Certified Peer Support Specialist Training

Location:
Southern Regional AHEC
1601 Owen Drive, Classrooms B & E (3rd Floor)
Fayetteville, NC 28304

Peer Academy: Monday - Friday, November 26 - 30, 2018; 8 a.m. - 5:30 p.m.

Adult Mental Health First Aid: Monday, December 10, 2018; 8 a.m. - 5:30 p.m.

The Challenge of Opioid Addiction: Friday, January 4, 2019; 9 a.m. - 4:30 p.m.

Using Harm Reduction in the Treatment of Substance Use Disorders: Monday, February 4, 2019; 9 a.m. - 4:30 p.m.

Target Audience
This training will be beneficial to individuals interested in pursuing a North Carolina Peer Support Specialist Certification. The target audience has been planned to support an array of community, legal, health and human services organizations to include hospitals, emergency rooms, substance use disorder treatment centers, faith-based organizations, emergency medical services, departments of social services, law enforcement, judicial systems, primary care settings, emergency shelters, non-profits and other interested persons.

Course Description
Certified Peer Support Specialist Training includes the North Carolina approved 40 hour Peer Academy training, and an additional 20 hours of Continuing Professional Development training: consisting of Adult Mental Health First Aid, The Challenge of Opioids, and Using Harm Reduction in the Treatment of Substance Use Disorders. Participants are able to apply for the North Carolina Peer Support Specialist certification upon completion of this training series.

Acceptance into Certified Peer Support Specialist training is competitive, therefore, we use an application and interview process to select participants. Those who are well-grounded in their own recovery and are committed to excelling as a peer specialist should apply. Program Requirement Note: participants must attend all sessions and topics.

Peer Academy Program Description - November 26 - 30, 2018; 8 a.m. - 5:30 p.m.
Peer Academy is the culmination of years of experience from international peer experts who, in addition to serving as peer specialists, have started up, developed, and currently operate successful peer organizations and programs. The developers and facilitators of Peer Academy are skilled and are committed to sharing their expertise in building a competent, qualified peer workforce as an investment in developing future leaders in the peer movement. Peer Academy is NOT an entry level training about personal recovery and peer support. Rather, it is an intense and rigorous professional development course that includes pre-academy coursework, homework, class exercises, and sharing your recovery story in class.

Mutual peer support was borne out of the Consumer/Survivor/Ex-Patient Movement of the 1960's. At that time, people begun realizing not only that recovery is possible but that it is greatly enhanced by sharing our own recovery experiences with each other. Since that time, peer support has evolved into a professional role within the behavioral health system that maintains the core essence of 'being with,' in mutuality, to support others to find their OWN personal greatness. It is this very mutuality that makes peer support effective. Mutuality ensures that we are supporting people to find their OWN power, voice and path, and are not serving as an expert, parent, monitor, counselor or any other authority in the person's life. While it is true that effective peer support requires the skilled use of your own lived experience to inspire others, it is also true that the profession is complex, requiring peer workers to support people in new ways, while challenging systems to shift toward recovery and maintaining the uniqueness of working in the system, while not being of the system's culture. Being effective in this role therefore requires a competency-based education that combines knowledge, skills, experience, exposure, and tools.

Peer Academy is an intense and rigorous professional development course that includes pre-academy coursework, homework, class exercises, and sharing your recovery story in class.

Peer Academy Objectives
Upon conclusion of this program participants will be able to:
• Describe the history of the peer movement and how that foundation led to the contemporary peer support role;
• Discuss experiential practice to build skills and apply tools necessary for effective peer support;
• Identify and describe comprehensive experiences for peer support specialists;
• Describe needed actions to apply for certification after the completion of this 60 hour coursework; and
• Describe the difference between peer support and other professional roles within the behavioral health system, maintaining the principle and integrity of the peer role.

Speaker
Cherene Allen-Caraco, CPSS, QMHP, QDDP, CESP
Over the last 23 years Cherene has made it her mission to understand people impacted by trauma, mental health, substance use, intellectual and/or developmental disabilities. Through her own experience of having numerous mental health diagnoses starting in her early teens, Cherene knows what it feels like to not quite fit in. She rebelled against the labels, low expectations, and victimization, and has spent the remainder of her life striving to understand how people, including herself, can be faced with significant life issues, yet be able to thrive, and how services and systems can help or hinder the recovery process.

