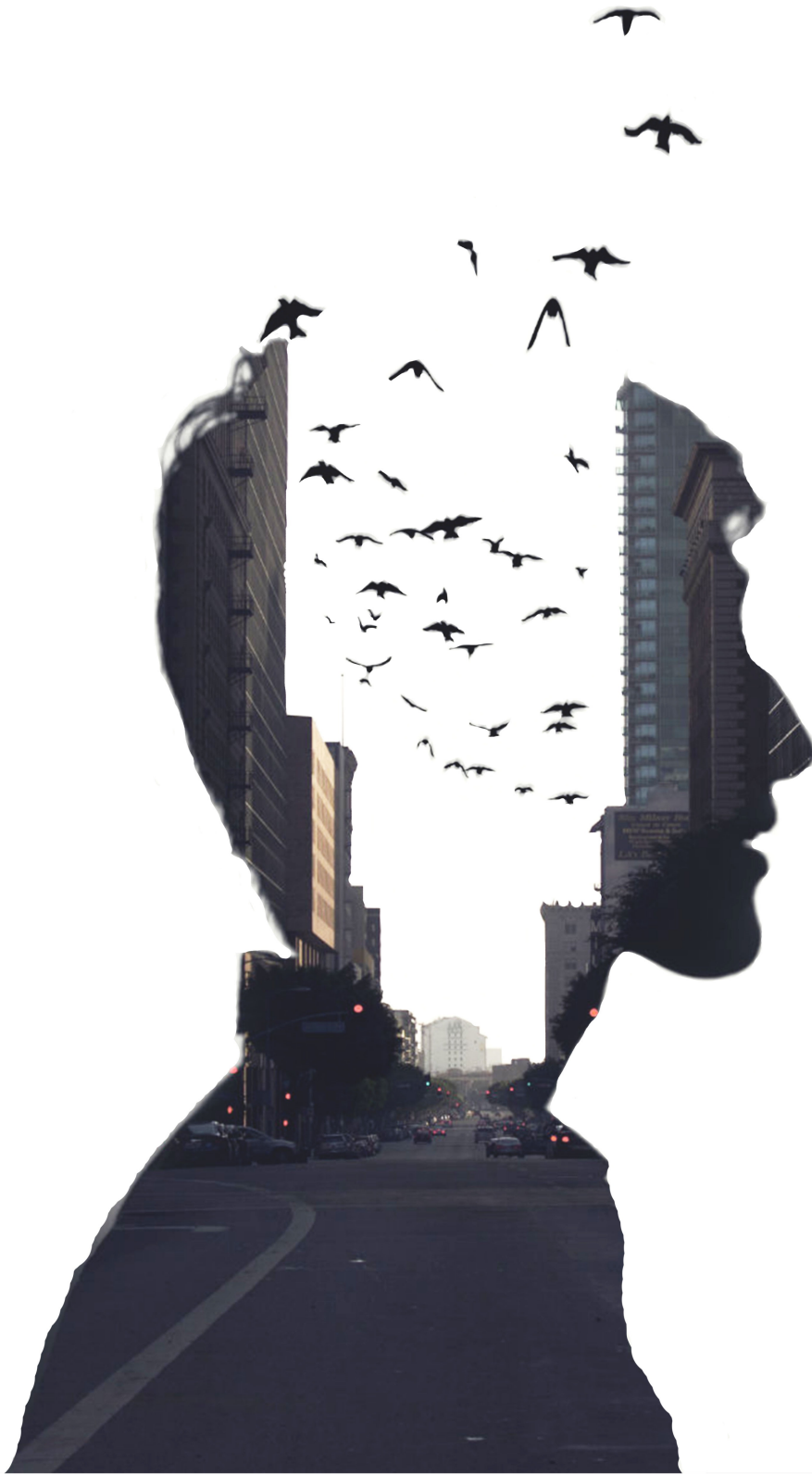


# PEER RECOVERY TRAINING MANUAL



**“Once we join together to combine creativity with our ambitions, possibilities for recovery become limitless. You can’t use up the wings of ingenuity. The more you use, the more you have.”**

**-Sara Paulsen**

December 2, 2016

To:

Rod Bouffard, Superintendent

Eric Gilliam, Deputy Superintendent

Susan Bundy, Staff & Organizational Developmental Coordinator

Monika Riney, Staff Development

Janet Barrett, Director Rehab Services

What you are receiving today stemmed from a conversation with Rod Bouffard, DRM, and Karen Evans, a PAIMI representative. A collective of concerned stakeholders came together to create this peer recovery training manual. The manual provides a menu of program options that supports the hospital's efforts to promote recovery, and improve patient experience and outcomes.

