



Types of Training for Peer Crisis Navigators

Introduction

- Determine the training needs for the Peer Crisis Navigators
- Various types of trainings available and what they offer
- Compare cost, skill sets and relevancy to jobs

Trainings by Peers

- Certified Peer Specialists (CPS's)
- Intentional Peer Support (IPS)
- Wellness Recovery Action Plan (WRAP)
- Focus for Life (Salutogenic Training)
- Mental Health First Aid

Certified Peer Specialists (CPS's)

The training and certification process prepares CPSs to promote hope, personal responsibility, empowerment, education, and self-determination in the communities in which they serve. Certified Peer Specialists are part of the shift that is taking place in the Georgia Mental Health System from one that focuses on the individual's illness to one that focuses on the individual's strength. Recovery is no longer only about what clinicians do to consumers--it has become, with the assistance of CPSs, what consumers do for themselves and each other. Thus, CPSs are trained to assist consumers in skills building, goal setting, problem solving, conducting Recovery Dialogues, setting up and sustaining mutual self-help groups, and in helping consumers build their own self-directed recovery tools, including the WRAP.

Costs

5 Day Training February 23-27, 2009

Registration Fees

\$950 per person includes training fee and all training materials, beverage breaks, continental breakfast (Monday-Friday) and post-training certification testing.

Fee does NOT include hotel accommodations, travel or meals other than breakfast.

Location Sheraton St. Louis City Center

Intentional Peer Support

- A trauma informed curriculum "Intentional Peer Support: An Alternative Approach."
- This ten-day training is a requirement for Peer Support Specialists working on the Maine Warmline, in Emergency Departments, in state hospitals and on some ACT teams.
- 2 components

Peer Support: An Alternative Approach

Peer support has traditionally meant informal, non-professionalized help from people who have had similar life experiences. In mental health peers come together with many shared experiences including a negative reaction to traditional services. However without a new framework to build from it is not uncommon to find people re-enacting “help” based on what was done to them. Some people take on positions of power and others fall into passive recipient roles. Therefore, all training emphasizes a critical learning experience in which people mutually explore “how they’ve come to know what they know.” In other words, through intentional conversations, people examine their assumptions about who they are, what power-shared relationships can look like, and ultimately what’s possible.

This is accomplished through a process of learning about:

- What makes trauma informed peer support different
- First contact and how it controls the way we see the world
- Listening with intention
- Challenging old roles
- Understanding trauma world view and trauma re-enactment
- Working towards shared responsibility and shared power
- Creating a vision
- Using supervision as a tool to maintain values in action

Peer Run Crisis Alternatives

Peer run crisis alternatives are beginning to spring up around the country. These programs support many people in avoiding psychiatric hospitalization while allowing them to reconsider crisis as an opportunity to learn and grow. While trauma informed peer support training provides the basic framework, this training also provides more extensive information on maintaining mutuality in uncomfortable situations. It also places an emphasis on pro-active crisis planning in which potential guest and respite worker negotiate how they will work together to “do crisis differently.”

Specific training components include:

- Basic trauma informed peer support training
- Working with high end situations
- Working with conflict
- Flexible boundaries
- Pro-active crisis planning
- Supervision and evaluation

The Four Tasks of Intentional Peer Support

- Building Connection
- Helping each other understand how we've come to know what we know (worldview)
- Re-defining help as a co-learning and growing process (mutuality)
- Moving towards what we want, rather than away from what we don't want

Training for IPS

- *5 days April 19-24, 2009*
- **Vermont, USA**
- **\$970.00 Early** Before March 1
- **\$995.00** After March 1
- *For more information contact:*
lenorakimball@gmail.com

Wellness Recovery Action Plan

What is WRAP? **WRAP** stands for **Wellness Recovery Action Plan™** **WRAP** is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives. WRAP is designed to:

- Decrease and prevent intrusive or troubling feelings and behaviors
- Increase personal empowerment
- Improve quality of life
- Assist people in achieving their own life goals and dreams.

Using WRAP and Peer Support

- \$995 includes all training materials and activities as well as lunch, snacks and beverages on training days.
- Does not include transportation, lodging or other meals
- Trainings are held several times each year in:
 - Brattleboro, Vermont
 - Phoenix, Arizona
 - on request in other regions, states and countries

WRAP Facilitator Certification

- Registration \$1200 includes all training materials and activities as well as lunch, snacks and beverages on training days
- Must have completed a WRAP class (can be met by taking the Mental health Recovery Correspondence Course (additional fee of \$200))
- February 16-20 in Austin, TX; February 23-27 in Santa Cruz, CA

Focus for Life (Salutogenic Training)

- Finding Resources
- Salutogenic Focus Meaning in Recovery
- Teaching Personal Medicine
- Helping to Formulate Personal Mission Statements
- Coaching & Language Use
- Identifying Choice of Focus

Focus for Life (Salutogenic Training)

- Registration \$450 per person or
- For a group of 10 people - \$4000/\$400 person
- For a group of 20 people - \$6000/\$300 person
- For a group of 30 people - \$8250/\$275 person
- This includes all training materials, CD
- Site must provide meeting space, food, snacks and travel for facilitators

Mental Health First Aid

- 12 hour training course to give members of the public key skills to help someone who is developing or experiencing a mental health crisis
- Upon completion of the training, participants will know how to:
 - Assess a situation
 - Select and implement appropriate interventions
 - Help the individual in crisis connect with appropriate care
 - Learn risk factors and warning signs