



Peer Support and Recovery Training

Trainings & Materials Catalog



2701 N. 16th Street, Suite 316
Phoenix, AZ 85006
toll free 866.481.5362
www.riinternationaltraining.com

Thank you for your interest in

RI Consulting: Peer Support and Recovery Training!



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CRISIS HEALTH RECOVERY CONSULTING

As the training arm of RI Consulting (a business unit of RI International), **Peer Support and Recovery Training** offers a library of recovery-based material, training curricula and consultation services.

Our intent is to spread the message of recovery worldwide by providing tools and information you can easily use to promote recovery and resilience.

For training inquiries, contact the **RI Consulting: Peer Support and Recovery Training** team at the information below.

To purchase materials, please complete the order form at the back of this booklet and send to:

RI Consulting: Peer Support and Recovery Training
(a business unit of RI International)



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Certified Peer Support Specialist (CPSS) Training

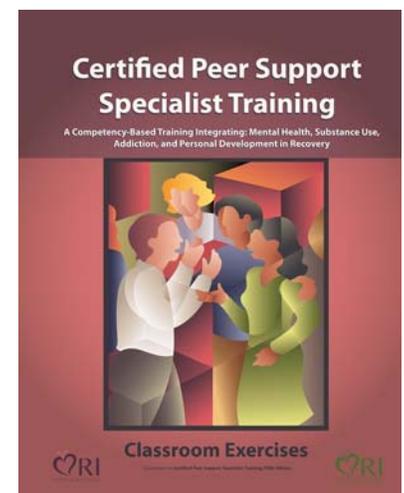
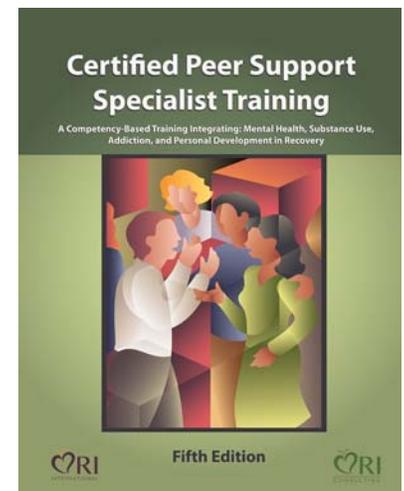
In Peer Support, mind and heart matter. Since 2000, we have successfully trained as well as recruited Peer Support Specialists, and all of what we've learned over the years is reflected in our **Certified Peer Support Specialist (CPSS) Training** Program. Our program is successful because it engages both the mind and the heart – and that is how we would like to share our story with you.

Background and History. Truth be told, the heart of all we do at RI International lives in the **CPSS Training** Program. Within the curriculum – and its delivery – are all the tools needed to support people on their path to employment. But as we all know, training can provide tools, but not necessarily inspire action. This is where **CPSS Training** shines. Our graduates take with them, hope, an intense belief in the reality of recovery, and more importantly, the inspiration to do this work.

CPSS Training inspires students because it communicates the vision that we put into practice when we developed the program. The first class, known then as Peer Employment Training (PET), graduated in October 2000, and the content was revised using the information learned from the first students to enrich and broaden the information in the program. And each revision of the materials has refined the curriculum; it reflects what we know peer support specialists need to be. In essence, the program draws from everything we've learned from our own peer support specialists and their work with others in recovery. Since that first class, we have trained thousands of people in the United States and internationally, with a consistent hire rate of 50-75%.

CPSS Training: Structure and Content. The **CPSS Training** curriculum is highly interactive, skill-based, and incorporates adult learning principles.

The training includes a copyrighted 323-page text, *Certified Peer Support Specialist Training: A Competency-Based Training Integrating Mental Health, Substance Use, Addiction, and Personal Development in Recovery*. In addition, the curriculum includes a *CPSS Training Classroom Exercises* manual, which contains exercises and role plays designed to ensure that participants take away both knowledge and hands-on skills. The curriculum includes tests that establish competency in the required knowledge and skills and participants are further evaluated on acquired skills through role-plays.



