



## Virtual Community News Digest

### June 11, 2018

### Featured Event – Wednesday, June 20!

#### Academy of Peer Services Live Event: A Tale of Two Consortia!

Wednesday  
June 20, 2018  
2:00 - 3:00 PM



In this session, you will learn about the [Regional Planning Consortium](#) (RPC), a network of regional boards who work closely with State agencies to guide behavioral health policy, problem solve service delivery challenges, and recommend priorities for reinvestment of Medicaid savings. You will also learn about the [New York City Peer and Community Health Workforce Consortium](#) (NYC.PCHWC), an initiative of [ThriveNYC](#) to improve mental health services by expanding the use of peers and community health workers to connect New Yorkers to services and promote recovery.

[Register Now](#)

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Welcome to the News Digest, a summary of upcoming events, articles, research opportunities, resources, job openings and more for the peer workforce in New York State.

News Digest is developed as part of the Academy of Peer Services Virtual Learning Community (VLC) project.

Visit our VLC site:

[www.aps-community.org](http://www.aps-community.org)

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## What's New?

### Academy of Peer Services (APS)

Term 2, 2018 is now in full swing and ends Friday, July 27. If you have questions related to the courses in the Academy of Peer Services (APS), check the [Frequently Asked Questions](#) posted on the APS site. If your questions are not answered there, you can also reach out for support by sending an email to: [academyofpeerservicesnyomh@gmail.com](mailto:academyofpeerservicesnyomh@gmail.com).

*(Questions about certification should go to the New York Peer Specialist Certification Board, and they also have a FAQ page which can be accessed at: <http://nypeerspecialist.org> )*

### A Glimpse of What's Coming (Fall Term, 2018):



The Academy of Peer Services website will have a new look, new functionality, and enhanced accessibility in Fall Term, starting in September 2018.

More about these updates will be covered in a live webinar, soon to be announced toward the end of the summer (late August or early September 2018).

### APS Mobile – Testing the User Experience Survey:



A recent upgrade in the authoring software used for developing APS courses enabled limited mobile functionality. If you have a smart phone or tablet, you can try using those devices to access APS courses.

**At this point, smart phones and tablets are not supported by the APS technical team, but we'd like those of you who mainly use mobile devices to try it and tell us if it is working. Your feedback will help us**

**to continue to improve the courses as we update them for Fall Term.**

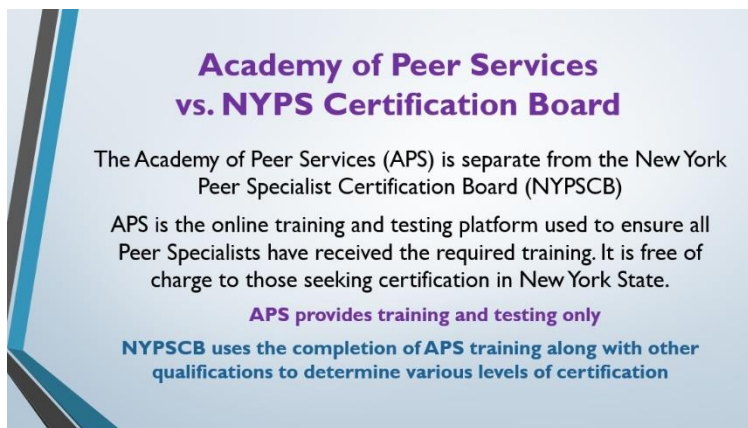
Mobile Access survey: [https://www.surveymonkey.com/r/APS-Mobile\\_Q](https://www.surveymonkey.com/r/APS-Mobile_Q)

## Virtual Learning Community (VLC)

The Virtual Learning Community is a project of the Academy of Peer Services, designed for continuous learning and connection beyond the online courses.

### Ask the Peer Specialist Certification Board (A Review):

Last month, on May 7, Tara Davis, Administrator of the [New York Peer Specialist Certification Board](#) presented on and answered questions about the certification and renewal process. In her presentation, she described the distinction between the Academy of Peer Services, which provides training and testing only. The Certification Board uses the completion of APS courses along with other required qualifications to determine various levels of certification.



**Academy of Peer Services  
vs. NYPS Certification Board**

The Academy of Peer Services (APS) is separate from the New York Peer Specialist Certification Board (NYPSCB)

APS is the online training and testing platform used to ensure all Peer Specialists have received the required training. It is free of charge to those seeking certification in New York State.

**APS provides training and testing only**

**NYPSCB uses the completion of APS training along with other qualifications to determine various levels of certification**

She also spoke about the different levels of certification (provisional and full) and the requirements for upgrade or renewal of a certification. After the presentation, she answered a number of questions from the audience in relation to certification.

