Academy of Peer Services Calendar

Term 1: 1/4/21 — 3/29/21
Spring Session – 3/30/21 through 5/3/21
(Limited CE Courses Available)
Term 2: 5/3/21— 7/26/21
Term 3: 9/3/21-11/29/21
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Last Updated 4/5/2021

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ABOUT THE CATALOG

This catalog is for those who are seeking continuing education through the Academy of Peer Services. During the break between official terms, the Core and Elective courses are closed for routine updates and maintenance and will reopen at the start of the next term. The Academy of Peer Services calendar is listed on the cover of this catalog.

Courses in the catalog are listed in alphabetical order by category. The categories are highlighted in the table of contents and individual courses can be accessed by clicking on the course title or corresponding page number in the table of contents. There is a brief description at the beginning of each category of the types of courses listed there.

All Academy of Peer Services courses are free of charge to anyone with an interest in learning about peer support services. If you are not located in New York State, check with your certification authority or employer for how these courses can be counted for certification or professional development. For more information about the Academy of Peer Services, download and review our Frequently Asked Questions.

CORE COURSES

Not available until the start of Term 2 on May 3, 2021.

The core courses provide foundational knowledge about peer support services in New York State. Completion of all of the core courses is the required first step toward peer specialist certification in New York. Additional requirements must be fulfilled as defined in the application to become a New York Certified Peer Specialist.

If you are located in New York, visit the New York Peer Specialist Certification Board website for details about all of the certification requirements.

ELECTIVE COURSES

Not available until the start of Term 2 on May 3, 2021.

Elective courses qualify for credit toward recertification or renewal of the New York State Certified Peer Specialist (CPS) program. If you are taking the courses for a different type of program or work in a different state, check with your certification authority to determine whether Academy of Peer Services Elective courses qualify for credit in your program and/or state.
SUPervision Track

Not available until the start of Term 2 on May 3, 2021.

These online courses were developed to help supervisors of peer specialists to better understand the philosophy and practice of peer support. Peers who have been promoted to the role of supervisor can also gain knowledge and resources to improve their supervision from these courses. Whether you are new to supervision or a seasoned supervisor who is new to working with the peer support workforce, there is something here for you!

Continuing Education Track (CE)

These short credit courses are available for during Spring Session.

This is a new category of courses introduced during the COVID pandemic to provide continuing education credit for webinars offered by the Academy of Peer Services and partner organizations. The New York Peer Specialist Certification Board granted approval for the APS team to convert recordings of workshops and relevant webinars into short credit bearing online courses. APS CE courses follow the same high standards of instructional design as all other Academy courses, allowing you to earn a certificate as with all other courses by completing the content, post-test, and course evaluation.

An 80% or higher score is required on the post-test and course evaluation feedback will be shared with the presenter/s for the program.
CONTINUING EDUCATION COURSES

(APHABETICALLY)

Becoming an Anti-Racist Organization

SEAT TIME: 1.5 HOUR
PREREQUISITES: NONE

This course discusses the results of a racial equity survey conducted with racism webinar series participants in 2020. Several health- and human services-related organizations discuss their anti-racist strategies, challenges, and lessons learned. Broadcast on October 28, 2020.

Building Financial Hope: Guidance for SSA Recipients, Providers, and Supporters

SEAT TIME: 2.0 HOURS
PREREQUISITES: NONE

This program provides guidance for SSA recipients, providers, and supporters as they learn about the financial impact of the Coronavirus Aid, Relief, and Economic Security (CARES) Act, explore the connection between economic recession and its psychological impact, and the ways in which peers and supporters can build hope in uncertain times. Presenters: Ray Cebula III, J.D - K. Lisa Yang and Hock E. Tan Employment and Disability Institute ILR School, Cornell University, Oscar Jiménez-Solomon, Lic. Soc., MPH, Center of Excellence for Cultural Competence and Senior Research Staff Associate in the Department of Psychiatry, Columbia University Medical Center, and Jessica Brooks, Assistant Director for Financial Counseling and Coaching Programs for the NYC Office of Financial Empowerment. Hosted and moderated by Len Statham, NYAPRS Chief Operating Office. Broadcast in two separate webinars on April 23 and May 7, 2020.

