

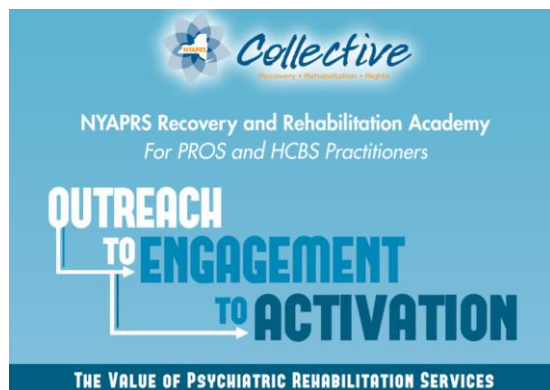
Virtual Community News Digest | **November 8, 2018**

Mark Your Calendar for two featured events!

(View our Calendar for many other
events that are happening!)

November 15 and 16

NYAPRS Recovery and Rehabilitation Academy for PROS and HCBS Practitioners



The Gideon Putnam,
Saratoga Springs, New York

Continuing Education for LMHC, LMSW,
LCSW, CRCC and CPRP

For the brochure, [click here](#).

Friday, December 7

9:00 a.m. – 5:00 p.m.

5th Annual Substance Use and Mental Health (SUMH) Peers Conference and Career Fair

Community Conversations on Building a Sustainable Peer Workforce



Silberman School of Social Work
Hunter College
New York, New York 10035

[Conference Flyer](#) | [Register](#)

Career Fair -- [Call for Employers Flyer](#) |
[Employer Application](#)

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A Letter from Virtual Learning Community Coordinator, Rita Cronise



Dear Academy of Peer Services Participants and Friends,

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. This monthly newsletter is developed as part of the Academy of Peer Services Virtual Learning Community (VLC) project. Visit our VLC site:

www.aps-community.org

For those of you who are actively taking courses, the Academy of Peer Services is now in **its 7th week**, just a little bit more than halfway through the adjusted 12-week Fall Term.

As most of you know, an unanticipated outage early in September, caused this year's Fall Term to be delayed. The Term was extended to end December 14 (rather than the original end date of November 29). Many of you have seen the changes to the "look and feel" but may not fully know the extent of the changes that happened behind the scenes to move APS to a newer and more modern learning management system. The team really stepped up to the challenge and special thanks should go to Amy Spagnolo (project manager), Maryam Husamudeen (NYAPRS providing end user support), myself, Rita Cronise (assisting with end user support), Varsha Kamat (technical support), Efrem McCrimon (accessibility support) and Aaron Evans (OMH level 2 technical support). It was a big effort to launch the new APS system so that you could begin your journey as a certified peer specialists or for you to continue to work toward your certification or renewal.

Last week, many of us from the Academy enjoyed spending time with many of you at the New York Peer Specialist Certification Board Conference in Troy, New York. We appreciate the conference organizers who did a great job of holding an event that honored peer values and offered peer-based continuing education toward renewal or recertifications. We also want to thank those of you who came to our workshops or stopped by our exhibit table to say hello and let us know what you think of the new Academy of Peer Services. As part of a research study on the supervision of peer support services, our research team held two focus groups with working peer specialists to gain the peer worker's perspective for that research. If you participated in one of those focus groups, we appreciate your time and found your "memorable moments in supervision" to be very helpful for our research.

We also received valuable information during one of the workshop sessions on "real world" issues many of you are facing. [Click here](#) for a handout of "real world issues" that were gathered during several events: the New York City Conference for Working Peer Specialists, Alternatives, NYAPRS Annual Conference, and the New York Peer Specialist Certification Board Conference. The following topics are being considered for future courses and continuing learning opportunities for the Virtual Learning Community in 2019.

1. What is the "Peer Model?" Practice Guidelines, Core Competencies, Code of Conduct, and Other Foundational Work (What is the MHA National Certification and how does it fit?)
2. What are the Similarities and Differences between the CRPA and CPS Certifications?
3. What is the CPRP and how does it fit with Peer Support Services?
4. Organizational development for the recruiting, hiring, and supervising of peers (New York City Peer and Community Health Workforce Consortium – Toolkit)
5. Peers Specialists and Supervisors (A Discussion Series)
 - Part 1: What Should Supervisors Know? (From the Peer Perspective)
 - Part 2: What Should Peer Specialists Know? (From the Supervisor Perspective)
6. Trauma-Informed Supervision (including Compassion Fatigue or Vicarious Trauma)
7. Research and the evidence for peer support practices (who, what, when, how)
8. Quality assurance and credibility of the peer workforce
9. Addressing the wage gap (benefits, part-time v full-time) - career planning and peer support workforce development career ladder (VA, OMH, models for other organizations)
10. Peer drift and co-optation when job responsibilities conflict with peer values (Managed Care, Harm reduction vs. Mandated treatment) and lack of career mobility
11. Cultural Issues and Intersectionality
12. Population-based peer support (aging, youth, peer respite/crisis, ACT teams, etc...)
13. ADA / Reasonable Accommodations

Formats for Continuing Learning planned in 2019:

- Monthly Webinars
- Weekly or Bi-Weekly Networking Meetings for Peer Specialists and Supervisors
- Daily Chats on the For Like Minds Social Media Platform

We look forward to your input and participation in these planned virtual events! To sign up for our Virtual Learning Community mailing list, [click here](#).

