



Wisconsin Peer Specialists

Igniting Recovery 



2010...A Great Year for Certified Peer Specialists

Special points of interest:

- Exam Study Guide
- Recommended Readings
- Notable Wisconsin Organizations
- Resources
- Training



This year provided many opportunities for the Wisconsin Certified Peer Specialists Employment Initiative. The State Certification Exam rolled out in January. Four exams were given and Wisconsin now has 66 Certified Peer Specialists. The Quarterly Newsletter premiered and the official website www.wicps.org for the initiative was launched in April. The site has logged almost 5,000 hits and has been linked to other Mental Health Recovery sites and Blogs throughout the state.

Individuals were able to participate in the state approved professional Peer Specialist trainings. Conferences, seminars, workshops and conventions further promoted the Certified Peer Specialist Program and showed how the program has moved to many areas of mental health recovery.

Many thanks to the Peer Specialist Committee of the WI Recovery Implementation Task Force (RITF), Dee Truhn, Executive Director of Access to Independence, Inc., Mary Pick and Latonia Pernel at The UW-Milwaukee, Bryan Keller and Joe Newton with the UW-Madison, The WI Department of Health Services Bureau of Prevention, Treatment and Recovery, Laleña Lampe with the DHS/BPTR, all of our Medicaid/Medicare Infrastructure Grant (MIG) partners including NAMI and Grassroots Empowerment Project (GEP) for their professional Peer Specialist trainings.

Congratulations to the 2010 Wisconsin Certified Peer Specialists. Your work is effective and important.

...Alice F. Pauser, CPS WI Peer Specialist Program Coordinator

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Notable Wisconsin Organizations...

Kenosha Human Developments Services-CSP/CCS Programs

Their mission is to provide public, individual, and group care for the citizens of Kenosha County in cooperation with the social, health, and family service branches of county, state, and federal government. Care shall be in the least restrictive manner and will include group type treatment facilities, as well as other services to enable the public in need to learn new skills and adapt to acceptable community living standards and practices. KHDS employs five Peer Specialists that assist their service recipients. For further information contact:

Lester Byron Wright, Executive Director

5407 8th Ave. Kenosha, WI 53140 Phone: 262-657-7188

Website: www.khds.org

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In Our Own Words...

Amy and I met in a cave during a winter scouting adventure in 1969. She would later reveal that her Catholic school troop was mortified by the presence of my public school troop.

Amy and I became instant friends sharing our lives and awaiting our collegiate destinies. While attending different universities we kept connected with letters and cards. College academics came easily for us. It was life itself that would prove to be our real challenge.

Life knocked on Amy's door

first when her family decided to relocate to Texas. She would soon leave Wisconsin. My challenge hit me hard when I became consumed by depression insomnia and suicidal ideation. I dropped out at mid term.

Amy graduated and began her career as an occupational therapist in a mental health hospital. A few years later I was diagnosed with bipolar affective disorder. Amy stood steadfast and encouraged me to hold on to my dreams. She provided hope during my darkest depressions. Her prayers

calls letters and invitations to Texas became the glue that kept my identity from shattering.

Over the years, Amy and I never thought of our relationship as being recovery oriented. We just refused to settle for lives of less than. In 2001 I graduated from college. I have been stable for four years and I work as a certified peer specialist. I wonder if she knows that she guided me in my recovery. I better give her a call!

- Carol J. Slovachek

Request your Certification Exam Study Guide now!



It is never too early to start studying for the February 9, 2011 exam. Copies of the Study guide can be emailed or mailed to you. **You can also download the guide at : www.wicps.org** The guide gives an overview to the Peer Specialist Certification exam process and

sample questions from each of the eight domains and objectives that the exam is based on. The Peer Specialist Committee and Access to Independence have received positive feedback on the study guide. There was also an **increase in passing scores** after the

guide was distributed. You may also want to consider organizing a study group to assist each other in preparing for the certification exam. Call 800-362-9877 ext. 224 to have a study guide mailed or emailed to you.

Notable Wisconsin Organizations...continued

NAMI Racine Consumer Advocacy Team (NAMI-CAT)

The Alliance on Mental Illness Consumer Advocacy Team (NAMI-CAT) is a grassroots, nonprofit consumer run program. It is established to ensure that the mental health delivery system in Racine County meets the expressed needs and wishes of the consumers of these services, as defined by the consumers. This is accomplished by assessing consumer satisfaction via written and/or interviews, and through working partnership with service providers. They have been employing Peer Specialists since December 2009. The supervisors of the program, Luann Simpson, MSW, CAPSW and Lynelle Saunders are both WI Certified Peer Specialists. For further information contact:



NAMI-Racine
2300 DeKoven Ave. Racine, WI 53403
Phone: (262) 637-6200
Website: www.namiracine.org



Peer Specialist Trainings...