Certified Peer Support Specialist Training (CPSS)

CPSS Training Curriculum content includes:

Part I: Personal Development: Knowing Yourself

- Recovery
- The Power of Peer Support
- Developing Self-Esteem and Managing Self Talk
- Community, Culture, and Environment
- Meaning and Purpose
- Emotional Intelligence

Part II: Turning Point: Preparing Yourself for Work

- Telling Your Personal Story
- Employment as a Path to Recovery

Part III: Skill Development

- Communication Skills
- Conflict Resolution
- Recovery from Trauma and Developing Resilience
- Recovery from Substance Abuse
- Integrated Care and the Role of Peer Support
- Being with People in Challenging Situations
- Peer Support in Action: Partnering with Professionals

Thoughts from graduates

“I learned more about how to strengthen my own recovery so that I could be there for another. I learned the necessary skills – listening, validating, reflecting, conflict resolution and sharing these tools with other.” Ted

“This learning experience was exciting, challenging, uplifting, encouraging, motivating and positive.” Sally

“It was a very positive experience in every way. It gave me “real world” knowledge and skills that I’ll be using in my job, and that I’ve already started to use in my peer relationships.”

Tom

We have known for a long time that transformation occurs in each **CPSS Training** class and it is that element that is hardest to describe and communicate. Through their interactions, participants experience a deeper awareness of their own and others’ strengths and resilience. As students explore meaning and purpose, the dream of having meaningful work becomes a real possibility. And as students practice skills in helping and supporting others, the seed of transformation from patient to helper is planted.

What Happens in the Classroom? **CPSS Training** students learn a way of being; as well as a way of partnering with people. That requires that they become increasingly comfortable with themselves (being authentic), and also cultivate skills in communicating and connecting with others.

What the paper and pencil tests can’t capture is the depth of skills participants develop as they practice in the classroom. Rather than following a routine lecture format, the instructors use a facilitative approach based on adult learning principles.

Certified Peer Support Specialist Training (CPSS)

The classroom is learning centered and builds peer support competencies from simple to complex. For example,

- Students begin to apply skills in recovery language in Module 1;
- In Module 2 they learn what empowering interactions are and use them in role play.
- In Module 3, the students are actually performing a basic peer support interaction by using a role play. First, the instructor models the skills for the class, and then each student uses those modeled skills with a partner.
- By Module 10, the students actually bring the skills together and perform the peer support approach in a role play before the class. It is this role-play that becomes part of their score on their Final Exam.

All of the materials have been developed, refined and are contained in *CPSS Training Classroom Exercises* – the companion volume to the **CPSS Training** Workbook.

Certified Peer Support Specialist Training (CPSS)	2 week / 10 day format 76 hours	Minimum 12 Maximum 21
Training includes Certification course workbook, Classroom Exercises manual and all class materials		

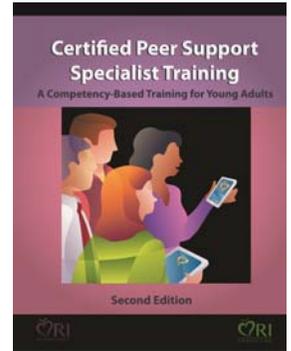
- We are flexible and can train a class of staff from one agency, or if you have a large comfortable classroom to donate to us for 2 weeks we can invite students from the surrounding area to hold a class and invoice each individual or agency separately.
- The **CPSS Training** curriculum is state-certified in several US states, and is an approved training in many others. It is also an approved training in Canada, New Zealand, England and Scotland.
- This is an approved Veterans Administration curriculum.
- Our curriculum has been customized for Transition Age Youth as well as Family and Parent Trainings.

Call or visit our website for more details, to schedule a training, or find out about trainings in your area.