What's New?

The latest issue of New York State Office of Mental Health's newsletter, *OMH News*, has been published to the OMH website:

<https://omh.ny.gov/omhweb/resources/newsltr/docs/omhnews-november2018.pdf>.



This edition discusses the growing Peer Support Specialist movement and covers some of the innovative ways that peers are helping people throughout New York State.

OMH News is published for people served by, working, involved, or interested in New York State's mental health programs.

If you would like to receive email notification of new issues, subscribe to the OMH newsletter announcement list at: <https://omh.ny.gov/omhweb/listserv/newsltr.html>. You may unsubscribe from this list at any time.

Looking for College Courses / College Credit?



Rutgers University is offering an Undergraduate Certificate in Peer Support. 12 College Credits that can be applied to other programs. **Deadline to apply is November 15.**

To learn more, [click here](#).

SUNY Bronx Community College is offering Certified Recovery Peer Advocate (CRPA) certification preparation for substance use peer support through their Community Health Worker training program. **Information sessions are held every Monday.**

To learn more, [click here](#).



Looking for Answers to APS Course Questions?

There is now a Q&A Forum in the [For Like Minds](#) connection platform where you can ask questions about APS courses. For more, sign up at [For Like Minds](#).

Looking for In-Person Academy of Peer Services Preparation Classes?



Contact your OMH Regional Advocacy Specialist (RAS) to see if there is a class near you.

- Central Office, Albany Regina.Shoen@omh.ny.gov
- Central Office, Albany, Family Support John.Stenson@omh.ny.gov
- Western Region Kirsten.Muckstadt@omh.ny.gov
- Western Region Robert.Dempsey@omh.ny.gov
- Central Region Garrett.Smith@omh.ny.gov
- Central Region Elizabeth.Patience@omh.ny.gov
- Mid-Hudson Region Leila.Clark@omh.ny.gov
- New York City Celia.Brown@omh.ny.gov
- New York City Digna.Quinones@omh.ny.gov

Do you offer in-person preparation classes for the Academy of Peer Services? If so, let us know. We'll list your program on the Virtual Community site and in our next newsletter.

Deadline for submissions, December 1, 2018.

Deadlines



**HOWIE
THE HARP**
ADVOCACY CENTER

**Howie The Harp Peer Training Program
Application deadline for Spring 2019**

Fri Nov 9, 2018

[Download application packet](#)

Articles

The Power to Create Change Comes From Within



By Katherine Ponte, BA, JD, MBA, NYCPS-P, CPRP
| Oct. 24, 2018 (Reprinted from the NAMI Blog)

Stigma is a shield created by society, made up of misunderstanding and fear of mental illness. When we look away from someone behaving erratically or “strangely” on the street, that’s the fear society ingrains in us. Perhaps we’re scared to consider the possibility that the same could happen to us; that we might be shunned by society, too.

The shield of stigma also stops us from seeking help for our own mental health. When faced with a stressful life event or emotional challenges, we might carry the hurt or confusion inside. Perhaps we avoid facing a potential diagnosis, so our illness only grows worse. Stigma facilitates mental illness turning into the “monster” it doesn’t have to be.

Social perceptions need to change. However, stigma is so deeply rooted in societal norms that it can take a long time to eradicate. And people like me, people living with mental illness, can’t wait on society to change. We need to live now. In fact, we need to be pioneers.

Our Experience Combats Stigma

First, we need to overcome our own belief in society’s fears. This requires finding hope, and specifically recognizing the possibility of recovery. Recovery from mental illness is living a full and productive life with mental illness. With this mindset, we can take ownership of our condition and live a fulfilling life. This can be one of the most powerful forces for change.

[Stories](#) of living fully with mental illness can help reshape society’s bias. They also provide inspiration and guidance for other people living with mental illness. This is the power of peer support and sharing lived experience. It creates a cycle of more people finding recovery, and then in turn, society seeing more positive examples of people living well with mental illness. Society needs to see what life with mental illness can and should be—a life of possibility, not a life sentence.

Our Experience Inspires Others

When people share their mental health journeys, it also helps set our own expectations. Recovery is hard and there is no smooth path to get there. It’s also not a cure, it requires continuous patience, discipline and determination. There will be stumbles and uncertainties along the way. This is the reality of mental illness. That’s why relatable, real-life examples are so valuable.

Knowing that others are going through similar challenges can help us build resilience. The result is self-empowerment by the example of others. We, the mental health community, rely less on the image society projects upon us, and instead focus on the image reflected to us by our peers. This is the power from within ourselves and our community.

I believe that this type of person-driven recovery has been overlooked as a way to combat social stigma. It's become so ingrained that not even people with mental illness think recovery is possible. Too many of us allow society's fears to become our own. Together, we can reverse the vicious cycle of stigma and instead, power the virtuous cycle of hope and recovery.

