October is almost here! Have you registered for the conference?

11th Annual Peer Support Conference

October 16-18, 2017
Phoenix, Arizona

“Our greatest glory is not in never falling, but in rising every time we fall.”

There are no exhibit tables left, but you can still place an advertisement in the program until Oct 1, 2017.

For more, visit: Sponsors or email conference@naops.org
Official Announcement

The Annual Member Meeting will be held on October 16, 2017 at the Annual Conference in Phoenix, Arizona. The nominating committee is busy at work on a ballot for board members that will be distributed and voted on at the meeting, and future plans for the organization will be shared. **Plan to join us if you’re there!**
Why Attend Conferences?

I love to attend conferences! I have met wonderful friends at conferences and they are great places for networking. As peer supporters, conferences are one place we can obtain continuing education hours. The iNAPS conference is put on for peer supporters by peer supporters. iNAPS conferences contribute to my work as a peer and has workshops directed at my profession, peer support. I always have a wonderful sense of belonging at iNAPS conferences! ~ Lisa St. George, AZ

As my husband Gene was filling out the applications for us to attend the conference, he said, “I’m looking forward to this conference. Having our friends from Singapore there to present a workshop is going to be so moving.” I agreed. We then talked about why iNAPS is our favorite conference. We talked about the camaraderie and the connections to likeminded people. Then we got down to the more meaningful reasons: there is very little if any pretense. While we are all proud of what we do we are eager to learn new things from each other.

We all own the conference – while some have worked long and hard to make it happen, once it’s in action, it seems to belong to all of us. There is a lot of love there and some of us need that to heal from the wounds we have sustained over the past year. If you need any of this stuff, come and join us at the conference and become renewed for the skirmish of holding our ground. ~ Lori Ashcraft, CA

1. Getting to know a diverse group of individuals
2. Understanding/ learning new perspectives
3. Gaining additional technical information about peer support
4. Recharging batteries ~ Mike Weaver, NC

For me, the gathering of peers is a celebration of who we are and what we contribute to each other and the broader community. It is a necessary time to network and build strength from each other’s stories. Coming to the conference each year as I do, takes a bit of time as the travel to and from the host city is always longer than the time I spend at the actual conference. This year my return travel to Phoenix will be 19,350 miles or 31,141 kilometres, however, it is always worth it! ~ Anthony Stratford
Why Attend Conferences (continued)

I’ll never forget the earliest conference I attended -- somewhat grudgingly since I figured it was just a larger, less structured sheltered workshop. Sitting in the audience, I watched a woman (who I later got to know very well) get on stage and welcome us. She said she was the president of the state’s consumer run network. There was no one helping her, guiding her, showing her what to do. It was the first time I’d ever seen a person like me who was strong, certain of herself, so obviously a leader. It absolutely changed my life.

~ Beth Filson

Global Peer Support Celebration Day

And first-ever International Peer Supporters Meeting

Join us in this worldwide celebration of Peer Support!

This year Global Peer Support Celebration Day (GPSCD) falls on 19 October 2017. A special “Kick-Off” event will be held at the Annual Conference in Phoenix, Arizona. On the evening of Tuesday, October 17 we will celebrate with peers from around the world through a global video conference. The morning of Wednesday, October 18, we continue to celebrate with those who are in attendance at the conference in Phoenix before we send them back home to celebrate in their hometowns.

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

Encourage everyone you know to join us!

Contact: Bill Beverley-Blanco, M.Ed., CPS at GPSCDINAPS@gmail.com

Learn more at the iNAPS website:
https://inaops.org/global-peer-supporter-celebration-day/

On Facebook:
https://www.facebook.com/GlobalPeerSupportCelebrationtDay.org/

On Google + @GPSCD
Calling All Youth Advocates, Peers, and Leaders!

Youth Peer Support Leadership Summit
Tuesday, October 16, 2017
2:15 p.m.–6:00 p.m.

During the 11th Annual iNAPS Conference
Recovering & Sustaining Peer Support: Creating a Path for Our Future
in Phoenix, Arizona

This Is Your Chance To:
• Connect with fellow youth peers and leaders
• Gain skills in youth leadership and advocacy
• Establish peer connections with other youth leaders
  • Plus, dinner included!

This Summit Will Cover:
Youth Advocate Continuum; Youth Peer Support; Youth Leadership
Skill Development; and Social Media as a Tool for Advocacy

Register Online Now: inaps4peers.org/registration
For More Info, Contact: conference@naops.org
Conference T-Shirt Fundraiser!

