



Wisconsin Peer Specialists

Igniting Recovery



Iris Place Peer Run Respite...Appleton, WI

Iris Place Peer Run Respite – Providing Hope & Healing through a Crisis Alternative

By: B Alford, CPS & Karen Iverson Riggers, CPS – Iris Place Staff Members

Special Points of Interest for WI-CPS

- ◆ Updates & News
- ◆ Peer Run Respites
- ◆ Mindfulness
- ◆ 2016 Exam Dates

Talking with people at the end of their stay at Iris Place and reading the entries in our guest book, I can hardly hold back tears as I see how what we hoped to accomplish, creating a safe, home-like place for people to recover in the company of their peers, is exceeding our expectations. Here are excerpts from a few of the entries:

"I feel hope for the first time in 38 years"



"Thank you for providing me with a safe, caring, understanding environment where I could escape, wind down, grow and reconnect with myself. My other option before coming to Iris Place was the hospital (yet again). I really didn't want to do that. Thank you for the freedom to be supported by you and to support myself."

"I am treated with such respect. I feel heard, understood, and related to. I really feel connected and for the first time in a long time, I feel like things may just be O.K."

Iris Place Peer Run Respite is a program of NAMI Fox Valley and the first Peer Run Respite in Wisconsin. Its mission is to provide a safe and welcoming environment that offers an opportunity for individuals experiencing emotional distress or crisis to grow and change through the support of others with lived experience. Since opening its doors in mid-April 2015, Iris Place has welcomed more than 75 guests and provided peer support through more than 1700 phone contacts. Iris Place is free and welcomes all Wisconsin adults who want and need peer support to navigate a time of emotional distress or crisis related to mental health and/or substance use. The house offers five bedrooms, shared spaces to explore wellness activities and connections with resources in the house and community including peer support from staff and guests with lived experience.

Continued on page 2

INSIDE THIS ISSUE:

| | |
|---------------------------------|---|
| Iris Place Appleton, WI | 1 |
| Grassroots Empowerment Project | 2 |
| Mindfulness | 3 |
| Exams, Resources, Announcements | 4 |

Iris Place Peer Run Respite...continued

Peer Run Respite is funded by the State of Wisconsin's Department of Health Services – Division of Mental Health and Substance Abuse. SOAR Case Management in Madison will be opening Solstice House in January 2016 and Grassroots Empowerment Project will be opening Grassroots Wellness Peer Run Respite in Menomonie in February or March 2016.

For more information about Iris Place, visit us on Facebook or www.irisplacewi.org. People interested in support, more information or a stay can contact us at (920)815-3217 or irisplace@namifoxvalley.org

Grassroots Empowerment Project...

"If you're not at the table, you're on the menu." I first heard this phrase listening to Sen. Tom Harkin at a national disability rights rally when I was working for the independent living movement. Those of us working for change, inclusion, and social justice know the truth of his words.

Grassroots Empowerment Project (GEP) has worked statewide for more than a decade to create opportunities for people in Wisconsin seeking mental health, recovery, and wellness to exercise power in their lives. We are a non-profit organization run by and for people with lived experience of mental health and/or substance use challenges. GEP is engaged in direct peer support services, training for peer support (such as Emotional CPR), and advocacy. All GEP board and staff have personal experience of moving through mental health or substance use obstacles into recovery.

We have two new exciting programs that I want to make sure you know about: first, **Grassroots Wellness Peer Run Respite in Menomonie. Peer Run Respite are short-term, residential, non-medical alternative for people who are experiencing mental health and/or substance use challenges and who need and want peer support.** All Grassroots Wellness team members have experienced similar challenges and are trained to provide peer support. We'll be open and free to any adult in Wisconsin, have space for up to four people who can stay for 1-5 days, and we'll be opening our doors in February 2016.

Right now, we're working on making our house accessible. For more information or to donate to our renovation efforts, please visit our website, www.grassrootspower.org. Thank you!