Wisconsin has four state approved training curriculums.

1. Consumer as Provider (CAP)

www.socwel.ku.edu/projects/SEG/cap.html

2. Depression and Bipolar Support Alliance (DBSA)

www.dbsalliance.org

3. National Association of Peer Specialists (NAPS)

www.naops.org

4. Recovery Innovations (RI)

www.recoveryinnovations.org

Core Training Competencies are based on the Domains and

Objectives in the areas of:

- Self-knowledge and the role of the Peer Specialist
- Ethics and boundaries
- Cultural Awareness
- Advocacy and ability to locate information
- Teamwork
- Consumer choice and empowerment
- Crisis and safety
- Recovery

In 2009 and 2010 the **NAPS** training was presented by Grassroots Empowerment Project at various locations in WI. The **CAP**

Training was presented by NAMI Wisconsin locations.

Individuals also chose to attend the **DBSA** training that was held in Chicago in August 2010.

The trainings are comprehensive and prepare people for taking the WI Peer Specialist Certification Exam.

We are anticipating 2011 training schedules will be available the latter part of January and will be posted on websites and Blogs as soon as they are received. Please check the other four sites, as well.

Recommended Reading...

Trees of Hope:

Planting Seeds For a Better Life

By Steve Harrington



Hardcover 208 pages **Publisher:** Maritime Press, Inc. (2007)

ISBN: 1-929357-07-9 **Cost:** \$19.95

Trees of Hope is about making changes for a better life. It is an insightful look at human character by an author who has experienced considerable hardships in his life including experience with two mental illnesses—depression and schizophrenia. Most importantly, he has turned those challenges into opportunities. Steve Harrington shares with readers strategies for success. He shares ways people can lead happy, healthy lives.

Steve writes, *“No. Life isn’t fair. The question is: Are we going to let the unfairness overcome us or are we going to make the best life we can given our circumstances?”*

Steve Harrington has written 13 books including: **You Can Recover!**, **Voices of the Lakes**, **The Best Adventure Yet**, **The Christmas Spirit** and **The Depression Handbook**.



KUDOS...

if you know of a Wisconsin Peer Specialist or organization that employs Peer Specialists, that you would like recognized in the newsletter and on the website; please send us their name and contact information. We would like to feature them in an upcoming issue.

Winter Quotes...

Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.

~Edith Sitwell

Wisconsin Certified Peer Specialist Employment Initiative

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Visit:

www.wicps.org

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Newsletter is available in other formats.

Announcements...

February 9, 2011

Wisconsin Peer Specialist Certification exam.

Applications due by January 31, 2011. For complete information visit: www.sce-peerspecialist.uwm.edu

or contact: alicep@accesstoind.org

January 18, 2010

Suicide Prevention Webinar

9-10:30 am

Topic: Building Your Coalition

Presented by Prevention Suicide Wisconsin, supported by the Charles E Kubly Foundation

Details to come <http://www.preventsuicidewi.org>

DBSA Spring 2011 Peer Specialist Training in Chicago

Dates are being planned now. Please visit:

www.dbsalliance.org for updates.

2011 Peer Specialist Certification Exams

February 9, 2011

Application deadline is
January 31, 2011

May 11, 2011

Application deadline is
May 2, 2011

August 3, 2011

Application deadline is
July 25, 2011

Applications received
after the deadline date
will be automatically
scheduled for the next
available exam.

Resources ...

Wisconsin Certified Peer Specialist Exam Application and Guidelines

UW-Milwaukee School of Continuing Education

Web: www.sce-peerspecialist.uwm.edu

The Wisconsin Association of Peer Specialists (WAPS)

Web: <http://waps.health.officelive.com/default.aspx>

Phone: 715-298-4553

Wisconsin Bureau of Prevention, Treatment and Recovery

Phone: 608-266-2717

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

United We Stand Wisconsin (UWS)

Group: <http://groups.google.com/group/united-we-stand-wi/topics>

NAMI Wisconsin

Phone: 608 268-6000 or (800) 236-2988

Web: www.namiwisconsin.org