This year’s fundraiser is a t-shirt drive. Support our efforts by planning ahead to purchase a t-shirt at the Conference. Or order additional t-shirts (as supplies last) using the order form in next month’s newsletter.

Recording Now Available

Webinar 32 - Peer Support Around the World with Robyn Priest

Description: Sometimes we get so busy doing our jobs we only see what is occurring locally, regionally or nationally in our own country. This webinar was about peer support innovations that are happening in different countries and territories around the world to explore what may be possible through creating linkages internationally. Click here to view the recording.

Click here for the full archive of recorded webinars

Thank you Peter Ashenden at Optum and David Barker at Createus Media for your ongoing support of this series and educating the peer support workforce!
First Ever!
International Peer Supporters Meeting

At the International Association of Peer Supporters
11th Annual Conference!

This meeting will be held via video conference
(See the connection information below)

Do we want to create a global peer supporter group?
Do you want to be able to connect with peer supporters around the world?

Tuesday night Oct 17th
11pm – 1am USA Pacific time

Wednesday Oct 18th
7am – 9am UK 3pm – 5pm Japan
4pm – 6pm Australia 6pm – 8pm New Zealand

Connecting with the iNAPS Conference
Join from computer: https://zoom.us/j/801220423
Or telephone: +1 669 900 6833 US or +1 646 558 8656 US
Meeting ID: 801 220 423

Connect using International numbers available in this list:
https://zoom.us/zoomconference?m=eL-rTYQD07ofaY5JAeRULCMPCq9GTgsY
Draft Agenda for International Peer Supporters First Meeting

- Welcome (facilitated by Robyn Priest)
- Go Around - Different Nations do a 10-minute presentation on what they are doing related to peer support
- Questions for discussion:
  - Do you want international consistency on peer support development (taking in to account local/cultural issues)?
    - If so, what would you like developed (definition, core competencies, code of ethics, how to stay true to core values as peer support grows each nation, ...)?
    - If not, what would we like instead?
  - Do you want a common theme for global peer supporter celebration day – decided each year?
  - How can iNAPS make sure they incorporate the views of different nations as they develop materials for use?
  - How do we stay connected internationally (calls quarterly, six monthly, or how many and what time should we meet...)?
- Next Steps
- Close

For more information email rob@resiliencyunleashed.com

Member Article

Reach Up and Grab September, It Is Here Now and Will Be Gone Soon by Howard Diamond

Yes, it is a "September Morn" like Neil Diamond sang! However, today brings sadness to my eyes and to many others. It is September 11, the 16th anniversary of that horrible day in 2001. Do you know where you were on that fateful day? I know where I was. It was 8:45 AM, I was pulling into the parking garage where I worked on like a flash the music stopped and the next thing I heard was, "I interrupt this broadcast ....". The rest shall we say is history.

September has other things that are upsetting to me. This includes the end of summer and the shortening of daylight. Not that seasonal affective disorder has any bearing for me, but for some that means quite a bit. Unfortunately, months come and months go. Therefore, seasons come and seasons go, but each of us has to adapt to changes the best way we know how. This is both negatively and most importantly positively.
For me most months bring me to a song or two or three...etc. For example: I hear music like from the musical comedy, “The Fantasticks”, the lyrics begin, "Try to remember the kind of September, when life was slow and oh, so mellow". Good, mellow is the way to be! Now, everyone breathe in deeply, hold for five seconds and let it out slowly. Repeat the process. Maybe you are more mellow, just as Donovan wrote and performed, “Mellow Yellow”.

Autumn brings positive things as well. More uplifting is a song by Earth, Wind & Fire just called, "September". Although I am not doing it justice, the song ends with the line, "Say do you remember dancing in September..." it does make me feel better about myself and about others. Baseball has one month left of the regular season and teams are trying to get into the stretch drive for a playoff push. This is like my New York Yankees. "Let’s Go Yankees“!  Also, football has just begun so that is good for Sundays.

When Fall comes, try to focus on the positive. It is time for me to digress with a poem:

Yes, the leaves are falling from the trees and soon they will be bare,
There is always someone that will care
There will be many colors they produce.
Definitely not orange juice!
Shades of red, yellow, orange and brown,
They line the streets all around the town.
Yes, I know I am a poet, too.
Hopefully this month will be a good one for me and for you.