GEP is very excited about our newest project – Reentry Peer Specialists! Through a grant from the Substance Abuse and Mental Health Services Admin (SAMHSA), this project will support reentry and community integration of criminal justice-involved consumers that have been involved in the Wisconsin Department of Corrections, by developing a reentry peer specialist model in Wisconsin. We'll facilitate regional, multiple stakeholder groups to develop a model that will work for Wisconsin. We'll also provide training at no cost to interested criminal justice-involved consumers in our reentry peer specialist model and support them to develop employment opportunities. Right now, we're doing listening sessions around the state and starting to gather input.

For more information contact Mishelle O'Shasky or visit www.grassrootspower.org.

Whether the development of peer run respite, creating a model for reentry peer specialists, or our training and advocacy efforts, GEP works to keep peers and what's important to us at the table, so we don't end up on the menu.

William Parke-Sutherland, Executive Director

Grassroots Empowerment Project: (800)770-0588

Mindfulness...Reducing Stress...

Mindfulness meditation is the art of paying attention, of listening to your heart. Rather than withdrawing from the world, mindfulness can help you enjoy it more fully, effectively and peacefully.

In UW Health's Integrative Medicine Program, they offer a variety of group and individual meditation programs. For further information visit: <http://www.uwhealth.org/alternative-medicine/mindfulness-based-stress-reduction/11454>

Online Mindfulness-Based Stress Reduction (MBSR)

This online MBSR training course is 100% free and is modeled on the MBSR program founded by Jon Kabat-Zinn at the University of Massachusetts Medical School. For further information visit:

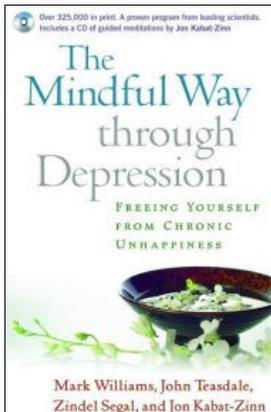
<http://palousemindfulness.com/selfguidedMBSR.html>

Five Steps to Mindfulness By Thich Nhat Hanh

“Mindfulness is the energy that helps us recognize the conditions of happiness that are already present in our lives. You don’t have to wait ten years to experience this happiness. It is present in every moment of your daily life.” To access the information on the Five Steps visit:

<https://www.youtube.com/watch?v=dDXclaUKHDU> this is an audio (not visual) recording.

Recommended Readings...



The Mindful Way Through Depression...by J.

Mark G. Williams, John D. Teasdale, Zindel V. Segal,
Jon Kabat-Zinn

The Mindful Way through Depression draws on the collective wisdom of four internationally renowned mindfulness experts, including bestselling author Jon Kabat-Zinn, to provide effective relief from the most prevalent psychological disorder.

This authoritative, easy-to-use self-help program is based on methods clinically proven to reduce the recurrence of depression. Revealing the hidden

psychological mechanisms that cause chronic unhappiness, the authors gently guide readers through a series of exercises designed to break the mental habits that lead to despair. Kabat-Zinn lends his calm, familiar voice to the accompanying CD of guided meditations, making this a complete package for anyone looking to regain a sense of balance and contentment.

Edition 1 ISBN-13: 9781593851286

Review provided by barnesandnoble.com



Winter Quotes...

Winter is a season of recovery and preparation.

Paul Theroux

The pine stays green in winter...wisdom in hardship.

Norman Douglas

People don't notice if it's winter or summer when they're happy.

Anton Chekov



www.clipartof.com · 100692

Wisconsin Certified Peer Specialist Employment Initiative

Access to Independence, Inc.
3810 Milwaukee Street
Madison, WI 53714
www.accesstoind.org

Phone: 608-242-8484 ext. 224
Fax: 608-242-0383
TTY: 608-242-8485
E-mail: alicep@accesstoind.org



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...

Peer Specialist Training Schedules...The 2016 trainings schedules will be posted at

<http://www.wicps.org/training-schedules.html>

Trainings in the new state-approved curriculum are expected to begin in late spring of 2016. If you know of interested parties please have them sign up for the automatic training notification list by contacting alicep@accesstoind.org

Would you like to **Highlight your Employer?** Please contact us if you feel your employer does a great job of staffing and supporting WI-CPS.

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.

2016 Peer Specialist Certification Exams

February 3, 2016

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