



**Missouri Department of Mental Health
Peer Specialist Certification Basic Training
Developed by the Appalachian Consulting Group**



<i>Core Curriculum for Certified Peer Specialist Basic Training</i>				
Day 1	Day 2	Day 3	Day 4	Day 5
TRAVEL	5 Five Stages in the Recovery Process: Dangers	11 Effective Listening And the Art of Asking Questions: Part 1	17 Facilitating Recovery Dialogues	23 Five Stages in the Recovery Process: Interventions
REGISTRATION	6 The Role of Peer Support in the Recovery Process	12 Dissatisfaction as an Avenue for Change	18 Effective Listening And the Art of Asking Questions: Part 2	24 Creating the Life I Want: Accomplishing My Recovery Goals
1 Welcome, Introductions and Overview of the Training	7 Creating Program Environments that Promote Recovery	13 Facing Your Fears	19 Power, Conflict and Integrity in the Workplace: Part 1	25 Final Reflections, Evaluation and Next Steps
2 State System and the Role of the Training	8 Creating Relationships that Promote Recovery	14 Combating Negative Self-talk	20 Power, Conflict and Integrity in the Workplace: Part 2	TRAVEL
3 Five Stages in the Recovery Process: Overview	9 The Impact of Diagnosis on One's Self-Image	15 Problem Solving with Individuals	21 Power, Conflict and Integrity in the Workplace: Part 3	
4 Using Your Recovery Story As a Recovery Tool	10 Beliefs and Values that Support and Strengthen Recovery	16 The Role of Spirituality in the Recovery Process	22 The Building Blocks of the Recovery Process	

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People with psychiatric diagnoses are coming together across the country as major players in system transformation; therefore -	Session 1 Welcome, Introductions and Overview of the Training	provides an opportunity for the group to create the common understanding and guidelines for an effective training experience.
The mental health system is making a shift toward recovery and consumers have a key role to play in supporting that shift; therefore –	Session 2 State System and the Role of the Training	explains why you are at this training, how it fits into what is happening in the state/agency, and the participatory nature of the training sessions.
Creating a common understanding for the term ‘recovery’ and common language to talk about the recovery process is very important in the transformation of the mental health system; therefore –	Session 3 Five Stages in the Recovery Process: Overview	presents some common images and language for discussing recovery and introduces five basic stages in the recovery process that speak to most people with recovery experience.
One of the major ‘recovery tools’ that consumers bring to a service delivery system is their own experiences and recovery stories; therefore -	Session 4 Using One’s Recovery Story as a Recovery Tool	explores the difference in an ‘illness story’ and a ‘recovery story’ and enables them to experience the power and potential of their own story as a recovery tool to be used to educate and inspire both their peers and non-peer staff.
At each stage in the recovery process there is a danger that the person may get stuck at that stage and not be able to move on with his or her life; therefore –	Session 5 Five Stages in the Recovery Process: Dangers	explores the possible dangers at each stage and what the mental health system often does that is unhelpful or even harmful and prevents people from moving on with their lives.
Consumers have a very special and unique role to play in promoting and supporting the recovery process; therefore -	Session 6 The Role of Peer Support in the Recovery Process	helps the participants think and share in a systematic way the unique role of the Peer Specialist and how that role differs from the role of the traditional, non-consumer staff.
Staff does not have control over community or home environments of the people they serve. It is very important that program environments become environments that promote recovery ; therefore –	Session 7 Creating Program Environments that Promote Recovery	explains how negative messages keep people from moving forward with their lives and what it means to surround people with the possibility of recovery.