Click here to access the [presentation slides](#).

### A Tale of Two Consortia (June 20 | 2:00 p.m. Eastern)

The next APS Virtual Learning Community Live Session will be a [Tale of Two Consortia](#) on June 20 at 2:00 p.m. Eastern (see registration button on the front page). In this session, you will have a chance to learn more about partnerships and initiatives that are happening in New York City and in many regions around the state.

### Upcoming Webinars and Live Sessions

We are looking for ideas from you for upcoming Virtual Learning Community live sessions with subject matter experts you can interact with and ask questions. Do you have special topics or people of interest?



**Submit your ideas for upcoming webinars and articles.**

The deadline for the next publication is July 1, 2018.

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## Deadlines



**June 15, 2018**

***Deadline to submit an innovation for social determinants of health is June 15.***

*The New York State Dept of Health (DOH), Office of Health Insurance Programs (OHIP), Bureau of Social Determinants of Health, is launching a new initiative to identify innovative ideas to effectively address the Social Determinants of Health (SDH) for Medicaid members across New York State. The intent of this Call for SDH Innovations is to solicit input from interested parties across the state and across the country. [Learn more.](#)*

**[Call for Innovations](#)**

**June 20, 2018**

***Deadline to submit a proposal for the 2018 NYAPRS Conference, Dignity, Recovery and Social Justice for All is June 20.***

*The NYAPRS Annual Conference will be held September 12-14 at a new site - the Honor's Haven Resort in Ellenville, New York. [Learn more.](#)*

**[Call for Presentations](#)**

**June 22, 2018**

***Deadline to submit a proposal for the 2018 Service User Academia Symposium, Nesting our knowledge is June 22.***

*The 8<sup>th</sup> Service User Academia Symposium will be held on November 15 and 16 at the University of Melbourne, Australia. [Learn more.](#)*

**[Call for Presentations](#)**

**June 30, 2018**

***Deadline to submit a nomination to honor peer leaders at the 2018 Alternatives Conference is June 30.***

At each Alternatives Conference, awards are given to people who have contributed to our community. This year's Alternatives conference will be held on July 29-Aug 3 in Washington, DC.

**[Call for Nominations](#)**

**August 10, 2018**

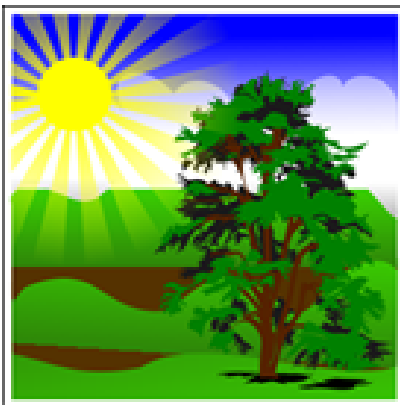
***Deadline to submit a proposal for the 2018 International Association of Peer Supporters (iNAPS) Conference, Reinforcing Our Roots: Designing Our Future***

*The 12<sup>th</sup> Annual iNAPS Conference will be held December 3-5, at the DoubleTree Hotel at the Entrance to Universal Studios, Orlando, Florida.*

**[Call for Presentations](#)**

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## Articles



**(Excerpts from Words of Wellness – A newsletter from Collaborative Support Programs of NJ, Co-Editors: Peggy Swarbrick and Pat Nemec)**

***Summer is coming!*** June includes the summer solstice, where the day are longest. The sun also rises higher in the sky as its angle changes. Many report they experience many wellness benefits because the warmer weather makes it easier to eat lunch outdoors, putter in the garden, or just take a pleasant long walk either in the morning afternoon of evening.

***Special Days in June*** We're strong advocates for celebrating whatever we can, so we'll be enjoying National Say Something Nice Day (June 1) and National Flip Flop Day (June 15) and National Sunglasses Day (June 27). For more silly (and serious) special days, see <https://nationaldaycalendar.com/june/>

*National Sunglasses Day (June 27)* Protecting your eyes from harmful rays will reduce your chances of vision loss from cataracts, retina damage, age-related macular degeneration, and other conditions. For more, go to: [https://nei.nih.gov/hvm/healthy\\_eyes\\_glasses](https://nei.nih.gov/hvm/healthy_eyes_glasses)

[Words of Wellness \(full issue\)](#)  
[June 2018 Volume 10 | Number 6](#)

## Being Resilient is a Possibility

by Howard Diamond



Hey all, just in case you have not noticed, time is passing by very quickly. Too quickly for my liking. There it goes...can you stop time? No, silly. Remember, there are only 24 hours in the day. Speeding by, ... 23 hours... again speeding by, ...22 hours, ...etc.