Impact of Structural Racism on Children and Families

SEAT TIME: 1.5 HOUR
PREREQUISITES: NONE

This course explores intergenerational trauma and its effects on children and families. Strategies for ending intergenerational and racial trauma are discussed, as well as methods for reducing bias, prejudice, and racism. Broadcast on December 2, 2020.
Implementing the CLAS Standards (Strategic Planning)

SEAT TIME: 1.5 HOUR
PREREQUISITES: NONE

This course discusses methods of implementing the CLAS Standards in behavioral health organizations and why this is important. Broadcast on July 28, 2020.

Introduction to Behavioral Health Equity

SEAT TIME: 1.5 HOUR
PREREQUISITES: NONE

The purpose of this course is to introduce learners to the concept of behavioral health equity, its importance, and methods for increasing it in any organization. Includes an overview of the National Culturally and Linguistically Appropriate Services (CLAS) Standards.

Justice Peers in NYC! A Community Meeting

SEAT TIME: 1.0 HOUR
PREREQUISITES: NONE

This course covers a 2020 community meeting to being a conversation about moving forward with the work of integrating peers into the justice system in New York City. The goal was to gather input from the community to help guide the justice peer initiative and to see who is interested in joining the working group. Five breakout sessions were held. You will hear facilitator experts discuss their involvement in the initiative and introduce the purpose of each session.

LGBTQIA+ Community and Intersectionality

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

This webinar-based CE course discusses the intersectionality of race and LGBTQIA+ identities.
Peer Workforce Integration: An Introduction

SEAT TIME: 1.0 HOURS
PREREQUISITES: NONE

This first course in the Peer Workforce Integration series introduces the Needs-Based Self-Assessment and Toolkit to Advance Organizational Readiness for peer support services. The course provides the evidence about the range of organizational needs that led to the creation of the customized toolkit based on an organizational readiness self-assessment, which is the first step toward action planning and implementation as described in the rest of this series. Presenter: Aviva Cohen, Coordinator for the NYC Peer and Community Health Worker Workforce Consortium. Broadcast on July 26, 2019.

Peer Workforce Integration Session 1: Getting the Conversation Started

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

This session introduces key concepts of implementation, organizational readiness for change, collective efficacy, and commitment to change. Aviva Cohen, Consortium Coordinator presents resources and tools that can guide this process and discusses the critical role of collaboration in producing outcomes and reaching organizational goals. She is joined by Leila Clark, NYS Office of Mental Health (OMH), Office of Consumer Affairs, Regional Advocacy Specialist, and Curtis Dann-Messier, the new Director of the Consortium. Broadcast on May 20, 2020.

Peer Workforce Integration Session 2: Building a Plan

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

In this session, Aviva Cohen presents strategies for collaborative planning efforts, including ways of increasing the comfort and engagement of those who join in the organization’s planning process. It emphasizes a strengths-based approach and ways in which an organization-specific action plan can be inclusive of those who are impacted by the plan while including specific, measurable goals to meet within an agreed upon time frame. Presenters: Aviva Cohen, Coordinator for the NYC Peer and Community Health Worker Workforce Consortium, Curtis Dann-Messier, Director of the Consortium, and Carrie Shockley, Director of the John F. Kennedy Jr. Institute for Worker Education at the CUNY School of Professional Studies. Broadcast on May 27, 2020.
Peer Workforce Integration Session 3: Keeping the Action Active

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

This session focuses on strategies to address barriers related to engagement of employees and the sustainability of efforts over time. Curtis Dann-Messier and Aviva Cohen discuss ways to re-evaluate and address needs that shift over time and offer organizational and communication strategies to support sustained engagement. They are joined by guest presenters Ivanna Bond, Chair of the New York City Peer Workforce Coalition and former Coalition Executive Director, Helen (Skip) Skipper. Broadcast on June 3, 2020.

