Welcome to the Academy of Peer Services (APS)!
This catalog lists modules in the APS Specialization Tracks.
# CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>About the Academy of Peer Services</td>
<td>2</td>
</tr>
<tr>
<td>New Required Module</td>
<td>3</td>
</tr>
<tr>
<td>Specialization Tracks Overview</td>
<td>4</td>
</tr>
<tr>
<td>Peer Support for Health &amp; Wellness Promotion</td>
<td>5</td>
</tr>
<tr>
<td>Peer Support for Older Adults</td>
<td>6</td>
</tr>
<tr>
<td>Peer Support for Individuals in Crisis</td>
<td>7</td>
</tr>
<tr>
<td>Supervision of Peer Specialists</td>
<td>8</td>
</tr>
<tr>
<td>Peer Support for Justice-Involved Individuals</td>
<td>9</td>
</tr>
<tr>
<td>Virtual Learning Community</td>
<td>10</td>
</tr>
<tr>
<td>Getting Help</td>
<td>11</td>
</tr>
</tbody>
</table>
The Academy of Peer Services (APS) is an online training, testing, and tracking platform developed for the peer support workforce in New York State. APS modules are free of charge and open to anyone with an interest in learning about peer support and peer-delivered services.

The module catalog is published at the beginning of each term and might be updated throughout the year as new modules are added or revised. Modules are listed according to the Specialization Track they belong to and begin with a unique prefix (e.g. “Justice Involved” is JI).

The APS Specialization Track curriculum was developed by partners and subject matter experts and funded by the NYS Office of Mental Health.
This module was developed to ensure all Academy of Peer Services users understand the policies that govern their use of the APS platform. This is a required module for all APS users to learn about the Terms of Use and the New York Peer Specialist Board’s Code of Ethical Conduct.

There are several actions that can lead to a suspension or termination of privileges to use the Academy of Peer Services and/or revoke the peer specialist certification. By taking the module and agreeing to the Terms of Use, all users are attesting that they understand their rights and responsibilities.

Completion of the module, attestation, and module evaluation are now required prior to registering for any other modules in each term.
Each APS Specialization Track includes six online modules designed specifically for Certified Peer Specialists interested in specialized training in one of five key areas: Health and Wellness, Older Adults, Crisis Services, Justice Involved, and Supervision.

Each track contains in-depth coverage of the core knowledge and skills needed to provide peer support to specific populations, examples of lived experience, and practice activities to demonstrate knowledge. The tracks are designed to increase access to peer services for specialty populations, increase the capacity of agencies to provide peer services, and to support and help increase the retention of peer staff through quality peer-informed supervision.

The Specialization Tracks are open to enrollment for anyone interested in the topical areas. However, endorsement from the NYPSCB upon completion of the six modules is only available for CPS in good standing. These modules do not qualify for Continuing Education (CE) credit.
The purpose of this module is to examine health and wellness in the peer community and review how peer support can help people improve their quality of life and promote holistic wellness.

**ST_HW_Module 2 Health Communication**
The purpose of this module is to explore the skills needed to engage others to explore and discuss health strengths, needs, concerns, challenges, or barriers related to accessing healthcare and following up on health care routines.

**ST_HW_Module 3 Health Literacy Basics**
The purpose of this module is to review health literacy concepts and identify how peer support can help people improve their health literacy.

**ST_HW_Module 4 Characteristics, Competencies, and Resources**
The purpose of this module is to outline strategies and the core competencies for addressing the numerous barriers people face that often impact their overall health and wellness.

**ST_HW_Module 5 The Peer Role in Health and Wellness**
The purpose of this module is to describe the role of advocacy in health and wellness promotion; shared decision making; tools for communicating with providers and knowledge of the 6 physical health dimensions.

**ST_HW_Module 6 Learning Collaborative for Health & Wellness Promotion Track**
This module is designed to help you define, explain, recognize, and identify the steps necessary to create and join a learning collaborative. You’ll learn how a learning collaborative works, its purpose, the benefits it provides, and how to find or create one. Modules 1-5 must be completed before registering for this module.
ST_OA_Module 1 Promoting Healthy Aging
The purpose of this module is to introduce key elements of an aspirational approach to growing older and establishes actionable steps to empower older adults to live well.

ST_OA_Module 2 Foundations in Aging
The purpose of this module is to introduce foundational knowledge about aging and older adulthood, and general considerations when working with older adults.

ST_OA_Module 3 Attitudes About Aging – Recognizing Ageism
The purpose of this course is to explore attitudes and beliefs about the aging process that can be detrimental to behavioral health.

ST_OA_Module 4 Aging Experiences
The purpose of this module is to build understanding of the diversity of older adults, establish a foundation in the ethics of supporting aging communities, and promote autonomy of older people through advocacy.

