2015 Annual Rights Conference**

<http://www.narpa.org>  
August 20 - 23, 2015  
Washington DC - Convention Center

**WRAP AROUND THE WORLD IN DC**

Copeland Center for Wellness and Recovery  
[www.copelandcenter.org](http://www.copelandcenter.org)  
August 24 -26, 2015  
Washington, DC

**DBSA 30<sup>th</sup> Anniversary National Conference and Leadership Forum**

[www.dbsalliance.org](http://www.dbsalliance.org)  
September 26-27, 2015  
Chicago, IL

**ALTERNATIVES 2015**

PEERLINK Technical Assistance Center  
*Funding has been approved!*  
Date and Location to be determined.  
Check this site for more details as they become available: <http://www.peerlinktac.org/>

## Sponsor iNAPS!



Would you like more than 3,500 peer supporters and organizations that hire them to see your message of sponsorship in the newsletter or conference promotional materials? Contact [steve@naops.org](mailto:steve@naops.org) for suggested donations and more information.

# Survey Results

The results of the iNAPS Survey of Education, Compensation, and Satisfaction have been posted on the iNAPS website: <http://inaops.org/2014-survey-of-education-compensation-and-satisfaction/>

Over 600 peers responded to the survey from 43 states, which will help us to better understand the current state of the quickly evolving field of peer support services. To learn more about this survey or further opportunities to do research based on these findings, send an email to [info@naops.org](mailto:info@naops.org) with Research in the subject line.

## News Briefs

- February 18, 2015 (Washington, DC) – As House and Senate Democrats and Republicans focus on comprehensive mental health reform, and a [recent poll](#) by the Kennedy Center for Mental Health Policy and Research indicated that 71% of Americans are calling for “significant “ or “radical” changes in the way that mental illnesses and addiction are treated, leading mental health experts and advocacy groups have announced the formation of the [Recovery Now! Campaign](#). The campaign has been created to address the crisis in our mental health service system and the personal crises faced daily by individuals and families in great distress. For more, visit [www.mentalhealthrecoverynow.org](http://www.mentalhealthrecoverynow.org)
- February 19, 2015 (Washington, DC) – SAMHSA Releases Five-Point Plan to Improve the Nation’s Mental Health:
  1. Increase Prevention, Treatment, and Recovery Services
  2. Expand the Mental Health Workforce
  3. Widen the Use of Health Information Technology
  4. Educate the Public
  5. Invest in Research

For more, visit <http://www.samhsa.gov/priorities>

- “Finally. Someone who gets it!” was the only comment received regarding last-month’s article about why stages of change have no place in peer support. The comment came from a state administrator of peer programs. “We always welcome comments about newsletter articles or information,” said iNAPS Executive Director Steve Harrington. Comments, suggestions, and information can be sent to him at: [steve@naops.org](mailto:steve@naops.org).

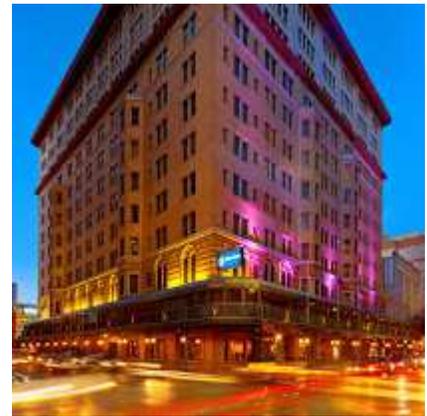
# *Advocacy, Poverty and Peer Support*

*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 9<sup>th</sup> 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](http://www.sheratongunter.com). For more information about the Riverwalk, please visit: [www.thesanantonioriverwalk.com](http://www.thesanantonioriverwalk.com)

# 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](mailto:steve@naops.org)  
Questions? E-mail: [steve@naops.org](mailto:steve@naops.org)  
Fax: (616) 200-5392

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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	<b>Total Registration</b>  (Fill in the total below)
\$225	\$260	\$150	<b>Registration Total:</b>
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:  
iNAPS, P.O. Box 67, Trufant, MI 49347. FAX: (616) 200-5392

To pay by credit card, please 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.



International Association of Peer Supporters (iNAPS)

# 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):

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**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**.

# Membership Form



## International Association of Peer Supporters (iNAPS) A non-profit organization ([www.inaops.org](http://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!

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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: \$ \_\_\_\_\_

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**