Where did the time go? Time went speeding by. Did you not see time as went speeding by? **It did! It did! Yes, it did!** We are not really supposed to see the time speeding by.

At one time many disabilities, including mental illness, were considered "a life sentence". At one time, there were no possibilities for or any expectations of people with these disabilities.

Hot chocolate began their 1975 song, "Sexy Thing" with, "***I believe in miracles***". But there were few miracles and limited possibilities for those with mental illness. "***It's impossible***", was a refrain recorded by many different artists during those times, and many of us were told, you can't do this or you better not try that. Does any of this sound familiar to you?

Over time, Peer Specialists have broken the cycle of negativity and shown the world there are many possibilities for people with mental illness – in fact, many of us have achieved the kind of greatness that comes just by never giving up. On March 4th, 1993, former coach of North Carolina State, Jim Valvano was given a Courage and Humanitarian Award. Despite his ongoing battle with cancer, he delivered an energetic speech which included the words, "***Don't give up... don't ever give up!***"!

## Being Resilient (continued)

Now, in my practical way of thinking, miracles do not happen. Humans do not live forever and on April 28 of that year, cancer won the battle and Jim Valvano died. But as a Hall of Fame baseball player and manager said, "*It ain't over till it's over*". How true.

Many Peer Specialists (yes, including myself) attest to the idea that we are survivors. We are resilient human beings who believe in the possibility of success when others thought we would fail and never amount to anything. Boy, were "they" wrong! Janet Jackson in her song, "*After the Fall*" wrote, "*Your resilience so brilliant yeah you stand strong*", depicts our ability to bounce back.

For over twenty years, I have worked in the field of Mental Health (Wellness). For me, all people have possibilities they can and do achieve. Yes, it is true in the early years, I did not always believe in possibilities to achieve or succeed.

Somewhere in the movie, *Forrest Gump*, Forrest said, "*Life is like a box of chocolates. You never know what you're gonna get*". I have had my share of setbacks and awful times that I have returned from, but for the most part, I take every challenge as it comes. I tell myself, "I am a resilient person and there are possibilities for me. I will advocate for myself and for others. By doing what I can, when I can, I am going to be able to make a better life for everyone concerned".

This June will once again show my ability to persevere. On June 12, 2015, my significant other, Maureen died. Like me she was a peer, not a Peer Specialist, but my peer. Over our 12 years (and one day) together, we met, dated, fell in love, had a religious ceremony and most importantly spent both good and bad times with each other. Indeed, there were many great days, but it all came to a screeching stop on that fateful day, three years ago. While having her come back is not a possibility, taking some time out now for a daydream is a good possibility.

Yes, I was angry, depressed, and had a whole host of other emotions. But with the guidance of my peers and a multitude of other people, I came through the black hole of grief to see progress I had made and the possibilities that are ever present as the title of the song from the Broadway Show and Movie, "*Godspell*", states, "*Day by Day*". Some days are more difficult than others, but I continue to try to focus on the good ones and the possibilities. After all these months, my journey continues, and many more possibilities await all of us. Gee, I can hardly wait... we can each take a little time, even as it is speeding by. At least, I hope so, but don't try to stop time, it is not **possible!**



Sweetie, I love you, I miss you and I still wish you were here.  
See you in the Newsletter.

**Howard, New York State Certified Peer Specialist from Long Island**

Disability Rights NY is looking for people who are willing to share their story or creative art expressions.

## Share Your Story

We are looking for New Yorkers with disabilities who wish to share their personal experiences and concerns in our video series.

If you or someone you know wishes to share their story, please send a brief description and a headshot to: [mystory@drny.org](mailto:mystory@drny.org)



## Open Call For Artists



We are looking for art to feature in our campaigns throughout 2018. This is an open call for all media (paintings, sketches, photos, videos, projection, or digital art).

Please submit your work to: [submissions@drny.org](mailto:submissions@drny.org)

Send personal articles or blogs about your life as a Peer Specialist or Supervisor to: [academy.virtual.community@gmail.com](mailto:academy.virtual.community@gmail.com)

The deadline for the next publication is July 1, 2018.