Certified Peer Support Specialist Training (CPSS)

Certified Peer Support Specialist Training (CPSS) for Young Adults

This edition of Certified Peer Support Specialist Training is tailored to train young adults who wish to become Peer Support Specialists, as well as older individuals who wish to serve the adolescent and young adult population. While the integrity of our internationally-renowned CPSS Training remains intact, in **CPSS for Young Adults**, we focus a bit more on the impact of mental illness on younger individuals, including stories about young adults and role-plays about TAY concerns.

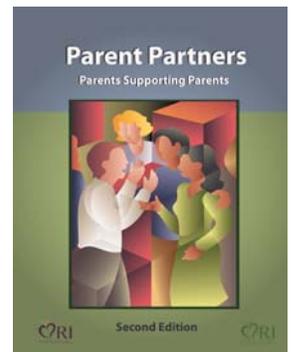


CPSS resonates with people of all ages, so the basics of the training are the same. By going through this training, you will learn the skills needed to step into any Peer Support role, with additional focus on certain aspects that shed light on circumstances, information, and situations that are relatable for younger individuals.

Certified Peer Support Specialist Training (CPSS) for <u>Young Adults</u>	2 week / 10 day format 76 hours	Minimum 12 Maximum 21
Training includes Certification course workbook, Classroom Exercises manual and all class materials		

Parent Partners: Parents Helping Parents

Parent Partners training is a 76-hour class designed to prepare parents with experience supporting a child with significant challenges to gain employment as Parent Partners. The principles of peer support are expanded to recognize the value of lived experience, mutuality, hope, and empowerment - communicated by trained Parent Partners to parents of children receiving behavioral health/social services, in an effort to strengthen resilience so that the families can be strong partners in the healing process.



Parent Partnering is a growing field of interest among social service and behavioral health organizations that are looking for more effective ways to engage, empower, and equip families to participate in the recovery of a loved one.

Parent Partners: Parents Helping Parents	2 week / 10 day format 76 hours	Minimum 12 Maximum 21
Training workbook and materials included		

Additional Trainings

Advanced Certified Peer Support Specialist Training

Advanced Certified Peer Support Specialist Training (Advanced CPSS) is a dynamic 3-day training program which will prepare a peer to move up to an advanced level of providing recovery services.

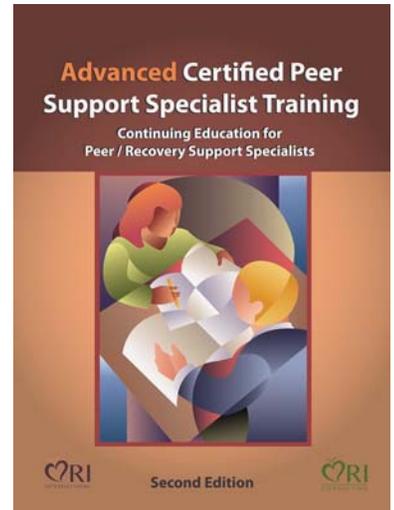
The course and text material were compiled as a result of many interviews of peers and peer supervisors. One of the primary questions was “What do peers need to know in order to make a deeper connection with the people they serve?” The compelling answers we received guided us in shaping our curriculum around two fundamental competencies:

- 1) **Stepping up** and 2) **Staying connected.**

The 3-day course is highly interactive, engaging and thought provoking. It is designed for individuals who have been working in the discipline of Peer Support for a period of time, and who are ready to take additional steps to move forward in their skill development and ‘step up’ into more advanced skills, which may also include leadership roles.

The textbook is designed as continuing education and consists of seven modules that build on skills learned in basic peer training, then expand the knowledge base and add new skills to enhance professional ability. **Peers taking the course should have at least three months on-the-job experience** to assist them in role-plays. Participants are encouraged to draw questions (in a respectful and confidential manner) from their workplace experiences.

Advanced CPSS is also available as an *Online* training. Call us for more details.