Katherine Ponte is a Mental Health Advocate and Entrepreneur. She is the founder of [ForLikeMinds](#), the first online peer-based support community dedicated to people living with or supporting someone with mental illness and is in [recovery](#) from Bipolar I Disorder. She is on the NAMI New York City Board of Directors. For another recent article by Katherine, visit the NAMI Blog: [The Stages of My Mental Illness](#).

Decisions, Decisions, Decisions

by Howard Diamond



Trick or treat? Fish or meat? Clean or neat?
Let's keep this article, upbeat. A small joke...
What is the Podiatrist's favorite saying? The
thrill of victory and the agony of 'de feet. Just
in time. Maybe or maybe not, we decide.
Indeed, it's Election Day.

Decisions, decisions, we all have to make
them. Some are good some are bad. Just for
the record, a no decision is still a decision, so
pick something. Every day there are many

decisions one makes as a Peer Specialist, just like mankind and womankind around the world. Of course, this becomes an extremely mindboggling situation. Chin up, it generally gets better. By the way, what color is your parachute?

What is important to me, may not be at all important to you and what's important to you may not be at all important to others. This is what is called, our values or value system. We as Peer Specialists find what we do to help people to be important, but many other people, often those with authority do not always agree.

Almost everything we do in the course of the day revolves around alternatives. It as soon as we wake up. Shall I get up now or hit the snooze button again? Which comes first, the left sleeve or right sleeve, we decide? As Peer Specialist and especially as humans, we all have the capacity to make educated choices that will aid us through the entire day and all succeeding days to come.



Effective decision making has many steps. Gee, for that matter, doesn't everything have steps? Too little or too much information can cloud effective options. When different Peer Specialists are involved, each peer has their own values, but one individual will have to make the ultimate pick. Some Peer Specialists have a specific interest in a particular situation, so that person is the one designated to make the final call. Hard to do, but eventually someone does. Peer Specialists, just as all human beings, often like things just the way they are (status quo) and either procrastinate or let someone else decide for them. Right or wrong, yes, that is their decision. My thinking - make the choice, yours!

Many people around the United States, made a decision on November 6. Yes, Election Day and individuals made their choices for a myriad of different candidates. It isn't overwhelming and it is our right as citizens to cast our ballots and pick people to represent us. Maybe not for all of us. Remember a non-vote is still a decision. Choices, choices, choices, they are all around us. There is a process called informed choice. My hope that people are receiving good and accurate information before reaching the conclusions we do and the decisions that we make. This is with all types of situations, not just politics.

As Peer Specialists, we want our value system and our resolve to carry us to new heights as we continue our journey through the muck and mire that is life. Aspire to get ahead, even when it seems hopeless. We can be scared or afraid, but it is OKAY. Attempting something is vital to our overall future as human beings. All is not lost, and we really are still alive and kicking. Not the football or soccer ball, silly, that's just a saying. Just keep in mind, that whether we try or not, that we always do our best. Most importantly, **MAKE IT OUR DECISION, NOT SOMEONE ELSE'S**. That's the big treat and no trick. See you in the Newsletter.

Howard, a New York Certified Peer Specialist from Long Island



Send personal articles or blogs about your life as a Peer Specialist or Supervisor of Peer Specialists to: academy.virtual.community@gmail.com

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

Research



Participate in Research!

Survey of “Secondary Traumatic Stress in Peer Advocates” Seeks Respondents

“Fielding Graduate University is conducting research on secondary traumatic stress (STS) in peer advocates,” writes researcher Ellie Peskosky, M.S. “We hope to add to the literature to allow for better support for...peer advocates to reduce STS. If you are a peer advocate and are 18 years or older, you may participate in the online study. Participation is voluntary and there is an opportunity to enter into a raffle at the completion of the study for the chance to win one of five \$100 gift cards.” Questions? Please contact Ellie Peskosky, M.S. by email at epeskosky@email.fielding.edu or her supervisor, Dr. Kristine Jacquin, at kjacquin@fielding.edu. To participate or to learn more, [click here](#).

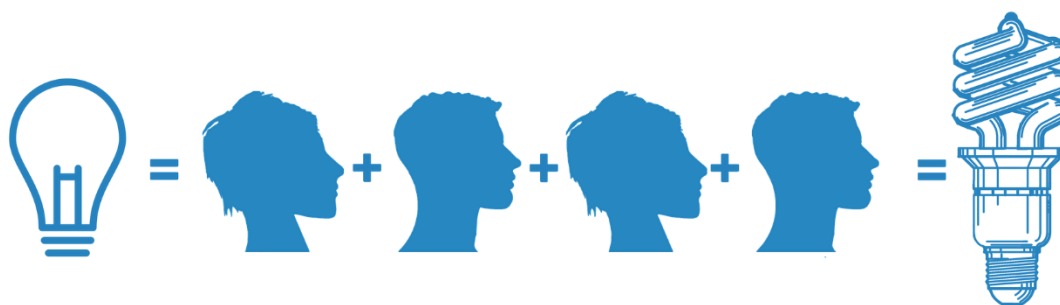
Do You Hear Voices? OurVoicesRaised Wants Your Story!

