Best Practices in Peer Support Training

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Disclaimer Slide

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Importance of Peer Training

- Lived experience and mutuality are central in all peer support
- Training is key to empowering peer specialists to best support themselves and others
- Improved knowledge and skills result in better outcomes and will increase evidence base and opportunities for peer supporters over time
Mental Health America’s National Certified Peer Specialist (NCPS) certification

- The first national advanced peer support specialist certification
- Creates more opportunities for career paths and living wages for individuals with high levels of experience and expertise
- Qualifications:
  - 3,000 hours verifiable experience within the past 6 years
  - 1 Professional letter of recommendation
  - 1 Supervisory letter of recommendation
  - Current state certification with a minimum training requirement of 40 hours OR hold a certificate of completion of an MHA approved training program
  - Passing score on 125 question multiple choice exam covering 6 Domains of Practice (Foundations of Peer Support; Foundations of Healthcare Systems; Mentoring, Shared Learning, and Relationship Building; Activation and Self-Management; Advocacy; and Professional and Ethical Responsibilities)
Training and Development in the 21st Century

Learning for Transformative Action and Liberation

Clarice Bailey, Mental Health Partnerships
Who We Are

Mental Health Partnerships (formerly known as Mental Health Association of Southeastern Pennsylvania)

Founded 1951 as a consumer led organization

Institute for Recovery established 2004
What We Do

Advocacy
Service Delivery through Peer Support
Training and Development
Training at the Institute@MHP

Pennsylvania authorized provider of 75 hour Certified Peer Specialist (CPS) and 13.5 hour Certified Peer Specialist Supervisor Training

Wellness Recovery Action Plan© Advanced Level Facilitators

Ongoing support of CPS and CPS Supervisors

Continuing Education Courses

Mental Health America Training Partner
Training at the Institute@MHP

Certified Peer Specialists
- Peer Support Specialists
- Youth and Young Adult Peer Specialists
- Peers in Correctional Settings

Certified Peer Specialist Supervisors
- Peer Support Specialists
- Youth and Young Adult Peer Specialists
- Peers in Correctional Settings
Transformation and Liberation

How We Think
Collaborative Work
Trauma Informed

Liberation
Intersectionality
Peer Movement
It’s not just about training Peers!

Organizational Support: Assessment and Implementation of Peer Support Services and Programs

Organizational Support: Creating and Sustaining Self Directed Care Programs
The 21st Century

Recovery 2.0

The Next Frontier in Peer Support
Peer Professional Training and Placement Program

Presented by: Guyton Colantuono, Executive Director
Project Return Peer Support Network

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Agency Overview

- Started in the 1980’s by Mental Health America of Los Angeles
- Became a non profit in 2010
- Independent as a legal entity since 2014
- 120 Self-Help groups per week (including online groups through support groups central)
- Two Spanish speaking programs
- Warm line
- Respite House (10 bed - CoEd)
- Community Integration Program
- Training and Consultation
Our Success Story

- Over 10 years of experience
- Rigid Application Process
- Intensive Training
- Workforce Development
- # of people trained
- # of people working/volunteering
Peer Professional Training and Placement (PPTP) Overview

- 3 hour presentations
- Daily 30 minute overview of the previous day
- Person centered recovery oriented practices
- Homework assignments (weekly)
- Weekly debrief
- Staff: Training Coordinator and Employment Specialist
Application Requirements

- 8 page application available online
- Application deadline
- Must attend interview process if selected
- Must be able to communicate effectively
Enrollment Process and Criteria

- In-person group interviews
- Respect Personal Choice and Empathy
- Effective communication skills
- Full participation of the program
- Desire to volunteer or work in the field upon completion
Curriculum

- Documentation
- Motivational Interviewing
- Harm Reduction
- Principle Guided Decision Making
- Group Facilitation Skills
- Honest, Open and Proud
- Cultural Sensitivity
- Specialized Populations
- WRAP
- Employment Focused Trainings (3)
Let’s Connect

- For additional information I can be reached at guytonc@prpsn.org
- Training and consultation
- Stigma reduction for peers
- Recovery oriented person centered services