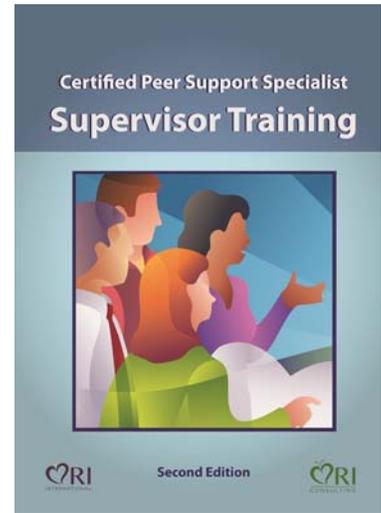


Advanced Certified Peer Support Specialist Training (AdvCPSS)	3 Day Training 21 Hours	Minimum 12 Maximum 25
Training includes the workbook and all class materials		

Advanced Certified Peer Support Specialist Training (AdvCPSS)

Certified Peer Support Specialist Supervisor Training

This engaging and dynamic 2-day workshop will provide supervisors and leaders with some key knowledge, skills and tools to help you lead and coach your peer support staff as well as the other members of your team. It is designed to assist leadership in examining their own views of recovery and wellness, knowing how to provide supervision to the Peer Support Specialist, and incorporating recovery principles in the peer team and agency as a whole. It is a wonderful opportunity for staff to see their own value and the many utilizations of a peer workforce in areas that may previously have not been considered.



Included in CPSS Supervisor Training:

- 16 amazing recovery tools to use with your staff and workforce
- A new recovery-based *Professional Development Plan* to replace the traditional performance evaluation process
- A great recovery model to use for having performance-based conversations with staff
- A Recovery Coaching approach to enhance effectiveness as a coach while optimizing staff performance
- Effective choices and guidelines to use with staff who are not meeting performance standards
- Clear and concrete guidance for transforming a workforce into a recovery organization.
- And much more

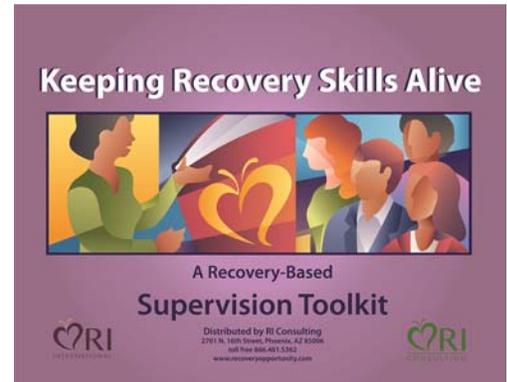
Note: We also provide you with an overview of the *Certified Peer Support Specialist (CPSS) Training* developed by RI International. To learn more about how you can bring this training program to your organization, visit our website at www.recoveryopportunity.com

Certified Peer Support Specialist <u>Supervisor</u> Training (CPSS Supervisor Training)	2 Day Training 14 Hours	Minimum 12 Maximum 25
Training comes with workbook and all class materials		

Certified Peer Support Specialist **Supervisor** Training

Keeping the Recovery Skills Alive Facilitator Certification Training

Keeping the Recovery Skills Alive: A Recovery-Based Supervision Toolkit (KRSA Toolkit) is designed for the entire staff of the mental health organization. These 15-20 minute recovery skill refreshers can be facilitated by members of the management team or peers in regular staff meetings. The overall program contains a little over 18 hours of recovery training that can be stretched out over an entire year and repeated the next year. Every supervisor and manager can lead their weekly staff meetings by first delivering one of the **KRSA Toolkit** refreshers.



The purpose of the **KRSA Toolkit** training program is to maintain and reinforce a recovery culture within the organization. It also protects the initial investment in recovery training by putting the responsibility to reinforce the recovery skills and culture directly in the hands of leadership. Facilitators of these mini-recovery skill refreshers are ultimately pre-disposed to model the skills in the workplace. The **KRSA Toolkit** program, then, also serves as leadership development.

