



Wisconsin Certified Peer Specialists...

Igniting Recovery

Volume 8 Issue 3

Special points of interest:

- Peer Specialists and Individual Placement and Supports (IPS)
- What are SAMHSA's Four Major Dimensions for Recovery?
- Learn about the important responsibilities of the Wisconsin Council on Mental Health



Chrysalis...Peers and Success by Dani Rischall

Chrysalis promotes mental health recovery in Dane County by supporting work opportunities that encourage hope, healing and wellness. Our belief that “Work is Recovery” is at the core of all that we do. Our three programs; Vocational Peer Support, Individual Placement and Support (IPS), and our Social Enterprise - Chrysalis Pops, all work together to support individuals along their mental health recovery journey.



The peer specialist movement embodies Chrysalis' strengths-based perspective. Vocational Peer Specialists use their unique set of recovery experiences in combination with training to support peers achieve their vocational goals. Peer supports contribute significantly to the Chrysalis continuum of care. If someone is interested in exploring employment, a Vocational Peer Specialist will help that peer identify their work preferences, strengths and challenges. Currently 49 individuals receive Chrysalis Vocational Peer Support.

Chrysalis Vocational Peer Specialists work closely with our competitive work program, IPS. Half of the individuals receiving Vocational Peer Support are also in our IPS program. This partnership between IPS and Peer Support has been extremely beneficial. Vocational Peer Specialists increase engagement, instill hope and embody recovery.

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Wisconsin Certified Peer Specialists...

Chrysalis...



“Certified Peer Specialists work in a wide variety of areas in mental health and/or substance use disorder recovery “



It is not uncommon to find a Vocational Peer Specialist helping someone prepare for an interview or processing their first day on the job. We also recognize that recovery is not about accomplishing a singular goal, this is why Chrysalis Vocational Peer Specialists take a holistic approach to working with people. In addition to addressing an individual's work goals, a Vocational Peer Specialist might also support a person to make healthy food choices at the grocery store or take a weekly walk in the park to address physical health goals.

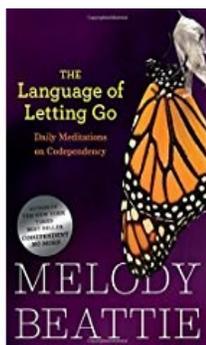
Our IPS program is focused on individual choice, competitive employment and mental health integration. There are currently 78 individuals in the Chrysalis Supported Employment program. This number will increase by 40 over the next 12 months as Chrysalis will be participating in a four year national Supported Employment Demonstration looking at how IPS services might decrease reliance on Social Security Disability Insurance (SSDI). We are excited to be one of 30 sites across the country providing IPS services to individuals who have recently been denied SSDI with a mental health diagnosis.

Another recent addition to the Chrysalis service array is our Social Enterprise, Chrysalis Pops. In 2016, staff recognized that it was time to incorporate a new approach to Chrysalis services. While getting individuals connected to competitive work in the community was successful for 50-60% of participants, this meant that nearly half of the individuals receiving Chrysalis services were not reaching their work goals. Staff also realized that some individuals were not even voicing their employment goals due to fear of failure or lack of self-esteem. Chrysalis Pops offers individuals living with mental illnesses the opportunity to gain meaningful, paid work experience while producing and selling local, organic fruit pops. The goal is that within one year of working with Chrysalis Pops, 75% of the individuals involved will transition into competitive employment. In addition to these employment outcomes, Chrysalis Pops will work to address community mental health stigma and access to local, organic produce.

Chrysalis has a long history of providing innovative, effective and empowering vocational mental health services. Vocational Peer Supports, IPS and Chrysalis Pops embody the belief that every individual has the right to be an active member of their community and their recovery.

To learn more about Chrysalis in Madison, WI visit: <https://workwithchrysalis.org/>

Recommended Reading...



The Language of Letting Go by Melody Beattie

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care.

Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the

issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

Beattie is the author of several internationally renowned books including “Codependent No More” and “Journey to the Heart.”

ISBN-13: 9780894866371



SAMHSA Four Major Dimensions for Recovery...

SAMHSA has delineated four major dimensions that support a life in recovery:

- **Health**—overcoming or managing one’s disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being
- **Home**—having a stable and safe place to live
- **Purpose**—conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
- **Community**—having relationships and social networks that provide support, friendship, love, and hope

Hope, the belief that these challenges and conditions can be overcome, is the foundation of recovery. A person’s recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members. <https://www.samhsa.gov/recovery>

“Certified Peer

Specialists are an integral part of a person’s recovery team.”





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The newsletter is also available in other formats. If you would like to submit an article for consideration or recommended reading we would be happy to review it

**2017 Peer Specialist
trainings and certification
exams**

Certification Exam dates for 2017 have been posted. Additional training dates are expected to be posted in the near future. Please check the www.wicps.org website for updates on training and exam dates. For further information alicep@accesstoind.org

Thank you to the ILC's and UW-Milwaukee for their partnership in making the exam process a success!

Wisconsin Council on Mental Health...

The Wisconsin Council on Mental Health (WCMH) is legislatively mandated under Wis. Stat. § 15.197(1), as the mental health planning council for the state. It was created to advise the Governor, the Legislature, and the Department of Health Services (DHS) on the allocation of Mental Health Block Grant funds.

The Council is comprised of 20 to 25 members appointed by the Governor and meets bi-monthly. At least half of the members are consumers, advocates, and/or family members. Other members represent state agencies, mental health providers, and other groups.

The WCMH evaluates and reviews the mental health system's progress towards achieving improved client outcomes and the adequacy of mental health services in the state. The council duties are specified in Wis. Stat. § 51.02. It oversees state compliance with federal Public Law 102-321.

Vision of The Council: We envision the time when all persons in need of mental health services across Wisconsin have equal access to resources that strengthen self-determination and self-sufficiency by promoting health and wellness, improvement and recovery, quality of life, and dignity. Learn more about this important Council: <https://mhc.wisconsin.gov/aboutus.htm>

Resources...

Wisconsin Bureau of Prevention, Treatment and Recovery

Phone: 608-266-2717

Web: http://dhs.wisconsin.gov/mh_bcmh/index.htm

Grassroots Empowerment Project

Phone: (800)770-0588

Web: www.grassrootspower.org

Wisconsin United for Mental Health

Web: www.wimentalhealth.org Phone: 866-948-6483

Mental Health America-Wisconsin

Web: www.mhawisconsin.org Phone: (414) 276-3122 or (866) 948-6483 (toll free)