ST_OA_Module 5 Motivational Approaches & Personal Growth
The purpose of this module is to explore opportunities to motivate older adults with behavioral challenges to acknowledge where they have been and where they are, while considering current and future possibilities for personal growth.

ST_OA_Module 6 Learning Collaborative for Older Adults Track
This module is designed to help you define, explain, recognize, and identify the steps necessary to create and join a learning collaborative. You’ll learn how a learning collaborative works, its purpose, the benefits it provides, and how to find or create one. Modules 1-5 must be completed before registering for this module.
The purpose of this module is to define what a crisis is, explore the foundational elements of peer crisis intervention and the purpose and approaches to assisting someone in crisis.

ST.CR_Module 2 Foundations of Peer Crisis Response
The purpose of this module is to introduce peer crisis interventions, core principles of trauma-informed care and the applicability of the 8 dimensions of wellness.

ST.CR_Module 3 Crisis Intervention Strategies
The purpose of this module is to identify crisis intervention strategies for individuals experiencing emotional distress and the peer supporter’s role in crisis care systems.

ST.CR_Module 4 Reflecting Community in Outreach & Engagement
The purpose of this module is to identify the principles of cultural competency, develop an awareness of cultural equity and inclusion and the importance of culturally appropriate crisis services.

ST.CR_Module 5 A Collaborative Self-Awareness Approach to Peer Crisis Services
The purpose of this module is to develop skills to be an effective member of a multi-disciplinary crisis team and to demonstrate self-awareness to identify and utilize their own self-care plans.

ST.CR_Module 6 Learning Collaborative for Crisis Track
This module is designed to help you define, explain, recognize, and identify the steps necessary to create and join a learning collaborative. You’ll learn how a learning collaborative works, its purpose, the benefits it provides, and how to find or create one. Modules 1-5 must be completed before registering for this module.
ST_SU_Module 1 What is Supervision?
The purpose of this module is to introduce the basics of supervision; what supervision is and why quality peer supervision is important.

ST_SU_Module 2 How is Supervision Performed?
The purpose of this module is to explore and illustrate the practice of supervision using the Five Critical Functions of Supervision.

ST_SU_Module 3 Debunking Myths, Promoting Respect
The purpose of this module is to examine myths and the impact of organizational factors on peer support plus ways to promote a culture of recovery, wellness, and respect through language.

ST_SU_Module 4 Self-Care and Support
The purpose of this module is to help supervisors understand their role in promoting self-care, recognizing self-care as an individualized practice.

ST_SU_Module 5 Navigating Recovery-Oriented Support
The purpose of this module is to help supervisors support peers in navigating the use of recovery-oriented support in integrated settings that primarily use a medical model.

ST_SU_Module 6 Learning Collaborative for Supervision Track
This module is designed to help you define, explain, recognize, and identify the steps necessary to create and join a learning collaborative. You’ll learn how a learning collaborative works, its purpose, the benefits it provides, and how to find or create one. Modules 1-5 must be completed before registering for this module.
ST_JI_Module 1 The Incarceration Experience
The purpose of this module is to introduce the criminal justice system, aspects of the incarceration experience and its impact on those who are justice involved.

ST_JI_Module 2 Systems Literacy in Criminal Justice
The purpose of this module is to cover the process and function of the NYS legal system, emphasizing the criminal justice system as a foundation for learning the Sequential Intercept Model.

ST_JI_Module 3 The Sequential Intercept Model in Justice-Involved Peer Support
The purpose of this module is to cover the Sequential Intercept Model and the ways it is used to help support people receiving Justice-Involved Peer Support.

ST_JI_Module 4 Trauma-Informed Training for Supporting Justice-Involved Populations
The purpose of this module is to learn how to incorporate trauma-informed responses for those impacted by the criminal justice system.

ST_JI_Module 5 Individual & Systems Advocacy for Justice-Involved Peers
The purpose of this module is to offer a working knowledge of individual and systems advocacy for justice-involved peers.

ST_JI_Module 6 Learning Collaborative for Justice-Involved Track
This module is designed to help you define, explain, recognize, and identify the steps necessary to create and join a learning collaborative. You’ll learn how a learning collaborative works, its purpose, the benefits it provides, and how to find or create one. Modules 1-5 must be completed before registering for this module.
The Virtual Learning Community (VLC) is a project of the Academy of Peer Services and offers a clearinghouse of information and announcements for the peer support workforce in New York State (and beyond) to connect, communicate, and collaborate!

Visit the VLC website resources to enhance your knowledge and opportunities for career and personal development.

Sign up for the free VLC email list.
GETTING...

If you have a question about the Academy or the online modules, first check the Frequently Asked Questions (FAQ) page to see if your question has already been answered.

For assistance with the APS system that are not covered in the FAQ, send email to our user support specialist at academyofpeerservicesnyomh@gmail.com

Visit the NYPSCB for an application for specialty track designation or assistance with certification or renewal.