In 2005/2006, Cherene founded the Promise Resource Network (PRN), one of NC's few completely peer-run organizations, operated and staffed by people with lived experiences of mental health, substance use, homelessness, and/or prior incarceration to offer supports, resources, and opportunities to others experiencing the same.
As the CEO, she has made sure that peer support remains the backbone of the agency, recovery as its blueprint and social

and system transformation as its mission while serving over 1,000 community members a month. PRN is nationally ranked 4th among the Top 50 organizations in this year's Non-Profit Times' Best Nonprofits to Work For report, and named 1st within the "small organizations" category.

Cherene has been providing peer support training throughout the country since 2007 and has written several peer support curricula and presented at numerous conferences. Cherene is also national and international recovery consultant and works with professionals, systems, states, organizations, and peers to understand and facilitate recovery, as well as elevate the profession of peer support to ensure that its integrity and authenticity are maintained.

Peer Academy Agenda

Day One

8:30 am	Overview, Comfort Agreement and Getting Acquainted
10:30 am	BREAK
10:45 am	What is Recovery?
11:30 am	Activity: Recovery Debate
12:00 pm	Lunch (Provided)
12:30 pm	PSS Roles/Tasks/Skills/Qualities
2:15 pm	BREAK
2:30 pm	PSS Roles/Tasks/Skills/Qualities, etc.
4:30 pm	Ah Ha moments, homework
5:30 pm	Adjourn

Day Two

8:30 am	Review of Day One and Homework
9:30 am	Recovery Pathway One: The Importance of Hope
10:15 am	BREAK
10:30 am	Recovery Pathway One: The Importance of Hope
11:15 am	Recovery Pathway Two and Three: Personal Responsibility and Education
12 pm	Lunch (Provided)
12:30 pm	Recovery Pathway Four: Self-Advocacy
2:30 pm	BREAK
2:45 pm	Recovery Pathway Five: Support
4 pm	BREAK
4:15 pm	The Power of Story
5:30 pm	Adjourn

Day Three

8:30 am	Review and Homework Review
9:30 am	Building Strong Peer Relationships- Role of a Peer and Redefining Help
10:30 am	Break
10:45 am	Language of Empowerment
12:00 pm	Lunch (Provided)
1:00 pm	Using our Stories
2:15 pm	Break
2:30 pm	Cultural Competence
3:30 pm	Break
3:45 pm	Peer Support: What Makes it Different?
5:30 pm	Adjourn

Day Four

8:30 am	Review and Homework Review
9:30 am	NC CPSS Code of Ethics
10:30 am	Break
10:45 am	Uniqueness of Peer Support; Peer Support vs. Friend, vs. Clinician
11 am	Bringing it all together – Roles, tools, and skills of a PSS
12pm	Lunch (Provided)
12:30 pm	Peer Support discussion/ Story Sharing
2:15 pm	Break
2:30 pm	Peer Support discussion/ Story Sharing
3:30 pm	Break
3:45 pm	Peer Support discussion/ Story Sharing
5:30 pm	Adjourn

Day Five

8:30 am	Trauma, Safety and Challenging Situations
12:00 pm	Working Lunch (Provided)
1:00 pm	Peer Support discussion/ Story Sharing
4:00 pm	Program Overview and Group Wrap Up
5:30 pm	Adjourn

Adult Mental Health First Aid Program Description - Monday, December 10, 2018; 8 a.m. - 5:30 p.m.

Adult Mental Health First Aid is an eight hour training course designed to give members of the public important skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Adult Mental Health First Aid training helps and individual assist someone experiencing a mental health crisis.

Evidence suggests Adult Mental Health First Aid makes people feel more comfortable managing a crisis situation and builds mental health literacy – helping the public identify, understand, and respond to signs of mental illness. Specifically, studies found that those who have Adult Mental Health First Aid training have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved conversation with health professionals about treatments, and decreased stigmatizing attitudes.