A few of the modules:

- *Empowerment *Recovery Language *Motivating Self *Pushing through Fear
- *Staying Resilient *Customer Service *Giving & Receiving Feedback *Diversity

Concrete Activities. All **KRSA Toolkit** mini-modules are learning centered and require the employees to actually apply the skills during the lesson. The supervisor/manager has a *Facilitator's Guide* to direct the activity and the employees/participants will receive an activity hand-out for each of the 52 lessons.

All 52 topics are packaged as part of a *Supervision Toolkit* complete with easy-to-read facilitator guides and related participant handouts. The activities are fun, engaging, learning-centered and, most of all, application-oriented.

**1-Day training per each 12 participants. We will be happy to email you sample topics to review.*

<p>Keeping the Recovery Skills Alive: A Recovery-Based Supervision Toolkit (KRSA Toolkit) - Facilitator Certification Training</p>	<p>1 Day Training 7 Hours</p>	<p>Minimum 6 Maximum 12</p>
<p style="text-align: center;">➤ Training comes with the Coaching toolkit (52 lessons) and Facilitator Guide</p> <p style="text-align: center;">➤ Facilitators will sign a Facilitators Agreement</p>		

Keeping the Recovery Skills Alive: A Recovery-Based Supervision Toolkit (KRSA Toolkit)

Making Recovery Real

Making Recovery Real is a flexible curriculum that can be provided in an 8- or 16-hour format to orient attendees to the concepts and tools of recovery as actual hands-on practice. It is an excellent way to introduce recovery on an organizational level because it provides participants with an overview of recovery practice in existing models of service delivery. The training also allows an agency to identify specific and incremental steps in transforming into a recovery-based organization.

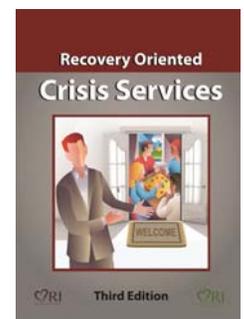


Experienced recovery-based agencies will find this course very helpful for deepening skills in putting the *Five Recovery Pathways* into practice, identifying strengths, creating collaborative solution-focused recovery plans, and strengthening recovery counseling competencies. Employees can be certified as trainers of this curriculum in order to provide recovery-based training to new employees or to provide aspects of the training to customer supporters and community stakeholders.

Making Recovery Real	1 Day Training 7 Hours	Maximum 100
Training comes with workbook and materials Facilitator Component available (add 2 days for up to 6 facilitators)		

Recovery & Transformation in Crisis Settings No Force First Alternative - Healing Spaces

This workshop supports understanding of the idea and language of recovery. Focus centers on creating an environment that supports recovery and developing a culture and philosophy that is dedicated to the fact of recovery. Participants will be introduced to the program components that are essential and that create environments that are person-centered and full of hope. The components of a *Recovery Response Center* are described and participants will be supported to develop plans of action that will lead to the development of a strong recovery response to people in their most challenging moments. Emphasis will be placed on the best practice ideals of **No Force First** and **Healing Spaces**.



Recovery & Transformation in Crisis Settings. No Force First Alternative - Healing Spaces	2 Day Training 14 Hours	Maximum 30
Training workbook and materials included		

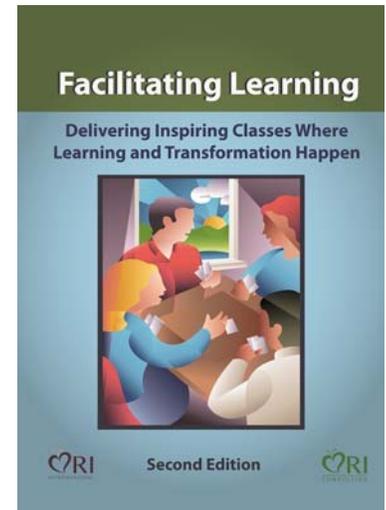
Trainings to Introduce Recovery Concepts

Facilitating Learning

Delivering Inspiring Classes where Learning and Transformation Happen

Would you like to provide classes in which no one drops out? Would you like to see participants get real excited about the learning and walk away truly inspired and transformed? If you answered 'yes' to any of these questions, then you'll want to sign up for **Facilitating Learning: Delivering Inspiring Classes Where Learning and Transformation Happen**.