OurVoicesRaised.org, a collective of people who have found support through the Hearing Voices Movement, is conducting a research project investigating Hearing Voices Groups in the United States. We’re interested in gaining a better understanding of how Hearing Voices groups work and what essential elements of hearing voices groups make them effective for people who hear voices, see visions or have other unusual or extreme experiences.

This project is committed to sharing its findings with the community that has generated them (and beyond), and to create opportunities for the hearing voices community to expand its work in new ways.” Gail Hornstein, a psychology professor at Mount Holyoke and author of *Agnes’s Jacket: A Psychologist’s Search for the Meanings of Madness*, is principal investigator. For more information and/or to participate, [click here](#).

Thank you to Susan Rogers for publishing these research opportunities in [The Key Update](#).

Articles in Peer-Reviewed Journals



Thank you to OMH Regional Advocacy Specialist, Digna Quinones, for sharing peer-related peer reviewed online articles in the Journal of Psychological Services.

Tracking progress in peer-delivered family-to-family support.

Anthony, Bruno J.; Serkin, Celia; Kahn, Nicole; Troxel, Mary; Shank, Jane
doi: [10.1037/ser0000256](https://doi.org/10.1037/ser0000256)

Expert viewpoints of peer support for people experiencing homelessness: A Q sort study.

Barker, Stephanie L.; Maguire, Nick; Bishop, Felicity L.; Stopa, Lusia L.
doi: [10.1037/ser0000258](https://doi.org/10.1037/ser0000258)

Examining emotion relief motives as a facilitator of the transition from suicidal thought to first suicide attempt among active duty soldiers.

Bryan, Craig J.; May, Alexis M.; Harris, Julia
doi: [10.1037/ser0000234](https://doi.org/10.1037/ser0000234)

Peer support specialists' experiences of microaggressions.

Firmin, Ruth L.; Mao, Susan; Bellamy, Chyrell D.; Davidson, Larry
doi: [10.1037/ser0000297](https://doi.org/10.1037/ser0000297)

Predictors of CBT-pretreatment intervention engagement and completion: Evidence for peer support.

Nelson, C. Beau; Lusk, Rebecca; Cawood, Chelsea; Boore, Laurie; Ranganathan, Anusha; Lyubkin, Mark
doi: [10.1037/ser0000268](https://doi.org/10.1037/ser0000268)

Development and pilot study of a suicide prevention intervention delivered by peer support specialists.

Pfeiffer, Paul N.; King, Cheryl; Ilgen, Mark; Ganoczy, Dara; Clive, Rebecca; Garlick, James; Abraham, Kristen; Kim, H. Myra; Vega, Eduardo; Ahmedani, Brian; Valenstein, Marcia
doi: [10.1037/ser0000257](https://doi.org/10.1037/ser0000257)

Relationship between traumatic brain injury history and recent suicidal ideation in Iraq/Afghanistan-era veterans.

Shura, Robert D.; Nazem, Sarra; Miskey, Holly M.; Hostetter, Trisha A.; Rowland, Jared A.; Brenner, Lisa A.; VA Mid-Atlantic MIRECC Workgroup; Taber, Katherine H.

doi: [10.1037/ser0000208](https://doi.org/10.1037/ser0000208)

[Psychological Services Volume 15, Issue 4, \(Nov\)](#)

The Safing Center: A specialty clinic for treatment and prevention of IPV with veterans.

Page 371-378

Mackowiak, Christopher; Scoglio, Arielle A. J.

Access to firearms: When and how do mental health clients become prohibited from owning guns?

Page 379-385

Barnhorst, Amy; Kagawa, Rose M. C.

Juvenile Justice Anger Management (JJAM) Treatment for Girls: Results of a randomized controlled trial.

Page 386-397

Goldstein, Naomi E. S.; Giallella, Christy L.; Haney-Caron, Emily; Peterson, Lindsey; Serico, Jennifer; Kemp, Kathleen; Romaine, Christina Riggs; Zelechowski, Amanda D.; Holliday, Stephanie Brooks; Kalbeitzner, Rachel; Kelley, Sharon Messenheimer; Hinz, Holly; Sallee, Meghann; Pennacchia, Daniel; Prelic, Ana; Burkard, Casey; Grisso, Thomas; Heilbrun, Kirk; Núñez, Ana; Leff, Stephen; Lochman, John

Performance and clinical utility of a short violence risk screening tool in U.S. adults with mental illness.

Page 398-408

Cartwright, Joel K.; Desmarais, Sarah L.; Johnson, Kiersten L.; Van Dorn, Richard A.

Effectiveness of evidence-based psychotherapy for posttraumatic distress within a jail diversion program.

Page 409-418

Feingold, Zoe R.; Fox, Annie B.; Galovski, Tara E.