Adult Mental Health First Aid Objectives
Upon completion of this workshop, participants will be able to:
• Discuss the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury;
• Describe the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities;
• Identify a 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care; and
• Discuss the evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.

Speaker:
Bertina Parkins, M.A.
Bertina Parkins is Director of Continuing Education Mental Health for Southern Regional AHEC. Before joining Southern Regional AHEC, Bertina worked in the mental health field in different capacities with KidsPeace Foster Care and Family Services, Cardinal Clinic LLC and NC Department of Health and Human Services in the Field Services Unit for over 13 years. Bertina received her B.S. and M.A. from Fayetteville State University in Fayetteville, NC.

Adult Mental Health First Aid Agenda

8 am	Registration
8:30 am	Introductions
	Prevalence of mental health disorders; Risk factors and warning signs
10:30 am	Break
	The impact of mental health literacy, awareness, and stigma on persons experiencing mental health issues
12 pm	Lunch (Provided)
1pm	ALGEE – a five step action plan
2:45 pm	Break
3 pm	Resources for persons needing assistance
5:30 pm	Adjourn

The Challenge of Opioid Addiction Program Description - Friday, January 4, 2019; 9 a.m. - 4:30 p.m.

This workshop offers peer support personnel an opportunity to expand their understanding of addictive disorders with an emphasis on the challenges opioid addiction presents to the user, their family, and our communities. A history of opioid use in America, theories of addictive disease, co-use of opioids with other drugs, opioid use and brain function, and issues related to pain management are among the workshop topics discussed. Participants will also be introduced to theories of therapeutic interventions (medical and behavioral health), and best practices associated with treatment of opioid use disorders.

Challenge of Opioid Addiction Objectives

Upon conclusion of this program participants will be able to:
• Describe the effects of opioid use on patients, their support groups, and their communities;
• Identify therapeutic interventions, theories, and best practices;
• Identify three factors associated with determining a substance use disorder; and
• Discuss three approaches used in the treatment of opioid use and induced disorders.

Speaker:

Jim Mallinson, MA, LCAS, CCS
For more than 30 years as a clinician and administrator in substance abuse treatment both in the community and on the college campus, Jim Mallinson has taught courses on addictive disease, certification preparation, ethics (including 42-CFR and HIPAA), and healthcare management at various institutes throughout the region including the North Carolina Foundation for Alcohol and Drug Studies and the Duke Addictions Program. Jim provides counseling services, clinical supervision, and consultation services through his practice Carolina Counseling Services in Salisbury, NC; he is on staff in the Department of Psychiatry and Behavioral Health at Wake Forest University Health Services; and he serves as a faculty advisor at Catawba College in Salisbury. He is a NCSAPPB Licensed Clinical Addictions Specialist and Certified Clinical Advisor, and a NAADAC certified Master Addiction Counselor.

The Challenge of Opioid Addiction Agenda

9 am	Introductions: Overview of course description and objectives
9:30 am	Drug classifications
10 am	History of Opioid Use in America
10:30 am	Break
10:45 am	Therapeutic interventions of substance use disorders
12 pm	Lunch (Provided)
1 pm	Therapeutic interventions of substance use disorders—continued
1:45 pm	Appropriate group and community treatment Interventions/resources
2:30 pm	Break
2:45 pm	Peer support strategies, community interventions: Supporting clients, medical and behavioral health
4:15 pm	Questions
4:30 pm	Adjournment

Using Harm Reduction in the Treatment of Substance Use Disorders Program Description

Monday, February 4, 2019; 9 a.m. - 4:30 p.m.

The concept of harm reduction is gaining strength as a legitimate and effective means for improving individual outcomes in the treatment of addictive diseases. Harm reduction has been and continues to be used in primary care, prevention and early intervention programs, and in opiate treatment programs with the use of methadone and buprenorphine.   Addiction professionals are increasingly using harm reduction to work more effectively with their clients by integrating it with evidenced-based practices such as Motivational Interviewing and Cognitive Behavioral Therapy. This course is designed to offer peer support professionals an opportunity to examine how harm reduction has evolved as a public health paradigm and explore how intervention strategies using harm reduction techniques combined with evidenced-based practices improve outcomes by reducing the adverse consequences of addictive disease.