Personal relationships are the bedrock of the recovery process; therefore -	Session 8 Creating Relationships that Promote Recovery	explores the key elements in establishing personal relationships that help another move on with his or her life.
The diagnosis of mental illness often disables people by reducing their positive sense of self and they lose contact with their passion for life and their potential for creating the life that they want; therefore –	Session 9 The Impact of Diagnosis on One’s Self-image	explores the five stages in the recovery process at a deeper level by looking at a classic recovery story told by a consumer.
We need to seriously examine our beliefs and values to determine whether or not they promote and support the recovery process and agree on those that do; therefore –	Session 10 Beliefs and Values that Promote and Support Recovery	shares some of the emerging beliefs and values of a mental health system that promotes and supports recovery.
It is important that we learn to listen and help people who have been ‘disabled’ by the old system to get in touch with their passion and potential for creating the life that they want; therefore -	Session 11 Effective Listening and the Art of Asking Questions: Part 1	demonstrates the art of asking questions and the kinds of questions that are helpful and not helpful in putting a person in with his or her own inner truth.
It is important that we find ways to help people get in touch with their passion and potential for creating the future that they want; therefore –	Session 12 Dissatisfaction as an Avenue for Change	shares a process of asking question that help people reflect on their own lives and make their own decisions about what they may want to work on in their lives.
Even though a person may be in touch with what he wants, there are many things that keep him from believing that he can create the life he wants; one of the biggest blocks is his fears; therefore –	Session 13 Facing One’s Fears	provides a safe environment for discussing uncomfortable feelings and thoughts and what is involved in learning to handle them.
Another major block to creating the life that one wants is one’s negative self-talk; therefore –	Session 14 Combating Negative Self-talk	explores the relationship of thoughts and feelings and shares ways they have learned to combat negative self-talk.
A third block is the belief that a person needs to be ‘fixed’ by someone else, because she does not have the ability to solve her own problems; therefore –	Session 15 Problem Solving with Individuals	shares a problem solving process, that when applied to most problems, can be very helpful in finding solutions.

<p>Spirituality is an area that we need to explore, because many people have stated that getting in touch with God, their inner strength, their higher power, etc. has played a major role in their own recovery; therefore –</p>	<p>Session 16 The Role of Spirituality in Recovery</p>	<p>engages the group in a discussion about spirituality that does not define or restrict the dialogue and leaves interpretations and conclusions open to the individual.</p>
<p>While there is not a lot of good material readily available, many Certified Peer Specialists have to spend a lot of time leading groups in day programs; therefore –</p>	<p>Session 17 Facilitating Recovery Dialogues</p>	<p>presents guidelines and procedures for facilitating 24 Recovery Dialogues that can be used in mental health programs.</p>
<p>There are certain kinds of questions that are more helpful than others in helping a person get in touch with his or her own inner wisdom; therefore -</p>	<p>Session 18 Effective Listening and the Art of Asking Questions: Part 2</p>	<p>examines the sessions on Dissatisfaction as an Avenue for Change, Facing One's Fears, Combating Negative Self-talk, and Problem Solving in order to identify the kinds of questions that are most helpful.</p>
<p>Peers working in the system as service providers and the shift to recovery often bring a new dynamic to the workplace that can cause tensions and interpersonal conflicts ; therefore –</p>	<p>Session 19, 20 & 21 Power, Conflict and Integrity in the Workplace</p>	<p>explores a variety of potential areas of conflict in the workplace, presents some of the basic techniques of mediation and conflict resolution and practices these in group role-plays and small group settings.</p>
<p>As a review and pull-together of all we have been discussing, it is helpful to understand the basic building blocks of the recovery process; therefore –</p>	<p>Session 22 The Building Blocks of the Recovery Process</p>	<p>uses the group's experience and wisdom to determine the basic building blocks that need to be in place for a successful recovery process to be initiated and supported.</p>
<p>In taking care of oneself and in working with others, it is helpful to know the dangers at the various stages in the recovery process and interventions that can help a person move though and beyond these dangers; therefore -</p>	<p>Session 23 Five Stages in the Recovery Process: Dangers and Interventions</p>	<p>explores more deeply the five stages in the recovery process, the possible dangers at each stage, how the mental health system often plays into these danger and a variety of interventions that have been helpful at each stage.</p>

<p>Experiencing a sense of hopelessness and despair is such a major issue in the mental health system that we need to take a second look at how we can help people get in touch with their passion and potential for creating the life they want; therefore –</p>	<p>Session 24 Creating the Life One Wants: Accomplishing One's Recovery Goals</p>	<p>shares a variety of exercises and activities that help motivate individuals who appear unwilling or unable to take responsibility for making major changes in their lives.</p>
<p>It is important that we evaluate the training and look at the next steps; therefore -</p>	<p>Session 25 Final Reflection, Evaluation and Next Steps</p>	<p>gives the group the opportunity to evaluate the overall training experience and to discuss the next steps in each individual's journey and the journey of the group as a whole.</p>