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## Upcoming Events

Visit our Virtual Learning Community Calendar for a list Upcoming Events

<https://aps-community.org/calendar/>



### New York City

(East Village Access)

June 10, 2018

1:30 – 3:30 pm

Getting Unstuck From Trauma: An Introductory  
Somatics Workshop for Survivors and Other  
Miracles

Institute for the Development of Human Arts

[Learn More](#)



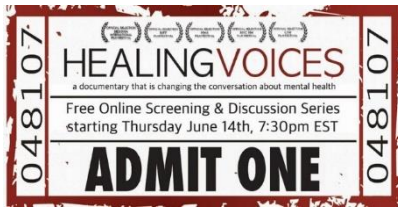
### Webinar

June 13, 2018

2:30-3:30 PM

Tips and Tricks to Starting a Young Adult Council  
Presenters: Raphael Mizrahi & Tania Duperoy

Register [Here!](#)



## Online Showing & Discussion

**June 14, 2018**

7:30 – 9:00 PM

### Healing Voices Documentary and Online Discussion

HEALING VOICES is a social action documentary which asks: What are we talking about when we talk about 'mental illness'?

Register [Here!](#)



## Washington, DC

**June 14-16, 2018**

### 2018 Conference: Fit for the Future

Mental Health America

[Learn More](#)



## Denver, Colorado

**June 15-18, 2018**

### 41<sup>st</sup> Annual Wellness and Recovery Summit

Psychiatric Rehabilitation Association

[Learn More](#)



## Oneonta, New York

**June 15, 2018**

4:00 – 6:00 pm

### Central New York Regional Communication Meeting

New York State Office of Mental Health,  
Consumer Affairs

[Learn More](#)



## New York City

June 16, 2018

12:00 – 8:00 pm

A Celebration of Dangerous Gifts

Institute for the Development of Human Arts

[Learn More](#)



## Webinar

June 26, 2018

2:00 pm

Living Well with the Trauma of Chronic Illness

Presenter: Michael Buck

The Copeland Center (Doors to Wellbeing)

Register [Here](#)



## New Orleans

June 27-30, 2018

2018 NAMI National Convention

National Alliance on Mental Illness

[Learn More](#)



## New York City

July 12, 2018

12<sup>th</sup> Annual Working Peer Specialist  
Conference

New York University

Kimmel Center

(Details will be provided as they become available)



## Washington, DC

July 29-August 3, 2018

**The People's Alternatives Conference 2018**

Catholic University of America

[Learn More](#)



## Washington, DC

August 6-8, 2018

**Mental Health National Youth Convergence**

Doors to Wellbeing TAC – Dream Team

[Learn More](#)



## Ellenville

September 12-14, 2018

**NYAPRS Annual Conference**

Honor's Haven (new location)

[Learn More](#)



## Albany

September 20-21, 2018

**New York State Suicide Prevention Conference**

The Desmond Hotel and Conference Center

[Learn More](#)



## Baltimore

September 26-29, 2018

National Association for Rights Protection and  
Advocacy (NARPA)  
*Holiday Inn Inner Harbor*

[Learn More](#)



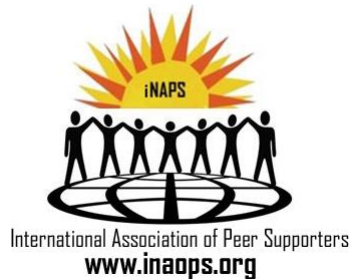
## Houston

November 28-30, 2018

World Federation for Mental Health  
International Trauma Summit

[Learn More](#)

Creating a culture of compassion



## Orlando

December 3-5, 2018

International Association of Peer Supporters  
(iNAPS)

Reinforcing our Roots: Designing our Future  
DoubleTree (Hilton) at the Entrance of Universal  
Studios

[Submit Workshop Proposal](#)

[\(Deadline August 10\)](#)

What's new in your region?  
Is there an event coming up that should be listed  
but isn't?

Send your Announcements for the Virtual Learning Community to:

[academy.virtual.community@gmail.com](mailto:academy.virtual.community@gmail.com)

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## Research Studies



### Nationwide Peer Specialist/Provider Survey

*CUNY University Integrated IRB Protocol: 2018-0016 Approved: 05/17/2018 Expires: 05/16/2021*

My name is Lyle Schmerz and I am a New York Certified Peer Specialist. I am also a 2nd Year graduate student at the Silberman School of Social Work at Hunter College working on obtaining my MSW degree.

For my research class, I am conducting a research study which will explore how the self-disclosure of a therapist impacts the therapeutic process (specifically as it relates to a mental health condition). I am looking for peer specialists/providers who are willing to share their experiences and views about therapy. Interested contributors can reside nationwide in the United States (all 50 states) and either be a current student or graduate of a Peer Training Program anywhere in the United States excluding the Howie the Harp Advocacy Center Peer Training Program in NYC. If you happen to be interested in this study and meet the above requirements – EXCEPT THAT YOU ARE A CURRENT STUDENT OR GRADUATE OF HTH – then please contact me and I can send you another link (see my email below).