Harm Reduction Objectives

Upon conclusion of this program participants will be able to:
• Identify a rationale for the use of harm reduction techniques in the treatment of addictive diseases;
• Discuss harm reduction strategies that can be combined with evidence-based practices; and
• Identify at least one strategy that may be used in developing a treatment plan using harm reduction.

Speaker

Jim Mallinson, MA, LCAS, CCS

For more than 30 years as a clinician and administrator in substance abuse treatment both in the community and on the college campus, Jim Mallinson has taught courses on addictive disease, certification preparation, ethics (including 42-CFR and HIPAA), and healthcare management at various institutes throughout the region including the North Carolina Foundation for Alcohol and Drug Studies and the Duke Addictions Program. Jim provides counseling services, clinical supervision, and consultation services through his practice Carolina Counseling Services in Salisbury, NC; he is on staff in the Department of Psychiatry and Behavioral Health at Wake Forest University Health Services; and he serves as a faculty advisor at Catawba College in Salisbury. He is a NCSAPPB Licensed Clinical Addictions Specialist and Certified Clinical Advisor, and a NAADAC certified Master Addiction Counselor.

Harm Reduction Agenda

9 am	Introduction: Overview of course description and objectives
9:30 am	Historical overview: Defining harm reduction as a public health paradigm and in the treatment of addictive disorders
10:30 am	Break
10:45 am	Overview: Models of Change and Recovery Stages
11:15 am	Evidence based practices, therapeutic interventions and harm reduction approaches
12 pm	Lunch (Provided)
1pm	Evidence based practices, therapeutic interventions and harm reduction approaches —continued
2 pm	Therapeutic and traditional treatment modalities
2:30 pm	Break
2:45 pm	Best practices for peer support interventions and provide harm reduction strategies to clients
4 pm	Questions
4:30 pm	Adjournment

Fee
$256 for registrations received on or before November 12, 2018; thereafter $276.

Credit
CEU: 6.0
Contact Hours: 60.0
Credit will be awarded to participants who attend 100% of the program. SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #108762   (Substance Abuse Credit). This program does not provide specific NBCC Credits. However, per LPC licensure guidelines, you may submit up to 15 contact hours of continuing education by attending programs by affiliates of the National Area Health Education Center Education (NAO). SR-AHEC is a member of the NAO.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.

Substitutes/Refunds/Transfers
Participants who register for the program and are not able to attend, may:
• Send a substitute;
• Cancel two (2) business days (Monday-Friday), before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
• Cancel two business days (Monday-Friday) before the program and obtain a refund for 70% of the registration fee.

Cancellations less than two business days (Monday-Friday) before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

Please bring a jacket or other additional covering since we will not be able to adjust the thermostat.

Contacts
La-Lisa Hewett Robinson, Administrator for Mental Health CE
910-678-7293 / La-Lisa.Hewett-Robinsons@sr-ahec.org

Kate Smith, Program Assistant for Mental Health CE
910-678-7305 / Kate.Smith@sr-ahec.org

Registration Form

Form may be duplicated.

Phone: 910-678-7226 **Fax:** 910-323-0674
Online: https://www.southernregionalahec.org/courses-and-events/57303
Mail: SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

_____

Name   Last 4 digits of SS#

_____

Certifications/Degrees   Specialty Area   Are you an NCC?

_____

Employer   Job Title

_____

Work Address   City   State   Zip Code

_____

Home Address   City   State   Zip Code

_____

Phone (work)   (home)

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

_____

Email (primary)   (secondary)

☐ <u>Do not</u> send email announcements of upcoming SR-AHEC programs.   ☐ <u>Do not</u> share my information with participants and/or exhibitors.

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Special Needs / Food Allergies

<u>Payment Information</u>

☐ Check (Make payable to SR-AHEC)

_____

☐ Mastercard / Visa / Discover#   Expiration Date (mm/yy)

_____

Name on Card   Signature

The handouts for the program will be provided online.   Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to:
https://www.southernregionalahec.org/about-us/general-reference/

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Office Use Only: Check Auth #_____   Date_____   From_____   Amount $_____

SR-AHEC.org
1601 Owen Drive • Fayetteville, NC 28304
(910) 678-7226

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