Facilitating Learning is a dynamic two-day workshop to help recovery and wellness facilitators step up their instructional delivery skills to an advanced level. In this fun and fully learning-centered workshop, you'll gain some key adult learning strategies to facilitate inspiring classes where learning and transformation really happen! The workshop, itself, will model the very principles and practices being taught. You'll highly value this fully engaging and hands-on professional development experience.



Here are just a few of the skills you'll take away from the workshop:

- ✓ Understand how to connect with students to truly promote engagement
- ✓ Discover the Seven Steps to put the *FIRE to Inspire* in your facilitation
- ✓ Understand how to use adult learning principles and retention strategies to design and deliver instruction that maximizes learning transfer
- ✓ Know how to work with resistance to create learning results for everyone
- ✓ Understand how to use cooperative learning techniques
- ✓ Gain time management skills
- ✓ Perceive how to read the class "vibe" and use it for great outcomes
- ✓ Discover how to use disruptions as amazing learning moments
- ✓ Gain some ideas to put fun and creativity in the learning experience
- ✓ Experience evaluation feedback on your own facilitation delivery
- ✓ Receive individualized coaching from a seasoned professional facilitator

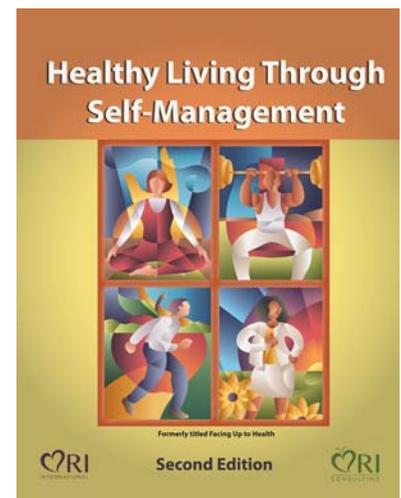
Facilitating Learning: Delivering Inspiring Classes Where Learning and Transformation Happen	2 Day Training 14 Hours	Minimum 6 Maximum 12
Training comes with workbook and all class materials		

Facilitating Learning

Healthy Living Through Self-Management Facilitator Training

It starts with the facilitators! **Healthy Living Through Self-Management Facilitator training** is a 5-day high-energy class that teaches students how to facilitate the **Healthy Living 7-week curriculum** for program participants in a fun and creative environment! **(The 7-week Healthy Living participant class curriculum is described below.)*** The facilitators-in-training will get a 1- week presentation covering all the material that is covered in the 7-week class, so they can experience the training first-hand from a RI Consulting Master Facilitator. Facilitator topics will also include:

- In-depth discussion of the material, instructions and suggestions for setting up the class, as well as examining Pedagogy (the art of teaching), classroom management, and enhancing facilitating skills!
- Meet with health care practitioners to assess current health status for goal setting.
- Participate in activities conducted by a fitness teacher, such as: Yoga, Zumba, hoola hoops, line dancing, and meditation.
- Each trainee will facilitate a lesson under the direction of the facilitator so they can improve their facilitating skills in a creative and safe educational environment!
- Each student receives a facilitator certificate of completion at the end of the 1-week **Healthy Living** class! Upon completion, facilitators are certified to use the **Healthy Living** curriculum in their own programs.



***Rolling out the 7-week program:** A dynamic, highly interactive 7-week class that focuses on whole health and empowers participants to be an active teammate with health care providers in the maintenance of their whole health plan! Participants will examine and learn about physical and mental health, and the impact they play on the quality of life and what whole health looks like for the individual.