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery as "a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential."<sup>1</sup> The mental health recovery model is designed to support individuals with mental illness to take control of their lives and well-being, starting with "primary control over decisions about their own care."<sup>2</sup> Self-management, empowerment, hope, and community are central to this model. This same level of involvement and responsibility is built into many Patient Bill of Rights and Responsibilities at hospitals across the country.

The principles of recovery and consumer voice are central to both the consumer movement and the AMHI Consent Decree. This coalition is pleased to work with Riverview to enhance and promote these principles and practices at Maine's largest state psychiatric facility.

Thank you to the stakeholders for their hard work and dedication to this project!

Brian Townsend, Amistad

Riverview Peer Support Program / Amistad

Karen Evans, Disability Rights Maine

Simonne Maline, Consumer Council System of Maine

Alicia Hallowell-Hafford, The LINC Wellness Center

Lydia Richards, Advocacy Initiative Network of Maine

Julia Duncan, Human Right Committee

Wendy Allen, Riverview Peer Specialist Team

Sara Paulsen, Administrative Assistant & Cover Design

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<sup>1</sup> <http://www.samhsa.gov/newsroom/press-announcements/201112220800>; SAMHSA announces a working definition of "recovery"

<sup>2</sup> [http://www.socialworkers.org/practice/behavioral\\_health/0206snapshot.asp](http://www.socialworkers.org/practice/behavioral_health/0206snapshot.asp)

## **Alternatives to Suicide**

### **Description of the program & training process:**

The Alternatives to Suicide training is intended primarily for individuals who have experienced suicidal thoughts and are interested in facilitating peer-to-peer support groups that focus on taboo topics. This training is open to people who identify as suicide attempt survivors and those who have struggled with suicidal thoughts. It also includes their allies, friends and family, clinicians, peer workers and more. Suicide groups should be held in non-clinical environments.

NOTE: Only people who have been through personal struggles with thoughts of suicide or attempts are able to actually facilitate "Alternatives to Suicide".

### **Length of training:**

3 Days

### **Cost:**

There is no cost for people residing or working in Massachusetts. For out-of-state attendees, we are requesting a \$100.00 fee per participant. (This fee is to support the training's limited budget and resources, and is negotiable if you are coming as an individual not sponsored by an organization, or if it is somehow otherwise cost-prohibitive.)

### **Contact for this training:**

Western Mass RLC

Attn: Sara

187 High St., Suite 303

Holyoke, MA 01040

[info@westernmassrlc.org](mailto:info@westernmassrlc.org)

## **Boston University Recovery Workbook II: Connectedness**

### **Description of the program & training process:**

The Recovery Workbook II: Connectedness is for use by consumers and/or professional leaders with consumers as part of a training workshop, course, or seminar in the recovery process. The training may be used by self-help groups and/or individuals for self-study of recovery.

The workbook explores the relationship between connectedness and personal growth within the recovery process for people with psychiatric disabilities. Four aspects of connectedness are addressed: connectedness with oneself, with others, with our environments, and with a larger meaning or purpose in life. Knowledge, skills, and values related to connectedness are presented.

A leader's guide and PowerPoint Presentation also are available for persons who are using the workbook in groups.

### **Length of training:**

There are 5 chapters in the recovery workbook: Introduction, Connecting to Self, Connecting to Others, Connecting with Our Environment, and Connecting With a Larger Meaning or Purpose. This could be completed in either a 5 week or a 10 week session. Group courses are also available. No online classes.

### **Cost:**

The only outstanding expense for the recovery workbook is currently on sale for \$7.99 (12/2016).

- The Teacher's Guide is \$2.49
- The Power Point (for groups) is \$14.95

Order 10 workbooks and get a free teacher's guide.

### **Contact for this Training:**

Sue McNamara  
Center for Psychiatric Rehabilitation  
Sargent College of Health and Rehabilitation Sciences  
940 Commonwealth Avenue West  
Boston, MA 02215  
617-353-3549  
[www.bu.edu/cpr](http://www.bu.edu/cpr)

## **Coffee Talks Series**

### **Description of the program & training process:**

Learn Tools for Wellness & Recovery

1. What Do You Mean When You Say Recovery?
2. Using Your ISP (Individualized Service Plan) for Recovery
3. Helping Your Case Manager / Care Coordinator Help You
4. Making Medication Management Work for You
5. Consumer Developed Recovery Programs
6. Developing a Crisis Plan
7. Consumer Involvement

Presented in a classroom setting to groups of consumers.