Emergency department text messaging for adolescent violence and depression prevention: A pilot randomized controlled trial.

Page 419-428

Ranney, Megan L.; Pittman, Sarah K.; Dunsiger, Shira; Guthrie, Kate M.; Spirito, Anthony; Boyer, Edward W.; Cunningham, Rebecca M.

Increased utilization of prolonged exposure and cognitive processing therapy over time: A case example from a large Veterans Affairs posttraumatic stress disorder clinic.

Page 429-436

Hundt, Natalie E.; Harik, Juliette M.; Thompson, Karin E.; Barrera, Terri L.; Miles, Shannon Reynolds

Evaluation of a shared decision-making intervention on the utilization of evidence-based psychotherapy in a VA outpatient PTSD clinic.

Page 437-441

Hessinger, Jonathan D.; London, Melissa J.; Baer, Sheila M.

Psychotherapy practices for veterans with PTSD among community-based providers in Texas.

Page 442-452

Finley, Erin P.; Noël, Polly H.; Lee, Shuko; Haro, Elizabeth; Garcia, Hector; Rosen, Craig; Bernardy, Nancy; Pugh, Mary Jo; Pugh, Jacqueline A.

Pilot data of a brief veteran peer intervention and its relationship to mental health treatment engagement.

Page 453-456

Goetter, Elizabeth M.; Bui, Eric; Weiner, Travis P.; Lakin, Laura; Furlong, Thomas; Simon, Naomi M.

The implementation and testing of a referral management system to address barriers to treatment seeking among primary care veterans with PTSD.

Page 457-469

Possemato, Kyle; Johnson, Emily M.; Wray, Laura O.; Webster, Brad; Stecker, Tracy

Patient feedback as a quality improvement strategy in an acute care, inpatient unit: An investigation of outcome and readmission rates.

Page 470-476

Reese, Robert J.; Duncan, Barry L.; Kodet, Jonathan; Brown, Holly M.; Meiller, Carolyn; Farook, Minnah W.; Lengerich, Alex J.; Vasilj, Igor; Hong, Sang-Hee; Bohanske, Robert T.

The Offender Job Search Self-Efficacy Scale: Development and initial validation.

Page 477-485

Varghese, Femina P.; Anderson, Kendra M.; Cummings, Devon L.; Fitzgerald, Erica

Mental health productivity monitoring in the Veterans Health Administration: Challenges and lessons learned.

Page 486-495

Kearney, Lisa K.; Smith, Clifford; Kivlahan, Daniel R.; Gresen, Robert C.; Moran, Eileen; Schohn, Mary; Trafton, Jodie; Zeiss, Antonette M.

Initiation, dropout, and outcome from evidence-based psychotherapies in a VA PTSD outpatient clinic.

Page 496-502

Niles, Barbara L.; Polizzi, Craig P.; Voelkel, Emily; Weinstein, Elizabeth S.; Smidt, Katharine; Fisher, Lisa M.

Implementation of an integrative medicine treatment program at a Veterans Health Administration residential mental health facility.

Page 503-509

Gaddy, Melinda A.

Preliminary evaluation of treatment outcomes at a military intensive outpatient program.

Page 510-519

Hoyt, Tim; Barry, David; Kwon, So Heui; Capron, Claire; De Guzman, Noriko; Gilligan, James; Edwards-Stewart, Amanda

Posttraumatic stress symptom change after family involvement in veterans' mental health care.

Page 520-528

Laws, Holly B.; Glynn, Shirley M.; McCutcheon, Susan J.; Schmitz, Theresa M.; Hoff, Rani

Associations between residential treatment length, PTSD, and outpatient healthcare utilization among veterans.

Page 529-535

Banducci, Anne N.; Bonn-Miller, Marcel O.; Timko, Christine; Rosen, Craig S.

Failure to engage: A qualitative study of veterans who decline evidence-based psychotherapies for PTSD.

Page 536-542

Hundt, Natalie E.; Helm, Ashley; Smith, Tracey L.; Lamkin, Joanna; Cully, Jeffrey A.; Stanley, Melinda A.

Gender and violence risk assessment in prisons.

Page 543-552

Warren, Janet I.; Wellbeloved-Stone, James M.; Dietz, Park E.; Millspaugh, Sara B.

Digest of Articles on Criminal Justice and Mental Health



Thank you to Susan Rogers for compiling a digest of articles related to Criminal Justice and People with Mental Health Conditions. To view the list, visit [The Key Update](#).

What is the Evidence for Peer Support?



PEER SUPPORT IN BEHAVIORAL HEALTH THE EVIDENCE IS IN!

As peer support workers or supervisors, we may be asked to provide the evidence for peer support as an Evidence-Based Practice (EBP) for a variety of different audiences. [The Evidence for Peer Support](#) – is a short promotional piece citing research that peer support is effective.

For a brochure on The Evidence for Peer Support by Mental Health America, [click here](#).