The 7-week course meets for 3 days a week, with 2 days for classroom instruction and 1 day for an educational fitness activity. Classroom instruction consists of such topics as:

- Drafting an individual wellness plan
- Taking charge of our health
- The power of self esteem
- Dealing with stress
- Health benefits of good relationships
- Creating a medical support plan
- Nutrition
- The role of spirituality in our health
- Creating whole health goals
- And much more!

Healthy Living Through Self-Management — Facilitator Training



The 1-day physical fitness portions include such activities as: Zumba, line dancing, field trips to grocery store, going to a gym, hoola hoops, yoga and other such fun-filled learning experiences! This portion is intended to explore fitness possibilities and illustrate that it is up to the person to find the best activities for them and their goals.

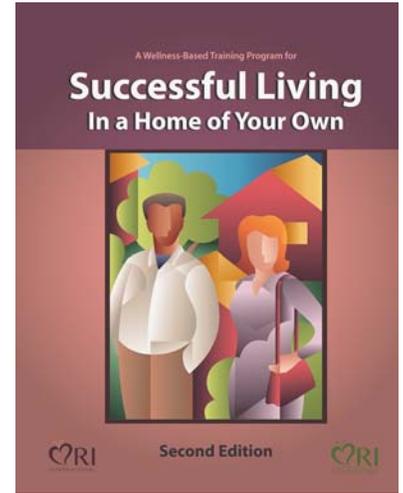
<p align="center">Healthy Living Through Self-Management Facilitator Certification Training</p>	<p align="center">5 Day Training 35 Hours</p>	<p align="center">Minimum 12 Maximum 30</p>
<p align="center">Training includes the workbook and all class materials. Facilitators sign a Certified Facilitator Agreement. <i>Healthy Living</i> workbooks are available for purchase from RI Consulting, by Certified Facilitators.</p>		

Healthy Living Through Self-Management — Facilitator Training

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Successful Living in a Home of Your Own

Successful Living in a Home of Your Own: Many independent living training programs start with a focus on deficits, assuming that people who have no home lack expertise about having a home. The “expert” trainer typically begins by teaching independent living skills with training centered on the instructor's idea of a home rather than the participant's. The **Successful Living** training is person centered training program that first acknowledges the person's hopes, expertise, strengths, and skills while building upon that foundation with key information and skills for successful community living. Some of these key concepts and skills are as follows:



- Develop an ideal or vision of what home can be.
- Identify things that can help move that vision forward and things that hinder it.
- Establish a plan to implement the wellness-centered vision of home.
- Take action on the plan.
- Assess what is working, what is not, and adjust as necessary.
- Develop skills to enhance wellness centered relationships in community living.
- Understand how to read a credit report, as well as how to establish, maintain, and/or improve credit.
- Understand how to increase financial strength by economizing and using a budget and resources.
- Understand the rights and responsibilities of a tenant and/or homeowner.

The 4-day **Successful Living** training also serves as an important orientation program for staff members who provide recovery based housing services. Staff members will prepare their own *Successful Living Plan* right along with their fellow students (people receiving services) within the workshop. Housing staff members will ultimately learn to not only value themselves as the experts when it comes to planning their wellness centered home, but they will also gain an even deeper respect for the expertise of their fellow students who receive housing services. Everyone will gain hands-on experience of how a recovery based housing program is both person-centered and strength-based.

Target Audience: Recipients & Providers of Housing Services

Successful Living in a Home of Your Own	4 Day Training 28 Hours	Minimum 12 Maximum 25
Training comes with workbook, <i>Successful Living Plan</i> and all class materials Facilitator component is available		

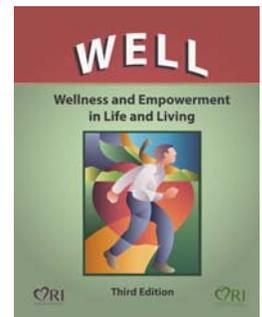
Successful Living in a Home of Your Own – Facilitator and Participant Curriculum

WELL: Wellness and Empowerment in Life and Living

Developed by people in recovery, **WELL** explores basic independent living skills and helps participants find and continue wellness in all aspects of daily life. **WELL** serves as a tool for developing living skills and strategies that empower us to live the life of our dreams.

