



# Wisconsin Peer Specialists

Igniting Recovery 



### Special Points of Interest for WI-CPS

- ◆ Updates & News
- ◆ Parent Peer Specialists
- ◆ Meditation
- ◆ Resources

## Certified Parent Peer Specialists...

By Bob Fredericks, Certified Parent Peer Specialist Coordinator  
Growing the Initiative in Wisconsin

Along with the changes happening to the Certified Peer Specialist program in Wisconsin, the state is also leading the way in the nation with a Certified Parent Peer Specialist program. One of just a handful of states Wisconsin is excited to soon be able to offer Parent Peer Support to individuals in the role of parenting a child or youth identified with mental health and/or substance use concerns.

Expanding into the Certified Parent Peer Specialist (PPS) model has become a natural step for the continued growth in sustainable peer provided services in Wisconsin. The successes in the Certified Peer Specialist program have been recognized by many state leaders and in turn, we are looking forward to the same positive results for Family's. In having increased access to Certified Parent Peer Specialist, families will experience increased engagement, partnership and better outcomes when they are involved with Mental Health and/or Substance Use services in Wisconsin.

Focusing on family's resilience, increasing parent and youth involvement with services including the support of a parent peer that has "been there done that" is again at the core of this new certification. The key component to this new program is identifying how the Certified Parent Peer Specialist themselves were able to deal with their own feelings, emotions and successes around the multiple complexities of raising a child or youth identified with mental health and/or substance use concerns. The capacity to build that relationship by sharing similar experiences of parenting, modeling hope for a positive future and honoring choice has been proven to improve outcomes for everyone in recovery-oriented systems of care.

After significant work by many stakeholder groups and individuals already doing the work around the state, a new timeline has been published. With dedication, determination and continued engagement with the community, this timeline can be achieved and initial training for Certified Parent Peer Specialist is anticipated to begin in mid-2017. More information is available on the Certified Peer Specialist website [www.wicps.org](http://www.wicps.org) under the "Parent Peer Specialist" tab.

Any questions or comments can be directed to Bob Fredericks at: [bobf@accesstoid.com](mailto:bobf@accesstoid.com). or call 608-242-8484.

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## Resources for Webinars and Continuing Education...

There are several sources for obtaining Continuing Education Hours (CEH) to fulfill the requirement for recertification as a Wisconsin Certified Peer Specialist.

Here are some you may want to consider:

### **NAMI Star:**

The STAR Center is one of the five National Technical Assistance Centers funded by the Substance Abuse Mental Health Services Administration (SAMHSA) to support mental health systems transformation.

The STAR Center is dedicated to building organizational, business and management capacity of identified consumer leaders and consumer and family run organizations to increase the availability of consumer-directed, recovery-oriented approaches, with a core concentration on youth leadership development. <http://www.consumerstar.org/site/index.php>

### **International Association of Peer Supporters:**

iNAPS is a thriving community of practice that publishes monthly newsletters, webinars and regular news updates, develops and shares access to recovery and peer support information, conducts surveys, reports on the current status and trends in the peer workforce, and hosts the longest running national conference (attended by peer supporters and those who hire them from around the world) which brings together members of the peer support movement to share ideas, strategies, and innovative programs and ideas.

<https://inaops.org/>

### **Magellan Health Care Continuing Education:**

Magellan offers Peer Specialist Specific continuing education at no charge.

<http://www.magellanhealth.com/continuing-education.aspx>

### **National Mental Health Consumers Self-Help Clearing House:**

The National Mental Health Consumers' Self-Help Clearinghouse, the nation's first peer-run national technical assistance center, has played a major role in the development of the mental health consumer/survivor/ex-patient (c/s/x) movement. The movement strives for dignity, respect, and opportunity for those diagnosed with mental health conditions, often called peers. Individuals who receive or have received mental health services continue to reject the label of "those who cannot help themselves." Instead, they – and we – proclaim, "Nothing about us without us." Sign up for their newsletter which always contains information about upcoming webinars related to recovery. <http://www.mhselfhelp.org/>

### **Substance Abuse and Mental Health Services Administration (SAMHSA):**

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. SAMHSA offers webinars on a continual basis throughout their programs. You can sign up to receive email updates from them regarding webinars, publications and topics related to recovery initiatives nationwide including suicide prevention, LGBT issues and children's wellbeing. Keep current on their programs and campaigns.

