



Wisconsin Peer Specialists

Igniting Recovery



Special Points of Interest for WI-CPS

- ◆ Updates & News
- ◆ Crisis Intervention Teams
- ◆ Mood Coloring
- ◆ 2016 Exam Dates

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An Amazing Development in Green Bay, WI.

The Green Bay Police Department is taking an interest in utilizing the services of Certified Peer Specialists! Barb Gerarden, Patrol Officer, and liaison to The Gathering Place, asked if I could come up with a panel of Certified Peer Specialists to speak to officers for their weekly one hour training.

On March 21, 2016, six CPS affiliated with The Gathering Place, three of us just recently trained and certified, spoke to 20 police officers. We were very well received. The first thing Amy pointed out was the number one qualification to being a CPS, having lived experience with mental illness. She covered the role of a CPS and core competencies.

Jacqueline gave a great testimony on how she was the recipient of CPS services and then was empowered to become a CPS herself. We called this the "snowball effect." Others on the panel shared personal experiences of engaging in peer mentoring.

I spoke on how I see the role of CPS who are employed at The Gathering Place; the sharing of personal recovery stories, one-on-one peer mentoring, crisis referral, developing goals, reviewing strengths and connecting to resources.

The following was directed towards the panel: If the officers are in a situation with an individual who has psychiatric diagnosis, and not in a crisis situation, how could they refer this person to CPS services? Amy pointed out that we could meet the individual where they are at; whether they are in need of a recovery center such as The Gathering Place, or in need of one-on-one peer mentoring.

The Gathering Place has participated in Crisis Intervention Team trainings for the past five years. The officers come to The Gathering Place to meet with members who offer their experiences with Green Bay law enforcement both positive and negative. The officers want to learn from us so they can understand and improve interactions with those who have psychiatric disabilities.

In 2015, The Gathering Place promoted and held the first Peer Specialist training in Green Bay. We are hoping to have another training in 2016 as the need in the area is so great! Both for the peers interested in becoming CPS and the community.

By Susan C. Mader, MSSW

Code of Ethics for WI Certified Peer Specialists...

The following principles will guide Certified Peer Specialists in their professional roles and relationships:

1. I understand that my primary responsibility is to help peers understand recovery and achieve their own recovery needs, wants, and goals. I will be guided by the principle of self-determination for each peer.
2. I will conduct myself in a manner that fosters my own recovery and I recognize the many ways in which I may influence peers, and others in the community, as I serve as a role model.
3. I will be open to share with peers and coworkers my stories of hope and recovery and will likewise be able to identify and describe the supports that promote my recovery and resilience.
4. I have a duty to inform peers when first discussing confidentiality that intended serious harm to self or others cannot be kept confidential. I have a duty to accurately inform peers regarding the degree to which information will be shared with other team members, based on my agency policy and job description. I have a duty to inform appropriate staff members immediately about any intended serious harm to self or others or abuse from caregivers.
5. I will never intimidate, threaten, harass, unduly influence, physically force or restrain, verbally abuse, or make unwarranted promises of benefits to the peers I support.
6. I will not practice, condone, facilitate or collaborate in any form of discrimination on the basis of ethnicity, race, sex, sexual orientation, gender identity, age, religion, national origin, marital status, political belief, disability, or any other preference or personal characteristic, condition or state.
7. I will advocate with peers so that individuals may make their own decisions when partnering with professionals.
8. I will never engage in any sexual/intimate activities with peers I support. While a peer is receiving services from me, I will not enter into a relationship or commitment that conflicts with the support needs of the peer.
9. I will keep current with emerging knowledge relevant to recovery and openly share this knowledge with my coworkers and peers. I will refrain from sharing advice or opinions outside my scope of practice with peers.
10. I will utilize supervision and abide by the standards for supervision established by my agency. I will seek supervision to assist me in providing recovery-oriented services to peers.
11. I will not accept gifts of money or items of significant value from those I serve. I will not loan or give money to peers.

Code of Ethics...continued

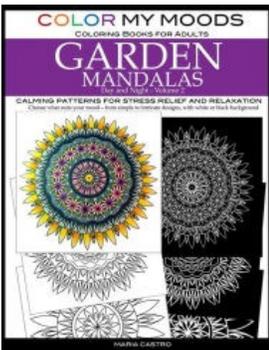
12. I will protect the welfare of all peers by ensuring that my conduct will not constitute physical or psychological abuse, neglect, or exploitation. I will practice with trauma awareness at all times.
13. I will, at all times, respect the rights, dignity, privacy and confidentiality of those I support.
14. As a professional, if I find that my own recovery journey is compromised and interferes with my ability to provide support to my peers, I will engage in my own self-care until such time that I am once again capable of providing professional care.

A **Certified Peer Specialist** is a job title within the agency of employment where the role of a peer specialist is specific to the lived experience of that specialist. And how that experience is utilized to help others move forward on their recovery journey.

A **Certified Peer Specialist** is not a medical technician limited to providing ancillary services without a clear therapeutic role, but an active participant on the consumer's treatment and recovery team.

Please visit www.wicps.org to view the state approved updated Core Competencies and Scope of Practice.

Recommended Readings...



By Maria Castro...The Color My Moods Coloring Books for Adults series offers calming patterns for stress relief and relaxation to help cope with anxiety, depression, dementia, PTSD, improve focus, sharpen mind and for creative expression and fun.

Color My Moods, Day and Night Garden Mandalas (Volume 2) is printed on one side of the page only to help minimize bleed-through. This allows you to use colored pencils, markers, gel pens, crayons, pastels or pens. Experiment and be amazed with

the different looks you can create with the 42 original coloring pages included in this book.

What makes Color My Moods, Day and Night Garden Mandalas (Volume 2) unique is that the stress-relieving mandalas are laid out from simple to intricate, with white and black background. This makes it easy to find the piece that suits your mood. Whether you're a beginner who wants to try a more challenging piece, or an advanced colorist who wants to relax with a simpler design, you'll find it in this book.

ISBN-13: 9780692629710 Publisher: Scribo Creative

Information provided by www.barnesandnoble.com



Spring Quotes...

Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.

...Robert H. Schuller

Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again.

...Gustav Mahler



Wisconsin Certified Peer Specialist Employment Initiative

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Visit:

www.wicps.org

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 for possible publication in the newsletter.

Announcements...

WI-CPS Recertification... There are changes to the recertification dates for all WI-CPS beginning in 2016. Please visit the recertification page at:

<http://www.wicps.org/recertification.html>

It is important that you keep your contact information up to date so notices can be sent to you from UW-Milwaukee regarding recertification.

Continuing Education Hours... Certified Peer Specialists are required to obtain 20 hours of continuing education every two years in order to maintain their certification. There are five required categories. Cultural Competence, Ethics and Boundaries, Trauma Informed Care, Peer Specialist Specific and Substance Use Disorder. There must be at least 1.5 hours in each of these categories. The remaining hours can be related to the Peer Specialist field. The recertification renewal fee is \$50 every two years. You can download the form at www.sce-peerspecialist.uwm.edu

2016 Peer Specialist Certification Exams

July 20, 2016
September 28, 2016

Application Deadlines are posted on www.wicps.org

Exams will again be proctored at the eight Wisconsin Independent Living Centers.

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

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

NAMI Wisconsin

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

Web: www.namiwisconsin.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