



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

<http://www.inaops.org>

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**Executive Director:**

Beth Filson

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# Welcome to the 2017 December Newsletter

*and*

## Happy Holidays!

No matter where you are, or what your celebrations may be (and when), iNAPS wishes you a warm Holiday Season, and the Happiest of New Years!



Photo by Kathy Ford

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# From the Desk of the Executive Director

December 2017

From the Desk of the Executive Director

Dear Members, Allies, and Friends,

I am so excited about 2018. I recognize that being able to launch iNAPS into this new year is only possible because of the stewardship of our Board, and the vision and hard work of our members, allies and friends. Steve Harrington shaped a vision for us many years back. We are responsible for growing this vision to make an organization worthy of it.

As the new Executive Director, my plan for iNAPS is to create a dynamic organization that is responsive to the needs of the peer support community and its allies. It is to provide you with resources that are relevant to you, innovative, and unique to peer support relationships, and to the people who work with peer supporters. I am charged with

- o creating new and powerful partnerships,
- o finding common ground and uniting around important advocacy issues,
- o spotlighting your successes and disseminating what is working, and
- o *supporting and growing iNAPS **with you.***

At our 11<sup>th</sup> annual conference this past October, and through email, so many of you asked how you can participate in growing and strengthening iNAPS. I am delighted to let you know that in 2018 we will launch a new membership management system. Here is some of what the new platform offers: a new iNAPS website (you will still go to [www.inaops.org](http://www.inaops.org)), a more integrated way to pay for membership (including automatic renewals), a streamlined registration process for conferences, discussion boards, and a variety of other tools. Most of all, we are excited that the new software provides innovative communication tools that can be adapted to our growing needs and diverse perspectives, ideas, and voices.

Look forward to hearing from us in January. We'll need your input as we proceed. Our focus with this new set of tools will be to grow a vital community of people

who understand the power of lived experience in all its dimensions, and the power of relationships to heal.

There's more in store! In response to the growing diversity of the peer support workforce, new areas and sectors for delivering peer support are opening up. Our community is far more diverse than it was 17 years ago when I started. To meet the needs arising, and to represent the diversity that is blooming, the Board elected three new committees that are organizing now. These are the Veterans Committee, Youth and Young Adult Committee, and the International Committee. Committee chairs are just beginning to organize. We will be communicating with you about your participation. Stay tuned to upcoming news in the January newsletter.

My wish for you in 2018 is this:

May every dawn bring you hope and possibility -- even in the most challenging times. May each dawn bring a renewed sense of purpose and meaning to your life. And may our relationships with each other make all of this possible.

Peace and passion in this New Year,

Beth

[bethfilson@inaops.org](mailto:bethfilson@inaops.org)

P.S. If you are not yet a member, now's the time to become one. For discount rates through December 31 go to [membership link](#)



Painting by Lucy Campbell <http://www.lupiart.com/work/>

# A Wish List for 2018

From a Blog by Leo Babauta

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1. Say thank you to everything and everyone, even to your grief and those who frustrate you.
2. Ask how you want to use this gift of a day.
3. See this moment as the most important moment in the world, and don't wait to be happy.
4. Do every task out of love for someone else, and yourself.
5. To make better habits, put everything you have into small steps. And ask for help.
6. Travel lighter, pack fewer fears.
7. Overcome procrastination by sitting with on task, not letting yourself run from discomfort.
8. One thing at a time.
9. See discomfort as no big deal.
10. Ask yourself how you want to spend your one wild and precious life.

## *And Just a Few More...*

“I look forward to 2018 with a lot of hope for iNAPS and our ability to make a huge difference in the world, especially the world of peer support. As peer support becomes more of a natural part of all behavioral and physical health service delivery processes, the support for peers becomes invaluable. iNAPS is positioned to do just that, and do it joyfully and mutually.” *From iNAPS Board Member Lori Ashcraft, Resilience, Inc ~*

My 2018 wish for INAPS – That we move forward together with intent and boldness in areas where we can make the greatest impact, guided by the wisdom of our members. *From iNAPS Board Member, Lisa Goodale, DBSA*