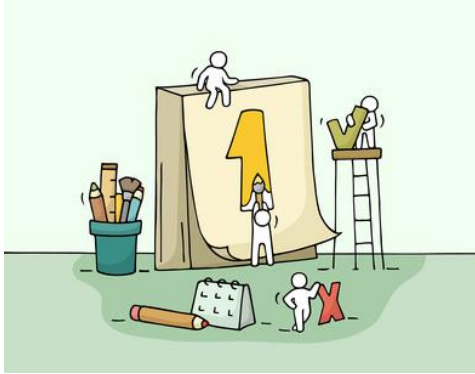


For more research posted in the Virtual Learning Community, [click here](#).

Do you have research or articles to share with the peer support workforce?
Send them to academy.virtual.community@gmail.com.

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

Calendar of Events



The Virtual Learning Community online calendar is regularly updated to include upcoming events.

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

If you have (or know of) an event to share with the peer support workforce community, send an email to academy.virtual.community@gmail.com.

Words of Wellness – Calendar for November 2018

The following excerpt is from a monthly newsletter from Collaborative Support Programs of NJ – Co-Editors: Peggy Swarbrick and Pat Nemec.

Excerpt: Gratitude

Many cultures and traditions have organized rituals and activities focused on giving thanks and self-reflection. In the United States, the fourth Thursday in November is a formal time to pause when many families and friends will gather together on Thanksgiving to reflect, give thanks, and express gratitude. However, taking time more often to reflect and be thankful can be beneficial to our health.

Throughout history, both philosophers and religious leaders have described gratitude as a virtue that contributes to a sense of peace and well-being. Gratitude is a state of mind that arises when you affirm a good thing in your life that comes from outside yourself, or when you notice and relish little pleasures. Gratitude is a virtue that can be cultivated as a regular practice, much like meditation or yoga.

In recent decades, research on gratitude is showing health benefits as well. Thankfulness is linked to effective coping with life's challenges and stressors. People who practice gratitude tend to be optimistic and to have healthy habits such as exercising, eating well, and arranging for needed medical care and screenings. These habits, in turn, help us recover more quickly from illness and enjoy more robust physical health, including lower blood pressure and better immune function. Gratitude is strongly linked to mental health and life satisfaction leading to a sense of joy, energy, and a firm belief or faith that goodness exists, even during times of suffering and doubt. Gratitude can protect us from destructive emotions like jealousy and bitterness. Its healing nature may explain why gratitude reduces lifetime risk for depression, anxiety, and substance use disorders. **For the full Words of Wellness Newsletter, [click here](#).**

Featured Events
– MARK YOUR CALENDAR / SAVE THE DATES



Starts in November 2018

(Wednesdays)

**Whole Health Action
Management (WHAM) Peer
Support Group**

MHASt Sunrise Wellness Center

[Learn More](#)



**Office of Information
Technology Services**

November 13, 2018

1:00 p.m. – 3:30 p.m.

Office of Mental Health

Statewide Virtual Town Hall with
Commissioner Ann Sullivan, MD

[Learn More](#)







November 15, 2018

5:00 p.m.

Gustavus Adolphus Lutheran
Church 155 E. 22nd Street, New
York, NY

**Bring it Home: Better Funding for
Better Care**

[Learn More](#)

	<p>November 15 & 16, 2018 NYAPRS Recovery and Rehab Academy Outreach to Engagement to Activation Saratoga Springs Learn More</p>
	<p>November 15, 2018 NJPRA 38th Annual Fall Conference The Drive to Thrive: Commitment, Endurance & Sustainability Pines Manor, Edison, NJ Learn More</p>
	<p>November 15, 2018 8:00 a.m. – 4:00 p.m. Healing for the Village: A Summit on African American Health Equity Mental Health Association Rochester, NY Learn More</p>
 <p>Kyneta Lee</p>	<p>November 27, 2018 2 p.m. Eastern Doors to Wellbeing Webinar: Using Your Recovery Story to Inspire and Connect Learn More</p>



November 28-30, 2018

World Federation for Mental
Health
International Trauma Summit
Houston
[Learn More](#)

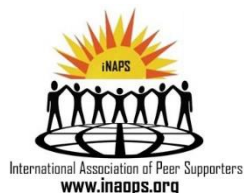
**Making Meaning from Visions &
Voices: How to Support People
Through Altered States and Finding
Solid Ground**



December 1, 2018

10:00am- 4:00 pm
New York City | Manhattan
IDHA
[REGISTER](#)

**Reinforcing our Roots:
Designing our Future**



December 3-5, 2018

International Association of Peer
Supporters (iNAPS) 12th Annual
Conference
DoubleTree (Hilton)
Entrance of Universal Studios, Orlando
(Early Bird Ends October 15)
[REGISTER](#)

**5th Annual Substance Use and Mental Health
(SUMH) Peers Conference**



**Community Conversations on Building a
Sustainable Peer Workforce**

December 7, 2018

9 a.m. – 5 p.m.
Silberman School of Social Work
Hunter College
2180 Third Avenue at 119th Street
New York, New York 10035

For a flyer, [click here](#).