To close, I do not always think in positive terms. As the years have passed, I believe I can only do my best. My significant other, Maureen, would want that for me. Brian Hyland wrote and sang it best. The song began with, "Though we gotta say goodbye for the summer" and ended with, "Sealed with a Kiss". More kisses for Maureen. Sweetie, I miss you, I love you and wish you were here. Enjoy today and live it one day at a time. See you in the Newsletter.
- Howard, A Certified Peer Specialist from New York

2016

September

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Member Announcements

September 26, 2017
(2 PM ET, 1 PM CT, 12 PM MT, 11 AM PT)

Webinar: Certified Peer Specialists in Crisis Services
David Measel, PA Peer Support Coalition

Pennsylvania has begun a concerted effort to integrate Certified Peer Specialists (CPSs) into the full array of crisis programs. This workshop will inform participants of the steps taken to get this effort moving, where we are at in the process currently, and future steps and aspirations.

Learning Objectives - Participants will:

1. Learn how the process to integrate CPSs into crisis programs began.
2. Learn about potential roles and responsibilities of CPSs in various crisis programs.
3. Learn about the newly developed training that is available.

Dave Measel is the lead individual in developing this curriculum with support from partners at OMHSAS and Temple University. Since its creation David has delivered the three-day training with a co-facilitator five times and have received positive reviews in each of the trainings. He has shared information about this training, its creation and the future of CPSs in Crisis Services at a number of forums including the iNAPS Conference in Philadelphia, August 2016.

Dave is a CPS and CPS Supervisor and currently works as a Contracted Administrator for the Pennsylvania Peer Support Coalition.

Click here to Register

Participation is free, but you need to pre-register to attend.
Member Announcements (Continued)

September 27, 2017
(2 PM ET, 1 PM CT, 12 PM MT, 11 AM PT)

Webinar: Core Leadership Skills: Pursing New Financing Opportunities: Executive Directors’ Roundtable for Peer, Youth, and Family Run Organizations in Behavioral Health

Co-facilitators: Maria Bell-Servick, Executive Director, Louisiana Federation of Families for Children's Mental Health, Baton Rouge, Louisiana and Johanna Bergan, Executive Director, Youth Move National, Decorah, IA, Chacku Mathai, STAR Center Director

Guest Discussant: Sue Bergeson, Lake, MI

There are a number of different financing opportunities and strategies used in today's behavioral healthcare environment that youth-, peer- and family-run organizations need to plan for. Changes in the way federal, state and local funds for behavioral health services and supports are managed, including through managed care, can affect organizational infrastructure, contracting systems and linkage agreements with other organizations. What does this mean for youth-, peer- and family-run organizations and how are executive directors for these organizations navigating this environment?

Register Now!
Member Announcements (Continued)

Event Date: September 28 at 1 PM ET, 12 PM CT, 11 AM MT, 10 AM PT

FREE PLC Webinar: The Self-Stigma Phenomenon:
How Stigma Impacts Identity-Formation in Young Adults

Self-stigma is one of the most common experiences young adults report dealing with who live with a mental health or substance use condition, or trauma, and can be among the most challenging barriers to overcome. This free webinar, available to all peer members of PLC, outlines the cognitive, emotional, and social elements of self-stigma and how it affects identity in young adults. Developing a positive identity is a critical part of young adult development. Together, we will gain an understanding of what self-stigma is, how it impacts identity-formation, and steps that individuals, peer workers, and a person’s supports can take to work through it. We will delve into established best practice and see this process through the lens of young adults who have successfully worked through self-stigma and developed a healthy, positive sense of self.

[Register]

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Event Date: October 2, 2017 at 1 PM ET, 12 PM CT, 11 AM MT, 10 AM PT
(DBSA Peer Leadership Center – Member event)

Making Recovery A Priority: Integrating Peers into Traditional Provider Agencies

ABOUT THE WEBINAR

Presented by Zohreh R. King, CPS, Director of Recovery at North Suffolk Mental Health Association and Lucy Ingram, CPS, Training and Program Manager at DBSA.

Integrating peer support workers into traditional provider agencies can be a challenge, but it can be done. The effective delivery of peer support services is crucial to the wellbeing and progress of peers receiving these services, as well as to creating an organizational culture of wellness and recovery. In this presentation, we’ll look at key components of successfully implementing this process, including supervision and leadership, creating community to promote recovery and wellness across the agency, and how to define different peer roles. Throughout the webinar, practical examples to implement this change will be provided that you can begin to implement in your organization now and make a positive impact!

[Click here to learn more about this webinar and joining the DBSA Peer Leadership Center.]
Online Resources

Do You Know about Able? You might want to!

www.ablenrc.org

What is ABLE?