[www.samhsa.gov](http://www.samhsa.gov)

## 2017 Peer Specialist Training Curriculum, Certification Exam, Recertification

There are some exciting changes coming to the WI Certified Peer Specialist Program in 2017. There will be a new Peer Specialist Training Curriculum which integrates both Mental Health and Substance Use Disorder. This training will give potential Certified Peer Specialists an opportunity to broaden their scope of practice with the lived experience of either Mental Health, Substance Use Disorder or co-occurring. This curriculum will be the only one that qualifies people to take the WI Peer Specialist Certification exam. Twelve trainers have been selected to provide trainings around the State. Trainers will be in pairs with a balance of both Mental Health and Substance Use Disorder. (There are no further Peer Specialist trainings in 2016)

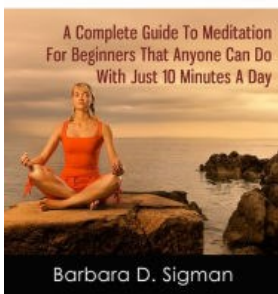
A new certification exam was written and validated in conjunction with the updated Core Competencies and training. The exam will continue to be multiple choice and proctored at the eight Independent Living Centers. The passing score for the exam will remain at 85%.

Continuing Education requirements for recertification for 2017 will be updated to be more inclusive of Substance Use Disorder. Categories will include Cultural Humility, Ethics and Boundaries, Mental Health Specific, Substance Use Specific, Trauma Informed Care and Peer Specialist Specific.

If you know of individuals interested in becoming a Certified Peer Specialist please have them contact 608-242-8484 ext. 224 to be placed on the automatic training notification list.

## Recommended Readings...

### The 10 Minute Meditation



By Barbara D. Sigman...Meditation has been shown to have remarkable influence over our emotions, mental capacities, and spiritual well-being. More surprising is the number of physical benefits meditation has on our actual bodies, proving how powerful our minds really are.

Despite numerous benefits and easy to learn, most people don't get around to meditate. Why? It's because of something we all lack: time. A common misconception is that you need to spend hours a day to meditate in order to see the results. Well, nothing can be further from the truth.

"The 10 Minute Meditation" is written so that it only takes 10 minutes a day to complete a meditation session included in the book. You will see for yourself even with 10 minutes a day, every day, will allow you to rip all the benefits of meditation. Here are just some of the highlights from "The 10 Minute Meditation": The three stages of the mind, Connection between meditation and yoga, Benefits of meditation, Different types of meditation and What happens during meditation.

ISBN-13: 2940013324626

Review by Barnes and Noble



### Summer Quotes...

*"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language."*

— Henry James

*"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."*

— Maud Hart Lovelace,  
Betsy-Tacy and Tib



## Wisconsin Certified Peer Specialist Employment Initiative

Access to Independence, Inc.  
3810 Milwaukee Street  
Madison, WI 53714  
[www.accesstoind.org](http://www.accesstoind.org)

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### Visit:

[www.wicps.org](http://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...

### Learn about Recovery Coaches in Wisconsin...

<http://www.postcrescent.com/story/news/local/2016/01/29/recovery-coach-lifeline-addicts/78299822/>

**WRAP and Recovery:** information on new developments in the world of WRAP and The Copeland Center. You can access downloads at no cost on selected topics.

<http://mentalhealthrecovery.com/wrap-is/>

**We are seeking stories/articles** on your experiences working as a Certified Peer Specialist in Wisconsin. Your stories can be an example of what it means to be a CPS and how your work positively impacts the Peers you are providing services to. There are currently 431 CPS in Wisconsin.

Also, if you would like to highlight your employer as one that supports CPS in their organization please send an article of 250-300 words for consideration.

## 2016 Peer Specialist Certification Exams

July 20, 2016  
September 28, 2016

Application Deadlines  
are posted on  
[www.wicps.org](http://www.wicps.org)

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

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*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](http://dhs.wisconsin.gov/mh_bcmh/index.htm)

### Grassroots Empowerment Project

Phone: (800)770-0588

Web: [www.grassrootspower.org](http://www.grassrootspower.org)

### NAMI Wisconsin

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

Web: [www.namiwisconsin.org](http://www.namiwisconsin.org)

### Wisconsin United for Mental Health

Web: [www.wimentalhealth.org](http://www.wimentalhealth.org)

Phone: 866-948-6483

### Mental Health America-Wisconsin

Web: [www.mhawisconsin.org](http://www.mhawisconsin.org) Phone: (414) 276-3122 or (866) 948-6483