### **Length of training:**

7 weekly 2 hour classes

### **Cost:**

\$50 per facilitator (limit 2) plus mileage

### **Contact for this training:**

Advocacy Initiative Network of Maine

Lydia Richard

207-478-1046

lrichard@thenetwork123.com

## **Hearing Voices Support Group**

### **Description of the program & training process:**

Criteria for affiliated group membership:

- Ethos of self help, mutual respect, support, and empathy
- Acceptance that voices, visions, tactile sensations, & other unusual or extreme experiences are real
- Acceptance that people are not less for having voices, visions, tactile sensations, and other unusual or extreme experiences
- Attendance is completely voluntary and self determined
- Primary focus is sharing experiences – no more, no less
- No assumption of illness
- Freedom to interpret experiences in any way
- Freedom to challenge social norms, to talk about anything, not just voices or visions
- Not a treatment program. Social group not clinical group
- No clinical pressure on facilitator to report back on attendance, participation, etc.
- No one expert – All are experts
- Ordinary common language is used
- No discharge process
- No risk assessment
- Confidentiality within the group is maintained as much as possible while being aware of limitations

Two trained Hearing Voices facilitators would facilitate the group.

### **Length of training:**

The support group would be ongoing, once a week for 90 mins-2 hrs at a time.

### **Cost:**

\$50 per facilitator (limit 2) plus mileage

### **Contact for this group:**

Lydia Richard

Disability Rights Maine

207-478-1046

lrichard@thenetwork123.com

Western Mass RLC

187 High St., Suite 303

Holyoke, MA 01040

info@westernmassrlc.org

## **Inspiring Minds**

### **Description of the program & training process:**

Inspiring Minds is a recovery-based education course for peers offering skills and support. This course consists of 8 two hour modules, covering 8 unique topics that each plays a role in recovery. Trained peers deliver the curriculum with lived experience called Guides. NAMI Maine's Peer Education Program offers this program statewide. This is designed to engage a variety of learning styles throughout the content and structure. Course content includes: video clips, group discussions, role-play, hands-on activities and Power Point presentations.

All participants receive a manual for each topic module including tools and information to use in the future. Topics covered are Skillful Communication, Boundaries, Self-Esteem, Dreams, Goals & Purpose, Health & Habits, Breaking Bad Stress, Mindfulness and Changing Negative Thinking. Each module can be done independently of the others.

Inspiring Minds was written and developed exclusively by peers who know the challenges firsthand. Lived experience is some of the most valuable experience. Over 170 peers provided input for the selection of topics and formats-meaning this course is designed for the needs of peers right here in Maine.

### **Length of training:**

Inspiring Minds consists of 8 modules each lasting 2 hours each (8 weeks total)

### **Cost:**

FREE

### **Contact for this training:**

Elaine Ecker

Peer Education & Training Manager

eecker@namimaine.org

800-464-5767 x2306

## **Living Well For Better Health**

### **Description of the program & training process:**

The Chronic Disease Self-Management Program is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders. One or both of whom are non-health professionals with chronic diseases themselves.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercises for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments.

It is the process in which the program is taught that makes it effective. Classes are highly participatory, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Does the Program replace existing programs and treatments? The Self-Management Program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education such as Better Breathers, cardiac rehabilitation, or diabetes instruction. In addition, many people have more than one chronic condition. The program is especially helpful for these people, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives.

### **Length of training:**

Attend one 6 week training, then co facilitate a 6 week class, then facilitate a 6 week class. 18 weeks of classes, 2 and a half hour classe

### **Cost:**

FREE

### **Contact for this training:**

Spectrum Generations

Jennifer Fortin at 800-282-0764, ext. 1657

[jfortin@spectrumgenerations.org](mailto:jfortin@spectrumgenerations.org)

[www.spectrumgenerations.org/living-well](http://www.spectrumgenerations.org/living-well)



# **Pathways to Recovery: A Strengths Recovery Self-Help Workbook**

## **Description of the program & training process:**

This workbook uses the metaphor of a journey to take the reader through a process of exploration, self-discovery, and planning that helps to set life goals and realize personal dreams. Unlike most other recovery self-help materials, Pathways to Recovery, does not concentrate on psychiatric disorders, symptoms or treatments. Instead, Pathways, promotes recovery in the domains of life such as having a sense of home, increasing knowledge and education, finding work or volunteer activities that bring satisfaction, developing meaningful relationships with others, achieving intimacy and enhancing sexuality, attaining higher levels of wellness, and exploring spirituality. Pathways discusses and uses the strength approach to recovery, exploring such topics as motivation, living situation, career path, social support and vision for the future to name a few. Pathways to Recovery includes more than thirty first-person accounts of recovery and provides inspiration and guidelines so that readers can create and share their own stories.

In the foreword of the workbook, Dr. Patricia Deegan notes “I find it refreshing that Pathways to Recovery addresses issues of real concern to mature adults diagnosed with mental illness. There are sections about human sexuality, intimacy, and economic well-being. The workbook does not have to be approached in a linear fashion. It is geared to meet people where they are. Because the authors were careful to gather consumer/survivor input through advisory boards, focus groups and workshops, the self-help exercises are very practical and easy to learn.”