Peer Workforce Integration Session 4: Evaluating the Implementation

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

This session discusses methods for evaluating progress towards organizational goals by applying concepts of Continuous Quality Improvement in the implementation process. It defines and differentiates between measurement of implementation processes and measurement of implementation outcomes. Presenters: Curtis Dann-Messier, Director of the Consortium, Jeanette Toledo, Helen Skipper, Todd French, Gita Enders, and Ivanna Bond. Broadcast on June 10, 2020.

Racism: A Public Mental Health Crisis

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

This course encourages participants to recognize racial inequities in mental health outcomes and access to services. We advocate having potentially uncomfortable conversations about racism & how it impacts the mental health of BIPOC (Black and Indigenous People of Color). We also hope people will recognize that the time is now to take action to uproot racism and there is an urgent need for racial equity & anti-racist work in the field of mental health. Broadcast on August 26, 2020.
Racism: In Mental Health in New York City

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

This course discusses historical racism in mental health, the interactions between racial and health inequities, and methods by which DOHMH is eliminating racism in their organization. Broadcast on September 30, 2020.

Supervising from Home – Part 1

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

This webinar discusses challenges to remote supervision, strategies in remote supervision, and techniques to manage work output and productivity. The presenter explains elements of supervision. Original broadcast: May 1, 2020.

Supervising from Home – Part 2

SEAT TIME: 1.0 HOUR
PREREQUISITES: NONE

After an opening discussion about continued challenges to remote supervision faced during COVID-19, the presenters discuss difficult conversations. They elaborate on the steps necessary for successful outcomes when facing difficult conversations with supervisees, e.g., meeting preparation, interpersonal communication, and arriving at a corrective action plan. The transactional analysis approach to effective conversations is explained. Original broadcast: June 25, 2020.

Supporting Older Adults Part 1: Honoring Their Strengths

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

At a time when older adults are seen as a “vulnerable population”, this course instead looks at how peer supporters see older adults from an alternative point of view. Our presenters look at the developmental model of wellness and positive aging, what older adults (and any adults) want that may be hugely different from what providers and others want for them, and how to use shared decision-making and intentional peer
support approaches to create equal opportunities for older adults to fully participate in a peer relationship. The program also offers an impromptu glimpse at what an authentic peer support relationship might look like between two older adults during a time of crisis, as well as using the arts as a way of allowing older adults to express themselves and engage in legacy work to share the strengths of their life story. Presenters: Gayle Bluebird, Liz Breier, Clinton Green, Deb Trueheart, Shanti Vani, and Michelle Zechner. Created in partnership with The Coalition for Behavioral Health. Broadcast on March 30, 2020.

**Supporting Older Adults Part 2: Life Transitions**

**SEAT TIME:** 1.5 HOURS  
**PREREQUISITES:** NONE

This course features a moderated discussion about transitions everyone is facing, particularly during the COVID-19 crisis, with attention to how these transitions are affecting older adults. It begins with a continuation of the ‘real play’ started in Part 1 and continues into a rich discussion on supporting people through transitions. Regardless of the transition, the discussion came back to how peer support helps people to know their lives matter and they are not alone. Presenters: Gayle Bluebird, Celia Brown, Richard Laudor, Deb Trueheart, Shanti Vani, and Michelle Zechner; Moderators: Clinton Green and Liz Breier with The Coalition for Behavioral Health. Broadcast on April 20, 2020.

**Supporting Older Adults Part 3: Our Elders Speak**

**SEAT TIME:** 2.0 HOURS  
**PREREQUISITES:** NONE

This panel presentation and group discussion included some of New York State’s strongest advocates and leaders who raised awareness about the way people with psychiatric labels were being treated, helped people to find their own choice and voice, and through years of system change created opportunities for peer support in New York State and beyond. The program focused on their most memorable moments, the accomplishments they felt were most meaningful, and what they would say to advocates of today following in their footsteps in the new world that we now face. The course includes the 90-minute webinar and an addition 30-minute pre-recorded segment on the history and thoughts for the future by Carole Hayes-Collier, founder of the Mental Patients’ Liberation Project in Syracuse. Presenters: Gayle Bluebird, Harvey Rosenthal, Peter Ashenden, Angela Cerio, George Ebert, and Carole Hayes-Collier. Moderators: Harvey Rosenthal and Pat Feinberg with The Coalition for Behavioral Health. Broadcast on May 14, 2020.
Talking About Tobacco Part 1: A New Conversation About Tobacco Use and Peer Support