The Stephen Beck, Jr. Achieving a Better Life Experience (ABLE) Act of 2014 allows those with disabilities to save for qualified disability expenses without the risk of losing their benefits from assistance programs like SSI and Medicaid.

Twenty-seven states have launched ABLE programs: Alabama, Alaska, District of Columbia, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, North Carolina, Ohio, Oregon, Pennsylvania, Rhode Island, Tennessee, Vermont, Virginia. Most of these ABLE programs are open to eligible individuals nationwide.

For more information, please see www.ablenrc.org for details!

Fall is here, but don’t leave us out!

Do you have an article, resource, or announcement to share with the peer support community?

We accept member submissions. If you’re not already a member, join us!

If you are a member, email your submission for an upcoming newsletter to info@naops.org.
News Updates
(Not a complete list… If you are a member, submit resources you found helpful for future consideration!)

The Key Update – September Issue is now available!

The Key Update is a monthly e-newsletter that focuses on news and important issues for our community.

The Key Update (continued)
Topics from the latest issue include:
• There Will Be a People’s Alternatives Conference in 2018!
• Doors to Wellbeing Continues Its Monthly Webinar Series with “CPSs in Crisis Services”
• Coping with Mental Health Issues That Interfere with Work? “Ask Me Anything” May Help
• BRSS TACS Aims to Improve Peer-run Organizations’ Disaster Response & Organizational Resiliency
• Class Action Lawsuit Filed on Behalf of Those Harmed by ECT in California
• It’s Almost Time for the International Association of Peer Supporters Annual Conference!
• TRP Collaborative Aims to Transform R&D Aided by People with Lived Experience
• Outside Mental Health: Voices and Visions of Madness Available for Free Download
• “No, We Should Not Involuntarily Commit the Homeless During Hurricanes”
• What Are Local Governments’ Responsibilities Toward People with Disabilities in a Time of Crisis?
• New NCD Report Addresses College Students’ Mental Health; Transitions RTC and Bazelon Offer Helpful Tips
• New Resource: SAMHSA Knowledge Network
• “Talking About Spiritual and Religious Factors in Wellness” Available from SAMHSA
• Law Enforcement—Mental Health Learning Sites Program Seeks Applicants
• An Array of Criminal Justice Articles and Resources for Free Download
• Logic Performs “1-800-273-8255” at the MTV Video Music Awards
• Disclaimer: The Clearinghouse does not necessarily endorse the opinions and opportunities included in the Key Update.

About The Key Update

The Key Update is the free monthly e-newsletter of the National Mental Health Consumers’ Self-Help Clearinghouse. The last issue is Volume 14, No. 3, September 2017, http://www.mhselfhelp.org. If you find it of interest, you can check the following link at the end of every month, where each new issue is posted: http://www.mhselfhelp.org/the-key-update-latest. For content, reproduction or publication information, please contact Susan Rogers at srogers@mhphope.org – note that this is a new email address – or 800.553.4539 x3812, 267.507.3812 (direct). Follow Susan on Twitter at @SusanRogersMH

Click here to view the latest issue of The Key Update.
News Updates (Continued)

The Café TA is one of five National technical assistance centers; providing training, and resources to 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 from the Café TA: http://cafetacenter.net

Chapter Leadership Forum
Supporting, Creating, and Celebrating Leaders
Date: Saturday October 14, 2017
Time: 10:00 a.m. – 4:30 p.m. CST
Where: Anywhere you can access the internet!
Register

You’re Invited to DBSA’s Virtual Chapter Leadership Forum
DBSA’s very first virtual Chapter Leadership Forum will be held on October 14, 2017! This year’s forum will focus on supporting, creating, and celebrating leaders within the DBSA community through Facebook live and ReadyTalk webinars, free of charge. The week leading up to the event will give you the chance to celebrate and inspire individualized leadership in DBSA by sharing stories, engaging in daily online discussions, and by viewing inspirational videos through a special Facebook group for CLF Participants.

To register for all events, please use this form. You can register for events individually below.

Are you a member of a DBSA Chapter?
If so, register for this unique event!
Continuing Education Opportunities

The Coalition website has posted several of the presentation handouts and slides from the Alternatives 2017 conference in Boston. Click here to view the list of presenters/presentations.

The Resources tab of the iNAPS Website contains links to many education and training programs and a video library that you can use to supplement your own learning.

Continuing Education available on the Resources Tab on the iNAPS site:

- Affordable Care Act (ACA) Peer Education Resources
- Continuing Education
- Recovery to Practice
- Training and Certification
- Video Resources

Do you have resources to share? Submit them to info@naops.org
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 5000, 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/](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