It is recommended class not exceed 12 participants and has two facilitators. To become a certified trainer of Pathways to Recovery is to participate in a 12 week class. Then facilitate a 12 week class with a certified train the trainer. It is recommended not to miss more then three classes.

## **Length of training:**

Two 11 week classes, 2 hours for class

## **Cost:**

FREE

## **Contact for this training:**

Kelly Staples

Training coordinator, DHHS SAMHS

207-287-5389

Kelly.Staples@maine.gov

## **Peer Support 101**

### **Description of the program & training process:**

Peer Support 101 is an opportunity to take a peek at Intentional Peer Support, learn about the tasks of peer support and hear about peer support in Maine. Who should take Peer Support 101?

Consumers: Provides an opportunity to discover the broad range of peer support, as well as qualify for participation in the Peer Support Specialists Certification.

Providers: Peer Support may be something offered in your agency, or your community. Do you know what it is all about? Would you like to know the possibilities?

Community & Family Members: Find out about options for people you care about.

### **Length of training:**

Peer Support 101 is a 3-hour class offered to anyone interested in learning more about peer support. It is also a requirement for participation in the Peer Support Specialists Certification.

### **Cost:**

FREE

### **Contact for this training:**

Kelly Staples

Office of Substance Abuse and Mental Health Services

Department of Health and Human Services

207-287-5389

Kelly.Staples@maine.gov

## **Peer Support Whole Health and Resiliency**

### **Description of the program & training process:**

Peer Support Whole Health and Resiliency (PSWHR) is for consumers and facilitated by those who have already had the training themselves. This approach is based on the belief that people with a chronic illness who are in a recovery process are more effective in supporting others with similar lived experiences. In the first six sessions the Peer Specialists go through the materials that they will teach their peers. The last two sessions are used to train the Peer Specialists to teach the material they have just gone through and to create an action plan for implementing the program back in their own agencies. PSWHR focuses on 10 healthy life style/resiliency domains developed by the Appalachian Consulting Group (ACG) and the Benson Henry Institute for Mind-Body Medicine. A Person Centered Planning (PCP) process developed by ACG is applied to 10 domains. This process involves looking at strengths, interests, current patterns and future possibilities in each domain. Exploring each domain ends by reflecting on the statement – “If I decided that it was important to improve this domain in my life in order to improve my health and resiliency, these are some things that I could do. This would be the benefit of doing this.”

### **Length of training:**

PSWHR is an 8 session training program taught to the Peer Specialists over 2 days from 9 AM to 4 PM

### **Cost:**

PSWHR will come to Maine & train 30 CIPSS (Certified Intentional Peer Support Specialist) @ \$5000.00

### **Contact for this training:**

Appalachian Consulting Group

Brick & Mortar

3173 Hwy 129 North

Cleveland, GA 30528

404-375-1813

info@acgpeersupport.com

## **Whole Health Action Management (WHAM)**

### **Description of the program & training process:**

WHAM training is a peer-led intervention for people with chronic health and behavioral health conditions that activates self-management to create and sustain new health behavior. WHAM aims to counter the high incidence of chronic physical health conditions such as diabetes, heart disease and obesity among people living with mental illnesses and addictions. Through facilitated sessions focused on setting strengths-based whole health goals, WHAM participants learn to identify strengths, write whole health goals, create a weekly action plan, participate in peer support to change health behaviors, elicit their relaxation response, engage in skills to avoid negative thinking, prepare for health screening, and use shared-decision making skills to engage with doctors.

WHAM is a train-the-facilitator program developed by SAMHSA-HRSA's Center for Integrated Health Solutions. The training is most commonly provided to individuals currently working as peer specialists.

### **Length of training:**

2 full days

### **Cost:**

\$11,000 for up to 30 participants. Frequently multiple parties share the training and payment.

### **Contact for this training:**

Jesse Barkin, Project Coordinator

National Council for Behavioral Health

202-621-1633

JesseB@thenationalcouncil.org

## **WRAP (Wellness Recovery Action Program)**

### **Description of the program & training process:**

The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams. Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe.

NOTE (12/2016): Currently in Maine, Sweetser just received a contract to provide facilitator classes across the State to peers. They have not started the facilitator training as of yet.

### **Length of training:**

8 to 12 classes of 2 hours each

### **Cost:**

FREE to peers in Maine

### **Contact for this training:**

Scott Metzger

Director of Recovery Services for Sweetser

207-842-2401

[smetzger@sweetser.org](mailto:smetzger@sweetser.org)