The curriculum consists of 16 class sessions that are a holistic approach to promote mental, physical, social, financial, spiritual, and general wellness. Earlier editions are available in Spanish, Farsi, Vietnamese, and Korean.

The **WELL Facilitator** workbook prepares recovery educators to provide the class in an effective and engaging manner. It is important to purchase the facilitator workbook so that appropriate guidelines for engaging in discussion can follow. Participant materials are sold separately.

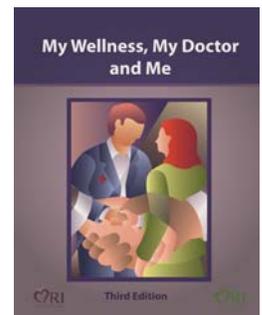


WELL: Wellness and Empowerment in Life and Living – Facilitator Package	Facilitator Guide and material for 16 class sessions	Participant course length: 16 weeks
Facilitator Package includes Facilitator Guide and all class materials. Participant workbooks sold separately.		

My Wellness, My Doctor, and Me

The **My Wellness, My Doctor and Me** curriculum supports participants to become a full partner in their recovery and medication management. **My Wellness, My Doctor and Me** is an important part of whole person wellness. The class provides education, interaction, and art projects that will inspire each individual to envision their whole wellness lifestyle

Individuals learn about recovery, symptoms, side effects and big feelings. Class members prepare a tool to assist them in talking with their doctor. This tool acts as a guide to the effective management of their visit with their physician. Participants engage in role-play to help them develop effective communication skills so that they can collaborate effectively with their doctors.



My Wellness, My Doctor, and Me – Facilitator Package	Facilitator Guide and material for 4 class sessions	Participant course length: 4 days
Facilitator Package includes Facilitator Guide and all class materials. Participant workbooks sold separately.		

Wellness Curriculum Trainings

My Personal Wellness Plan

Recovery is “remembering who you are and using your strengths to be all you were meant to be.” We are not a *diagnosis, a disorder, or a disease*. Each of us is a complete person with strengths, abilities, and accomplishments. Our focus is on “what’s strong, not what’s wrong.” This is the purpose and focus of **My Personal Wellness Plan**. It is a way to develop your personal wellness by strengthening each area of your life. The Dimensions of Wellness touch each area of a person’s life. It provides a unique way to look at strengths and develop into all we were meant to be. The great thing about the Dimensions of Wellness is that each person is *the best expert* on his or her design.



So what is wellness? We believe that there are as many answers to this question as there are people in the world. It’s a very individual thing! We believe that each person is the best expert on...

- What “wellness” looks like for him or her.
- The best steps to take to enhance wellness in their life.

What is your personal definition of wellness? **My Personal Wellness Plan** is designed to be a starting point. It is a guidepost to get you started on your journey to wellness. There is no right or wrong answers. As you go through these pages, we encourage you to come up with your own vision of what you want your wellness to be and to create your own best path toward realizing it.

My Personal Wellness Plan

**Participant course length:
14 weeks OR individually paced**



INTERNATIONAL

CRISIS HEALTH RECOVERY CONSULTING

Mission:

Empowering people to recovery, succeed in accomplishing their goals, find meaning and purpose in life, and reconnect with themselves and others.

Vision:

Activating the next generation of frame-breaking healthcare innovation to support people beyond their behavioral health needs and succeed in the community where they live, work and play.

Trainings and Materials Catalog
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PEER SUPPORT AND RECOVERY TRAINING

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