I would greatly appreciate your participation in this study by completing a ten-question survey. Your lived experience is a phenomenal resource that can help with the potential transformation of the therapeutic process for both parties involved – the peer and the therapist. In addition, your involvement may be critical in driving the peer movement forward.

Furthermore, whether you participate in the study or not – please feel free to forward this information to others that meet the above requirements (i.e. – friends, colleagues, etc.) to ensure that the most information about this topic can be collected and analyzed.

## Nationwide Peer/Provider Survey (Continued)

Interested contributors may use the following link to go to the SurveyMonkey questionnaire:  
<https://www.surveymonkey.com/r/ZQ6ZCM7>

If you are interested in participating and have questions, please contact me by email:  
[Lyle.Schmerz92@myhunter.cuny.edu](mailto:Lyle.Schmerz92@myhunter.cuny.edu)

Thank you so much for your time and consideration.  
*Lyle Schmerz*



## Mental Health Self-Direction Shows Promising Results for Housing and Employment Outcomes

Contact: Bevin Croft, Human Services Research Institute [bcroft@hsri.org](mailto:bcroft@hsri.org)  
**[Reprinted from NYAPRS Enews, May 16, 2018]**

Cambridge, Massachusetts, May 15, 2018 – Self-direction, or self-directed care, is a newer service delivery model for people with serious mental health conditions who use publicly funded services. In self-direction, people control a portion of funds normally spent on their treatment to purchase a range of goods and services to meet recovery goals within the context of their unique life circumstances. Purchases might include transportation, supports for housing, employment, or education, or even mental health treatment from a provider of the person’s choosing.

New research from the Human Services Research Institute (HSRI) suggests that mental health self-direction can help support people to live and work in their communities. To explore the effects of self-direction on important functional outcomes like employment and housing, HSRI researchers and colleagues looked at approximately four years’ worth of data from the nation’s largest and longest-standing self-direction effort, FloridaSDC. They found that compared with nonparticipants, self-directing participants were more likely to improve, or maintain at high levels, engagement in paid work and independent housing.

## Mental Health Self-Direction Shows Promise (Continued)

“Self-direction is emerging as a promising model of mental health service delivery, and it aligns with the field’s growing focus on using individualized, person-centered care to effect recovery,” says Bevin Croft, Research Associate at HSRI and the study’s Principal Investigator. This research adds to a growing body of evidence that shows self-direction can help people achieve better outcomes.

The [study, published online today in the journal \*Psychiatric Services\*](#), is part of a Demonstration and Evaluation of Self-Direction in Mental Health study that explores mental health self-direction in six states, funded by the Robert Wood Johnson Foundation and the New York State Health Foundation with support from the Substance Abuse and Mental Health Services Administration.

The **Human Services Research Institute (HSRI)** ([www.hsri.org](http://www.hsri.org)) is a nonprofit, mission-driven organization that works with government agencies and others to improve health and human services and systems, enhance the quality of data to guide policy, and engage stakeholders to effect meaningful systems change.

### [View a Fact Sheet on Housing and Employment Outcomes for Mental Health Self-Direction Participants](#)

#### Housing and Employment Outcomes for Mental Health Self-Direction Participants

[Bevin Croft](#), M.P.P., Ph.D., [Nilüfer İsvan](#), Ph.D., [Susan L. Parish](#), Ph.D., [Kevin J. Mahoney](#), Ph.D.  
<https://doi.org/10.1176/appi.ps.201700057>

#### Abstract

**Objective:** In self-direction, participants control individual budgets, allocating service dollars according to needs and preferences within program parameters to meet self-defined recovery goals. Mental health self-direction is associated with enhanced wellness and recovery outcomes at lower or similar cost than traditional service arrangements. This study compared outcomes of housing independence and employment between individuals who participated in self-direction and those who did not.

**Methods:** This quasi-experimental study involved administrative data from 271 self-directing participants. Using coarsened exact matching with observed demographic, diagnostic, and other characteristics, the authors constructed a comparison group of non-self-directing individuals (N=1,099). The likelihood of achieving positive outcomes between first and last assessments during the approximately four-year study period was compared for self-directing and non-self-directing individuals.



## Mental Health Self-Direction Shows Promise (Continued)

**Results:** Self-directing participants were more likely than nonparticipants to increase days worked for pay or maintain days worked at 20 or more days in the past 30 days (number needed to treat [NNT]=18; small effect size) and maintain or attain independent housing (NNT=16; small effect size), when analyses controlled, to the extent possible, for observed individual characteristics.

