

Are You a  
**Certified Peer Specialist**  
in Massachusetts

**WHO WANTS TO LEARN ABOUT PEER  
SUPPORT WHOLE  
HEALTH & RESILIENCY?**

**Peer Support Whole Health & Resiliency (PSWHR) is a person-centered planning process that:**

1. looks comprehensively at a person's health and resiliency life-style;
2. is strength-based and focuses on a person's interests and natural supports; stresses creating new health behaviors and strengthening one's resiliency skills; and
3. provides peer support delivered by peer specialists to promote self-directed whole health.

## Where & When

**Wed. 9/14 to  
Thurs. 9/15 2011**

**Alumni Library  
@ Solomon Carter  
Fuller Mental Health  
Center**

**85 E. Newton St.,  
Boston, MA**

The PSWHR training is built on three beliefs:

- 1) That adopting a healthy lifestyle and PSWHR is voluntary - because change only works when a person chooses to sustain it.
- 2) That PSWHR training uses what we know about how people get motivated; it helps people focus on what they want to create in their lives, not on what they may need to change.
- 3) That PSWHR training focuses people on creating new weekly habits (rather than stopping old ones), monitoring how well they are doing, and accepting support from their peers.

PSWHR supports people in a variety of areas related to whole health, including spirituality, finding meaning and purpose, healthy eating and exercise, creating support networks, learning optimism, and service to others.

For More Information/Questions: Contact Patty Kenny, DMH @ [patricia.kenny@state.ma.us](mailto:patricia.kenny@state.ma.us)

## **How was Peer Support Whole Health and Resiliency (PSWHR) created?**

The Appalachian Consulting Group and Georgia Mental Health Consumer Network (GMHCN), in consultation with the Benson-Henry Institute for Mind-Body Medicine (MGH) and Stanford University, created the training under a SAMHSA/NASMHPD grant.

## **Who Will Provide the Training?**

Larry Fricks and Ike Powell from the Appalachian Consulting Group.

## **What Information will the training cover?**

The purpose of the 1.5 day training is to provide peer specialists with the skills needed to help another peer set, get and keep a whole health/resiliency goal. PSWHR is emerging as an exciting new role for peer specialists that clarifies how they promote self-directed whole health and resiliency that is transforming mental health systems.

The training also covers how to work with a peer group in a series of informational and health peer support meetings.

## **Who Can Attend?**

Any Certified Peer Specialist in Massachusetts who wishes to learn these skills and bring these back to the community. Participants must arrange to complete both days of the course.

## **What does the training cost?**

There is no cost for participants. The training is co-sponsored by the Massachusetts Department of Mental Health, Massachusetts Behavioral Health Partnership and the Transformation Center. No overnight accommodations or travel costs are covered.

## **What will I get out of the training?**

*Skills related to "The Five Keys to Success"*

- \*A Person-Centered Goal that uses the IMPACT process for the treatment plan*
- \*A Weekly Action Plan that uses a confidence scale*
- \*A Daily/Weekly Personal Log*
- \*Peer Accountability and Support*
- \*Weekly Peer Support Whole Health Group*

## **What will be asked of training participants?**

All training participants will be asked to "give back" by creating a concrete plan to bring their new skills to the community. This can be by initiating PSWHR in your work setting, local RLC, or other way.

## Application

### Please provide the following information and MAIL TO:

DMH Staff Development c/o Carol O'Loughlin  
25 Staniford Street, Boston, MA 02114

*Limited Seats are Available. Applications will be considered on a first-come first-served basis. Applications must be RECEIVED NO LATER THAN Friday, August 19, 2011 at 4:00 p.m. We will contact you to let you know if you were accepted as soon as possible after the application deadline.*

NAME:

EMAIL:

Mailing Address:

Phone ( ) (c) ( ) (h)

Where & when did you become a CPS? (Place) \_\_\_\_\_ (Date) \_\_\_\_\_

Are you currently in a peer support role (paid or volunteer)? Y N

Where: \_\_\_\_\_ Hours/Week: \_\_\_\_\_

The provider I work for has approved my attending this training. Y N N/A

My employer, \_\_\_\_\_, has agreed to allow me to lead a PSWHR class for people who use our services. Y N N/A

I am committed to attending **both days** of the training - September 14, 9 a.m. to 5 p.m and September 15, 9 a.m. to 1 p.m. Y N

All participants are being asked to commit to bringing Peer Support Whole Health & Resiliency to the community after the training. Appalachian Consulting Group recommends that PSWHR be offered as 10 weekly 1.5 hour classes, with peer support offered in between classes. Based on this, and the other information provided in this brochure, what steps will you take to do this? (Please be as specific as possible).