



# ACADEMY OF PEER SERVICES

*We Learn. We Share. We Thrive.*

## **WINTER SESSION 2020**

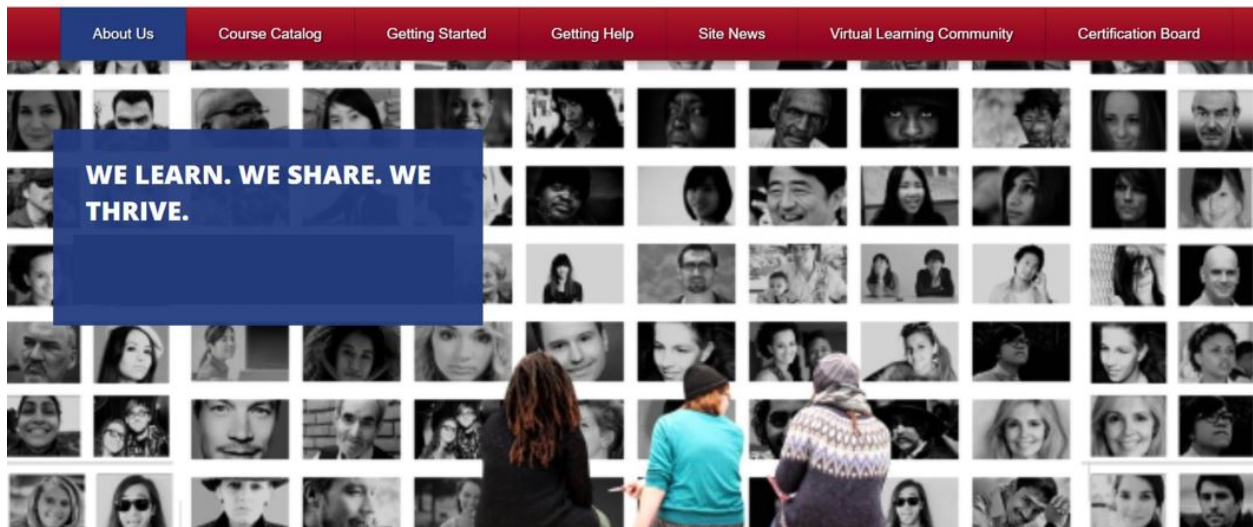
### **COURSE CATALOG**

A limited number of Continuing Education (CE) courses are available during the break between terms. The CORE and Elective courses are not available during this break. This Winter Session Catalog lists currently available courses only.

For a full list of Academy Courses that will be available at the start of Term 1 (January 04, 2021), preview the [Term 3 Course Catalog](#).



Log in



#### **2021 Calendar**

**Winter Session: 11/23/20 - 01/04/21 (current session)**

Term 1: 1/4/21 —3/22/21

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## COURSE DESCRIPTIONS

The Academy of Peer Services online courses are required as a *first step* toward the New York Certified Peer Specialist certification. Visit the [New York Peer Specialist Certification Board](#) website for details about peer specialist certification requirements. The Academy of Peer Services courses are free of charge and open to all other programs, other disciplines, and other states. Check with your certification authority or employer for how these courses can be counted for professional development.

## CORE AND ELECTIVE COURSES

All Core and Elective courses in the Academy of Peer Services are closed for scheduled updates and maintenance from the end of Term 3 November 23, 2020 through the start of Term 1 2021. Term 1 opens at noon on January 04, 2021.

APS CE Courses remain open during Winter 2020 Session. They are available for learning that is approved by the New York State Peer Specialist Certification Board (NYPSCB) for continuing education (CE) credit. They do not count toward the core courses required for provisional certification. Check the [Certification Board website](#) for details.

## APS CE (CONTINUING EDUCATION)

This is a new category of courses introduced during Term 2, 2020, based on webinars offered by the Academy of Peer Services and partner organizations that have been converted to short online courses using the same high standards of instructional design as the other Academy courses, that allow you to earn an APS CE (continuing education) certificate. The APS CE certificate is granted for the running time of the webinar along with the anticipated time it will take a learner to complete any additional assignments.

To receive an APS CE certificate, participants must complete the course content and assignments, achieve an 80% or higher score on a test of the content, and complete the required course evaluation.

### 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.

Broadcast in two separate webinars on April 23 and May 7, 2020. The webinars were hosted and moderated by Len Statham, NYAPRS Chief Operating Officer

Presenters: Ray Cebula III, J.D - K. Lisa Yang and Hock E. Tan Employment and Disability Institute ILR School, Cornell University, Oscar Jimenez-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

## 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 very 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 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.

Broadcast on March 30, 2020. Presenters: Gayle Bluebird, Liz Breier, Clinton Green, Deb Trueheart, Shanti Vani, and Michelle Zechner. Created in partnership with The Coalition for Behavioral Health

## 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.

Broadcast on April 20, 2020. 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

## 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 a recording of a 90-minute webinar and an additional 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.

Broadcast on May 14, 2020. 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.

## Peer Workforce Integration Five Part Series Overview

The five-part series begins with an introduction to the Needs-Based Organizational Readiness Toolkit and continues with four-sessions on Action Planning and Implementation to help organizations integrate peer support services in their workforce. The series draws on research and tools developed by the NYC Peer and Community Health Worker Workforce Consortium. While the tools were developed in New York City, they are widely available and the guidance can be applied to the inclusion of peers in the workforce anywhere. The full series provides an overview of the guide and offers tips in making the transition from assessing organizational needs to collaboratively addressing identified areas for development or improvement.

### Peer Workforce Integration (An Introduction): A Needs-based Toolkit to Advance Organizational Readiness

**SEAT TIME:** 1.0 HOURS  
**PREREQUISITES:** NONE

This course 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.

Broadcast on July 26, 2019. Presenter: Aviva Cohen, Coordinator for the NYC Peer and Community Health Worker Workforce Consortium.

### 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 in a conversation about starting communities of practice for the peer workforce.

Broadcast on May 20, 2020. Presenters: Aviva Cohen, Coordinator for the NYC Peer and Community Health Worker Workforce Consortium, 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*.

## 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. Curtis Dann-Messier leads a discussion about building an action plan for the future of The Consortium with ideas from Carrie Shockley and audience participants who were invited to contribute ideas to The Consortium plan.

Broadcast on May 27, 2020. 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.

## 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. Presenters: Aviva Cohen, Coordinator for the NYC Peer and Community Health Worker Workforce Consortium, Curtis Dann-Messier, Director of the Consortium, Ivanna Bond, Chair of the New York City Peer Workforce Coalition (PWC) and Helen (Skip) Skipper, founding member and former Executive Director of the PWC.

## 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. Curtis Dann-Messier is joined by guests Gita Enders, Ivanna Bond, Jeanette Toledo, Helen Skipper, and Todd French who provide technical assistance to participants who are seeking to implement change in their organizations.

Broadcast on June 10, 2020. Presenters: Curtis Dann-Messier, Director of the Consortium, Jeanette Toledo, Helen Skipper, Todd French, Gita Enders, and Ivanna Bond.

### 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 webinar broadcast: May 1, 2020.

### Supervising From Home – Part 2

**SEAT TIME:** 1 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 webinar broadcast: June 25, 2020.

### Trauma of it All

**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.

## Racism in Mental Health in NYC: A Public Mental Health Crisis, Creating a Culture of Bold Change

**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.

## Racism in Mental Health in NYC: The Journey from Data to Anti-Racist Action at DOHMH

**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.