**Conclusions:** Based on data from the nation's largest and longest-standing program of its kind, results suggest that mental health self-direction is associated with modest improvements or maintenance of positive outcomes in employment and housing independence. This research adds to the literature examining self-direction in the context of mental health and begins to fill the need for a greater understanding of self-direction's relationship to outcomes of interest to service users and families, providers, and system administrators.

## Live and Learn



creative data-driven  
solutions for a livable,  
learning society

SAN LUIS OBISPO, CA

## Self-Employment Starts with You Study (Results)

The [Self Employment Starts with You \(SESY\)](#) study used qualitative and survey data to understand self-employment by individuals with a psychiatric disability, and gain new insights to support current and aspiring business owners. This service user-led research study examined the experience of 60 current business owners who had received mental health services or disability benefits and accommodations, and are operating U.S.-based microenterprises...

[Read more...](#)

*This study was funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). You may contact Project Director Laysha Ostrow, PhD at [contact@livelearninc.net](mailto:contact@livelearninc.net) with any questions.*

# Is there a research project that should be listed but isn't?

**Send your opportunities to the Virtual Learning Community:**

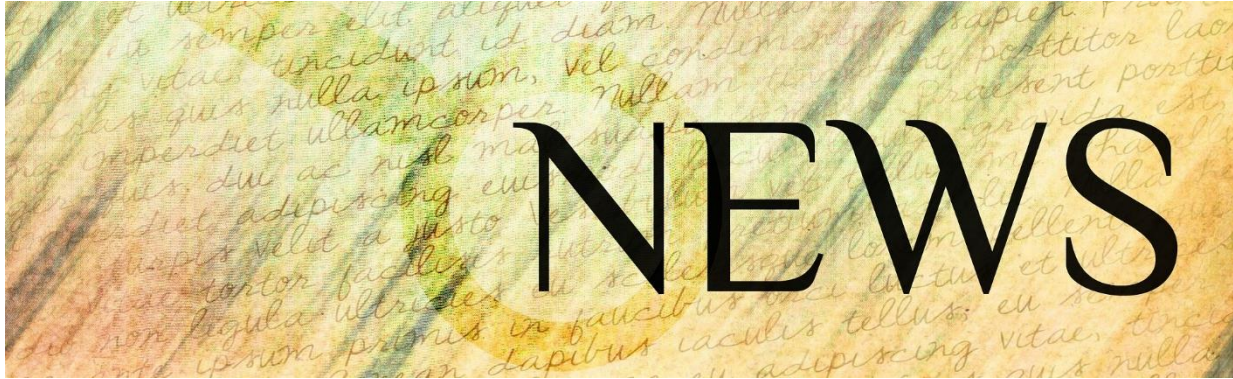
[academy.virtual.community@gmail.com](mailto:academy.virtual.community@gmail.com)

The deadline for the next publication is July 1, 2018.

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## Resources

Selected Newsletters for the Peer Support Workforce  
(links listed in alphabetical order)



[Café TA](#)

[Care for Your Mind](#)

[Copeland Center for Wellness and Recovery \(WRAP\)](#)

[Depression and Bipolar Support Alliance \(DBSA\) Peer Leadership Center](#)

[Disability Rights New York](#)

[Icarus Project](#)

[Institute for the Development of Human Arts](#)

[Intentional Peer Support \(IPS\)](#)

[International Association of Peer Supporters \(iNAPS\)](#)

[Live & Learn Services \(employment and more\)](#)

[Mad in America](#)

[MH Mediate \(conflict resolution\)](#)

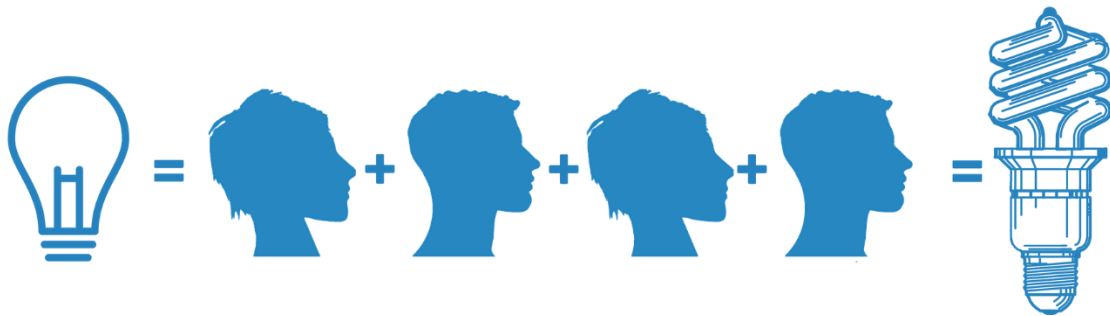
[National Mental Health Consumers' Self-Help Clearinghouse](#)