For more, call 347-396-7157

**Working with Dangerous Gifts:
Reframing Bipolar Beyond Symptom
and Cure Mentality**



January 12, 2019

10:00am- 4:00 pm
New York City | Manhattan
IDHA

[REGISTER](#)

**Supporting Those Affected by
Suicide: Myths, Challenges, and
Collaborative Approaches**



February 9, 2019

10:00am- 4:00 pm
New York City | Manhattan
IDHA

[REGISTER](#)

**Applying Drug Positivity and Harm
Reduction to Human-Drug
Relationships**



March 9, 2019

10:00am- 4:00 pm
New York City | Manhattan
IDHA

[REGISTER](#)

**The Future of Our Movement:
Communities Coming Together**



April 6, 2019

10:00am- 4:00 pm
New York City | Manhattan
IDHA

[REGISTER](#)

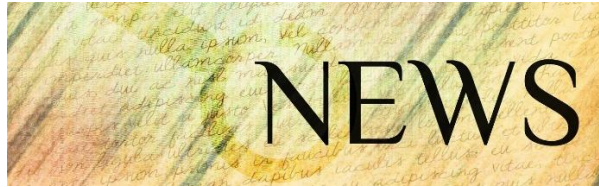
Is there anything else that should be listed?

Send events of interest to the peer support workforce to the Virtual Learning Community:
academy.virtual.community@gmail.com

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

Resources

Newsletters (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](#)

[NYAPRS eNews Bulletins](#)

[Mindfreedom](#)

[This is my reality newsletter](#)

[Wellness Recovery Action Plan](#)

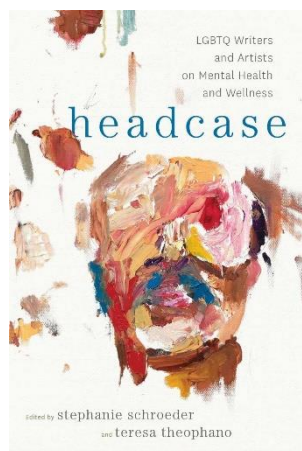
[Words of Wellness \(Swarbrick & Nemec\)](#)

Resources for Supervisors



[Supervision Repository](#) - The International Association of Peer Supporters is now creating a repository of resources for supervisors. To learn more, [click here](#).

Recent Publications by New York Certified Peer Specialists



Headcase: LGBTQ Writers & Artists on Mental Health and Wellness is a groundbreaking collection of personal reflections and artistic representations illustrating the intersection of mental wellness, illness, and LGBTQ identity, as well as the lasting impact of historical views equating queer and trans identity with mental illness.

The pieces offer personal views from both providers and clients, often one and the same, about their experiences. In the anthology, readers will access the inner thoughts of an array of individuals, including: a therapist with dual status who also happens to be transgender and practicing in the Midwest; a lesbian writer and psychotherapist recounting her mother's experience with forced institutionalization, shock therapy, and "conversion therapy" in the 1950s; a queer illustrator presenting unique glyph illustrations that represent a panoply of identity-related questions and answers; an award-winning gay male writer discussing his struggle with depression publicly for the first time; and a trans activist of color writing about surviving madness in the inner city and how his community of mental health and social justice youth activists help each other thrive.

Several contributors also document the difficulty of navigating flawed health care systems that limit affordable access to genuinely affirming, effective services. Cultural norms and barriers to accessibility have an enormous impact on the quality of care available to LGBTQ communities. Traversing boundaries of race and ethnic identity, age, gender identity, and socioeconomic status, *Headcase* should appeal anyone who is, works with, and cares for/about LGBTQ people.

Use [this link](https://global.oup.com/academic/product/headcase-9780190846596) to pre-order the book.

(<https://global.oup.com/academic/product/headcase-9780190846596>). Thank you, Stephanie Schroeder (NYCPS-P).



FEDERAL HEALTH INSURANCE EXCHANGE 2019 OPEN ENROLLMENT

The Federal Health Insurance Exchange (also known as the Marketplace) Open Enrollment Period runs from November 1, 2018 to December 15, 2018, for coverage starting on January 1, 2019. Similar to last year, the Centers for Medicare & Medicaid Services (CMS) is taking a strategic and cost-effective approach to inform individuals about Open Enrollment, deliver a smooth enrollment experience, and use consumer feedback to drive ongoing improvements across the Exchange platform. Consumers can visit [HealthCare.gov](https://www.healthcare.gov) and [CuidadodeSalud.gov](https://www.CuidadodeSalud.gov) to preview 2019 plans and prices before Open Enrollment begins.

For more information on Open Enrollment, [click here](#).



Statewide Consumer Network Program: SAMHSA Funding Opportunity

The Substance Abuse and Mental Health Services Administration ([SAMHSA](https://www.samhsa.gov))'s Center for Mental Health Services (CMHS) is accepting applications for fiscal year (FY) 2019 Statewide Consumer Network Program (SCN) grants. The goal is to address the needs of adults with serious mental illness (SMI) by developing and/or expanding peer support services, peer leadership, and peer engagement strategies.