SEAT TIME: 1.5 HOURS
PREREQUISITES: NONE

In this first webinar, we discuss why a peer support-oriented discussion is so important and the need for those with tobacco use experience to step forward as champions for themselves and others. We describe how people with mental health conditions, people of color, and people in other marginalized communities have been targeted by tobacco industry, marketers, and retailers, and the disparities that exist in reaching these communities with public health programs related to tobacco use. Presenters include personal stories related to their own tobacco use, some common misconceptions about tobacco, vaping, and nicotine and ways in which peer support can offer a nonjudgmental space for talking about and exploring changes related to tobacco use. Broadcast on March 18, 2021.

The Role Organizational Self-Assessment Plays in Reducing Disparities in Behavioral Health Organizations

SEAT TIME: 0.5 HOURS
PREREQUISITES: NONE

This course discusses self-assessment criteria that help organizations decrease health inequities by adhering to the National Standards for Culturally and Linguistically Appropriate Services (CLAS). Broadcast on February 18, 2020.

The Trauma of it All: How Race, Oppression, and COVID-19 Intersect

SEAT TIME: 2.5 HOURS
PREREQUISITES: NONE

The goal of this course is to discuss the interactions among race, oppression, and COVID-19, and how they affect the peer support. We discuss trauma and self-care strategies, and how to encourage self-care in those we serve. We also talk about how people from minority groups are less likely to be tested and treated appropriately for COVID-19. Viewers are encouraged to consider how they can foster justice in their role as peer supporters. Broadcast on June 15, 2020.
DEVELOPMENT TRACK (NON-CREDIT)

These short non-credit programs are available for during Spring Session.

These learning opportunities are provided to increase your opportunities for personal development. There are no prerequisites, no tests, and no certificates of completion. But they will enrich your understanding of all of these topics.

The New York Peer Specialist Certification Board (NYPSCB):
The Peer Specialist Certification Process in New York State

SEAT TIME: 1 HOUR
No prerequisites, no post-test, no certificate

This module explores the history behind the New York Peer Specialist Certification Board and the overall certification process. It reviews the national landscape when the peer certification process was formed. The module outlines the certification process, including standards and requirements for certification. It explains the relationship between the Academy of Peer Services (APS) and the New York Peer Specialist Certification Board (NYPSCB), examines the requirements for each level of certification—the NYCPS and NYCPS-Provisional, and discusses the basics of the Renewal and Upgrade Process.

Making a Success of Online Learning

SEAT TIME: 5 HOURS
No prerequisites, no post-test, no certificate

This module will explore current trends in online education, the ways in which the Academy of Peer Services (APS) designs courses to help peer support specialists succeed, and strategies for overcoming common online learning challenges. A special COVID-19 section addresses the potential online learning challenges as a result of the pandemic. Learning is like traveling down a road that is sometimes winding and difficult, and at other times smooth and carefree. APS is your partner on your lifelong learning journey.
Tips for Facilitating Online Peer Support Groups

SEAT TIME: 30 MINUTES
No prerequisites, no post-test, no certificate

This “best practice” guide was developed by a group of facilitators attending the Academy of Peer Services Virtual Learning Community networking meetings who recognized that there was a lot of technical information for holding meetings online, but not a lot of useful information (at the start of the outbreak) about how to hold support groups online. The guide continues to be updated as new tips are shared and lessons learned.

To access this helpful resource, go to: https://aps-community.org/tips-for-facilitating-online-groups. Visit the Virtual Learning Community for this and more resources to enhance your knowledge and opportunities for personal development: https://aps-community.org/

TECHNICAL SUPPORT & GENERAL QUESTIONS

For assistance with the APS website or courses, send email to: academyofpeerservicesnyomh@gmail.com

For Frequently Asked Question about the Academy of Peer Services, visit: https://aps-community.org/ui-faq/

For assistance with the certification or renewal process, visit the New York Certification Board website: http://nypeerspecialist.org