[Mindfreedom](#)

[Wellness Recovery Action Plan](#)

[Words of Wellness \(Swarbrick & Nemeć\)](#)

## Education, Training, and Toolkits for the Peer Support Workforce (in alphabetical order)



### **ABLE Program**

Helping people with psychiatric disabilities to save without affecting their benefits

The 2014 Achieving a Better Life Experience (ABLE) enables states to create ABLE savings account programs. ABLE accounts allow eligible people with disabilities, including those with psychiatric disabilities, to – at a minimum- **save up to \$14,000 per year and \$100,000 in a lifetime, tax exempt, and without affecting eligibility for public benefits (e.g., SSI, Medicaid).** Many states have created ABLE programs with much more generous. ABLE accounts are already making a difference in people’s lives. Ten people with disabilities have been selected to provide the human face of ABLE and serve as advisors for the ABLE National Resource Center. Click the link to meet Sarah Perez, an individual from Virginia, who is using her ABLE savings to pay for transportation, healthcare, and meaningful activities in support of her mental health recovery: <http://www.ablenrc.org/able-advisors-7>.

To find out about New York State’s program

click here: <http://www.ablenrc.org/state-review/new-york>.

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### **Behavioral Health / HARP Educational Materials**

NYS has released Educational Materials for Behavioral Health Medicaid Managed Care:

- Adult Behavioral Health (BH) Home and Community Based Services (BH HCBS) [Brochure](#)
- Health and Recovery Plan (HARP) [Brochure](#)
- HARP Poster
- HARP Palm Card
- Behavioral Health Medicaid Managed Care [Video Series](#)

These materials are all available for anyone to use in outreach and education to individuals eligible for and/or enrolled in Medicaid Managed Care Health and Recovery Plans, and Behavioral Health (BH) Home and Community Based Services.

[View a Flyer of Educational Materials](#)

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## **Copeland Center Advanced Level WRAP Facilitator Training**

Join Matthew Federici, Rona McBrierty, and BJ North for this innovative and experiential training designed for experienced WRAP Facilitators. Advanced Level WRAP Facilitator Training is offered exclusively by the Copeland Center for Wellness and Recovery. Join the hundreds of Advanced Level WRAP Facilitators by applying to this training!

**Date: Sunday, August 19 - Friday, August 24**

Course Begins Sunday at 5:30pm

**Location:** Northbrook Farms

1805 Unionville Wawaset Rd

West Chester, PA 19382

[Learn More](#)

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## **Mental Health Recovery (WRAP)**

Visit this page to access the free series of WRAP Webinars.

[Webinars](#)

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## **NYAPRS Executive Seminar, The Way Forward**

Visit this page to view presentation slides from recent Executive seminars.

[Presentation Slides](#)

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## **New York State Office of Mental Health, Office of Consumer Affairs**

### **Free On-Site Training Programs by Recipient Advocacy Specialists**

- Recovery 101
- Trauma Informed Care v2.0
- Best Practices for Effectively Integrating Peer Staff in the Workforce
- Developing Empathy for the Lived Experience of Psychiatric Disability
- Community Engagement as a Discharge Planning Tool

[Menu of Training](#)

## Open Minds Executive Briefing

*(From the Café TA news and notes in May.)*

This briefing from Open Minds offers some useful information and resources on how various states are using Medicaid and other funding sources to pay for peer support services.

Recent research shows the value of peers for individuals with mental illnesses and addictive disorders—that peer support “pays.” Participation in peer support groups for addiction recovery promoted higher satisfaction in treatment and lower relapse rates (see [Peer Support Groups In Addiction Treatment Boost Odds Of Long-Term Recovery](#)).

And peer support has been found to increase social support and social functioning, decrease psychotic symptoms, and reduce hospitalization rates (see [Value of Peers, 2017](#)).

[Continue to read this infomative report](#)

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## Oprah Winfrey Discusses Segment on Trauma for "60 Minutes"

In a recent 60 Minutes piece, Oprah Winfrey used her celebrity to bring attention to the role of trauma in shaping the lives and behavior of the nation’s youth. An understanding of trauma’s role in altering behavior and planting the seeds for future mental health challenges is central to shaping new approaches to addressing behavioral health. In this shortened introduction, Oprah discusses the 60 Minutes segment on CBS This Morning. [Video] 7:24 min.

[View CBS This Morning Video Segment](#)

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## PsychCentral Podcast: What’s Certified Peer Support Really All About

In this episode of the Psych Central Show, hosts Gabe Howard and Vincent M. Wales discuss the role of [certified peer supporters](#) in the recovery journeys of those with mental illness.