The population of focus is adults with SMI, including those who are underserved and under-represented (e.g., consumers from ethnic, racial, and cultural minority groups); veterans; individuals who are chronically homeless; individuals with co-occurring disorders (COD); sexual orientation and gender identity minorities; and individuals who have been involved in the criminal justice system.

It is expected that this program will increase access to and quality of mental health services for adults with SMI; increase the sustainability of consumer-operated organizations; and enhance state capacity and infrastructure to support the recovery of adults with SMI and their families.

Applications Due: December 24, 2018

For more information, visit the [SAMHSA Grant Announcement webpage](#).

Recent SAMHSA Blogs

New Tool Offers Hope to People Experiencing Early Serious Mental Illness and their Families

One of the most important advances in treating serious mental illness in recent years is improving care for people experiencing a first onset of serious mental illness. We know that early phases of psychosis can be identified, and that team-based coordinated specialty care treatment reduces the likelihood of long-term disability. SAMHSA's new [Early Serious Mental Illness Treatment Locator](#) will help connect people experiencing a first onset of serious mental illness to effective care.

Using Data to Improve Effective Responses to Individuals in Crisis

Crisis Intervention Teams have shown effectiveness in decreasing the number of mental-health related arrests while increasing public safety. To support communities in creating and evaluating their own crisis intervention teams, SAMHSA has published a new report titled [Crisis Intervention Team Methods for using Data to Inform Practice: A Step-by-Step Guide](#).

Resources by and For Peer Specialists

Send items for this list to: academy.virtual.community@gmail.com

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

Job Listings



REGIONAL NEW HIRE ORIENTATIONS

NYAPRS is excited to announce REGIONAL NEW HIRE ORIENTATIONS
across New York State!

**Do you have new staff and don't have the time or the resources
to train them?**

Training is scheduled on the following dates/locations.

- Monday, November 19th – Manhattan, NY (NYC Region)
- Tuesday November 20th - New Windsor, NY (Hudson Valley Region)
- Friday, November 30th – Long Island (NYC Region)
- Friday, December 7th – Bronx (NYC Region)

[Click here to learn more](#)

Recent Job Postings

Visit our **Job Bank** for a list of recent openings.

The Job Bank is updated regularly. <https://aps-community.org/job-bank/>

If you live in or near New York City, there is a Peer Job Board specifically for New York on the Coalition for Behavioral Health site: http://www.coalitionny.org/the_center/jobs/

Are You Hiring Peer Support Staff?



Submit your job openings for peer specialists or other roles in the peer workforce to:
academy.virtual.community@gmail.com

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

Internships

The ThriveAtWork Peer Specialist training program in New York City invites your organization to host one or more FREE interns.

[Click here to learn more!](#)



Volunteer Positions

Do you have volunteer openings that could qualify as “supervised work” experience for people with provisional certification?

Contact us so we can post your volunteer openings in our Job Bank!

academy.virtual.community@gmail.com.

The deadline for the next newsletter is December 1, 2018.

APS Virtual Learning Community

What is the Virtual Learning Community (VLC)



The Virtual Learning Community is a project of the Academy of Peer Services that is intended to help bridge the gap between online learning and creating interactions that help peers to develop skills they can use in practice.

This newsletter is one element of the Virtual Learning Community. We also hold regular webinars, networking meetings, and will be starting online study groups for those who are taking the APS courses as well as support groups that are designed to support the peer supporters and their supervisors.

Watch next month's newsletter for a schedule of meetings, webinars and classes.

Join our Core Group!



If you are an experienced facilitator of peer-led meetings or groups (in person or online) and have an interest in joining our team, click the Join button below to receive an invitation to the APS Virtual Learning Community listserv (google group). You will receive announcements about upcoming meetings and various projects of the Virtual Learning Community.

Join

(A moderator will approve your request to join.)

Share this Newsletter!

If you have job openings, resources, or announcements of events to share, send email to academy.virtual.community@gmail.com.

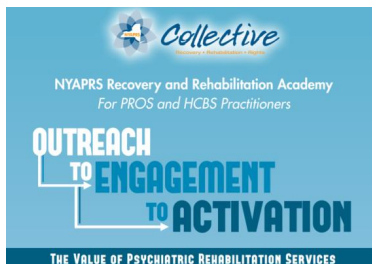


Visit the Virtual Learning Community website: www.aps-community.org to learn more.

Don't forget our featured events!

**Thursday and Friday
November 15 and 16**

**NYAPRS Recovery and
Rehabilitation Academy
for PROS and HCBS Practitioners**



The Gideon Putnam,
Saratoga Springs, New York

For the brochure, [click here](#).

Friday, December 7

9:00 a.m. – 5:00 p.m.

**5th Annual Substance Use
and Mental Health (SUMH) Peers
Conference**
**Community Conversations on
Building a Sustainable Peer
Workforce**

Silberman School of Social Work,
Hunter College
New York, NY



[Conference Flyer](#) | [Register](#)

Career Fair -- [Call for Employers Flyer](#) |
[Employer Application](#)

For more, call 347-396-7157