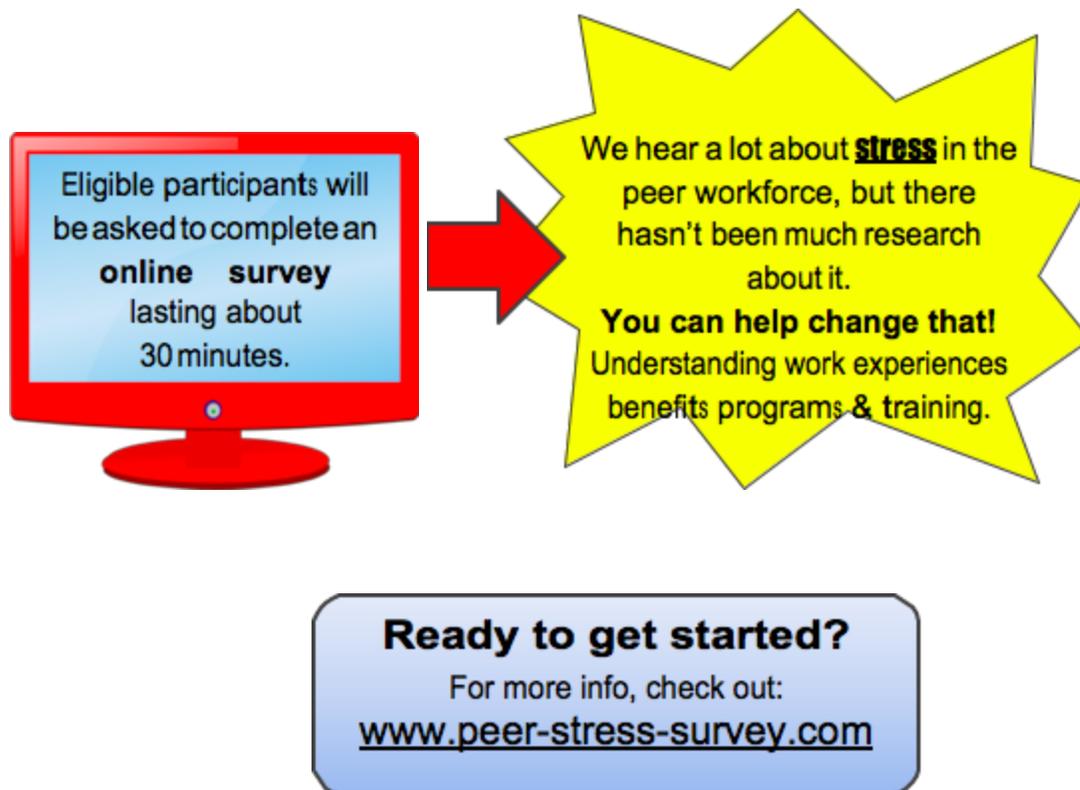
## Participants Wanted - Peer Support and Stress

Do you currently work as a peer support provider? We hear a lot about stress in the peer workforce, but there hasn't been much research about it. **You can help change that!**

You may be eligible to participate if all of these apply:

- You were trained and currently provide direct peer support services in a mental health organization, paid or unpaid
- You use your own recovery experience to assist others with mental health, & other life challenges
- You are over age 18 and work in the United States

This study was designed by a certified peer support specialist, with input from peers and allies. If you want to learn more, please send questions to the investigator, Stephania Hayes, by e-mail: [stephania@berkeley.edu](mailto:stephania@berkeley.edu)



## Resources & Continuing Education Opportunities

We are redesigning our website, and adding to it. We'll keep the **Resources tab** which contains links to educational material including our online library. We'll also be adding material as we move through 2018. Our goal is to be your go-to source for all things peer support.

Do you have educational material, including research, surveys, practices on aspects of peer support? Would you like to submit ideas about what resources you need, or what you'd like to see as part of our menu of continuing education offerings? We'd love to hear about it. Please send to [info@inaops.org](mailto:info@inaops.org).



*Creating our future together!*

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Do You Know about ***Able?*** You might want to!

[www.ablenrc.org](http://www.ablenrc.org)

*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.*

For more information,  
please see [www.ablenrc.org](http://www.ablenrc.org) for details!

## Peer Newsletters and Updates

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*(We don't know about everything that's out there, so If you are a member, submit resources you found helpful for future consideration!)*

New!

Live & Learn, Inc. is a consumer-run and woman-owned social enterprise that provides research, technical assistance, and knowledge translation services to behavioral health system stakeholders. Please check us out, and while you're at it, sign up for news and more.

[Here!](#)

Also, stay current and up to date by signing up for:

The Key Update

The Key Update focuses on late-breaking news and notes on important mental health and human rights issues.

Click here to view the latest issue of

[The Key Update](#)



*National Mental Health  
Consumers' Self-Help Clearinghouse*



Peer Leadership  
Center

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](#).



**CAFÉ TA  
CENTER**  
A Program of The Family Café

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 and training offered through the Café TA: [cafetacenter.net](http://cafetacenter.net).

## Become a Member of iNAPS

**SPECIAL: Get the 2017 rate for 2018 by joining now!**

**We're glad you're a member, and don't want to lose you, so please renew your membership **before Dec. 31, 2017**. While you're at it, why not become a **Lifetime Member** and avoid the yearly sign up?**

**Between now and December 31, 2017 you can join or rejoin at the reduced rate of \$30.00 for a yearly membership and 300.00 for lifetime membership. As of January 1, 2018, the annual membership rate increases to \$35 and the lifetime membership rate increases to \$350.**

**To join online and pay by credit card, or to download an application and pay by check, go to:**

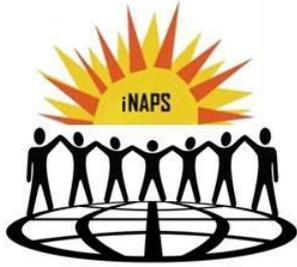
**<http://www.inaops.org/join-us/>**

### **What's In It for Members?**

**There's a lot in store for members this year. We're in the process of updating communication, website, and social media platforms. Members will enjoy connecting and contributing to iNAPS through multiple channels via the website, including professional member profiles, and targeted discussion boards. We are also strengthening our use of social media like Facebook and Twitter to grow a community of peer support with members.**

**Members Also Receive a significant discount for the annual conference.**

**Don't forget that members also receive continuing education when they participate in the monthly webinars sponsored by Optum. **These webinars are open to anyone, but only members earn certificates.****



## 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 11<sup>th</sup> 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 17<sup>th</sup> with a special event on October 18<sup>th</sup> 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>