Gabe dispels many of the misconceptions about peer support by explaining the peer certification process in Ohio (it varies from state to state), what peer supporters do and what they cannot do, and how vital they can be to a person’s recovery.

[Play Podcast](#)

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## **SAMHSA Recovery to Practice**

Online Education for Peer Specialists Serving People with Mental Health Conditions  
Experiencing Homelessness

### **[Online Learning](#)**

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#### **Talking Mental Health: A Toolkit for Empowering Conversations**

The Talking Mental Health Toolkit consists of three user-friendly, one-page resource guides, which function as actionable tools that guide people in the workplace, school, service providers, and social settings to have empowering mental health conversations using conflict resolution practices.

#### **[Empowering Mental Health Conversations Toolkit](#)**

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#### **TEDx Talk: How to Talk About Mental Health without Offending Everyone**

Mediator Dan Berstein shares his journey to being open with his bipolar disorder, and how conflict resolution skills can help us overcome barriers to having conversations about mental health. In this profound story, learn how to get past the assumptions, paternalism, and stigma to make room for the other person's story and connect. [Video] 16:50 min.

#### **[TEDx Talk \(2017\) Dan Berstein](#)**

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What trends are you seeing in the training and continuing education of peer support and supervision?

Is there a program, publication, webinar, newsletter, or website that should be listed here but isn't?

Let us know...

**Send recommended Resources for the Virtual Learning Community to:**

**[academy.virtual.community@gmail.com](mailto:academy.virtual.community@gmail.com)**

The deadline for the next publication is July 1, 2018.

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## Job Listings

Visit our Job Bank for a list of recent openings

<https://aps-community.org/job-bank/>



If you live in or near New York City, you can also look up the Peer Job Board on the Coalition for Behavioral Health site: [http://www.coalitionny.org/the\\_center/jobs/](http://www.coalitionny.org/the_center/jobs/)

### **Employers – are you seeking qualified candidates?**

If you have not already done so, register your business with the New York State Department of Labor and submit your job opening to the [Dept. of Labor Job Bank](#) before submitting it to the Academy of Peer Services Virtual Community. The Governor’s [Employment First](#) initiative is tracking the number of people with disabilities who are being hired, and openings for Peer Support positions should be counted in this initiative. Once you have created a business account and submitted the job to the Dept. of Labor Job Bank, you can send the job description to us to be posted.



Submit your job openings for peer specialists or other roles in the peer workforce to:

[academy.virtual.community@gmail.com](mailto:academy.virtual.community@gmail.com)

We will post your openings in the Virtual Learning Community Job Bank (website) and in this newsletter.

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# APS Virtual Learning Community



We are a network of peer specialists working together to plan ways to provide support, education, and advocacy for the peer workforce in New York State.

## Join us!

Sign up for the Virtual Learning Community listserv:

<https://groups.google.com/d/forum/aps-virtual-community-e/join>

(The moderator will approve your request to join.)

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## Supervisor Network

Are you a supervisor of peer specialists looking for a network of supervisors?

We are a network of those who supervise peer workers who are supporting each other and learning together what it means to be a supervisor in the peer workforce.

## Join Us!

Sign up for the Supervision listserv:

[https://groups.google.com/d/forum/aps-ps\\_supervision\\_list/join](https://groups.google.com/d/forum/aps-ps_supervision_list/join)

(The moderator will approve your request to join.)



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## Spread the News!

If you have job openings, resources, or announcements of events to share, send email to [academy.virtual.community@gmail.com](mailto:academy.virtual.community@gmail.com).



Visit the [Academy Virtual Community \(www.aps-community.org\)](http://www.aps-community.org) to learn more.

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## Reminder – Join Us for the Next Live Event!

### Academy of Peer Services Live Event: A Tale of Two Consortia!

Wednesday

June 20, 2018 | 2:00 - 3:00 PM



In this session, you will learn about the [Regional Planning Consortium \(RPC\)](#), a network of regional boards who work closely with State agencies to guide behavioral health policy, problem solve service delivery challenges, and recommend priorities for reinvestment of Medicaid savings. You will also learn about the [New York City Peer and Community Health Workforce Consortium \(NYC.PCHWC\)](#), an initiative of [ThriveNYC](#) to improve mental health services by expanding the use of peers and community health workers to connect New Yorkers to services and promote recovery.

Join us as our panel of RPC Coordinators, Emily Hotchkiss, Margaret Varga, Maryam Zoma, Alexis Harrington, Peter Griffiths, and the NYC PCHWC Director, Lori Tannenbaum, and Coordinator, Aviva Cohen, share some of their innovative work toward including, expanding, and improving peer support services and how to get involved.

[Register Now](#)