



What you will learn in SHARE! Advanced Peer Certification Training

Course One: *Introduction to Peer Services (plus practicum hours) - Sections of this course are starting in February.*

This course teaches about self-help groups, recovery planning, crisis management, suicide prevention, targeted case management assistance, triage, ethics and boundaries, HIPPA and confidentiality, self-care and job readiness skills.

Students will learn:

- Evidenced-based best peer practices for connecting people with services and resources to further their recovery, and know when to connect someone to a higher level of care.
- The difference between supporting, controlling and enabling and appropriate boundaries.
- How to avoid disclosing protected health information and to respect people's confidentiality and privacy rights and needs.
- Five strategies for work-life balance, mental health self-care, recovery, stress reduction and resiliency.
- Job readiness skills, including: attendance, working together, project management, meeting deadlines, co-worker relations, supervisor relations, will be woven into the structure of the curriculum.
- Risk factors and warning signs of suicide, as well as health, cultural, ethnic, environmental and historical factors which can predict suicidal behavior, and know effective strategies for preventing suicide.
- How to guide someone through SHARE!'s Plan for Success and support them in reaching their goals.

Students will be familiar with:

- Self-help support group best practices and how to make referrals to them.

- The large variety of diverse culturally competent 12-step and other self-help support groups available to mental health consumers, people with co-occurring mental health and substance abuse issues and their families, parents and caregivers.

Course Two: *SHARE! Peer Toolkit (plus practicum hours)*

This course teaches students concrete skills to:

- Help create and maintain safe, non-judgmental peer environments in Client-Run and Wellness Centers, respite houses and peer services.
- Use evidence-based practices and techniques developed by SHARE! the Self Help Recovery Exchange and others to make peer personnel effective.
- Help people reach their recovery goals, build healthy relationships, avoid and defuse conflict and avoid power struggles.
- Understand in which circumstances each Tool works best, and be sensitive to cultural issues in implementing them.
- Use a broad range of strategies to use with different situations and people.
- Do crisis management.
- Know when to quickly change to another Tool.
- Focus on the job despite their mental health issues.
- Know and be able to manage their triggers, and
- Have good self-care practices.

The curriculum from this course comes from many evidenced based practices.. This course includes more than 30 techniques developed over 25 years of working with people at SHARE!, a peer-run self-help support group center. Using the Tools, SHARE! has supported tens of thousands of people in achieving their goals, including jobs, housing, education, relationships, family, sobriety creative pursuits and more. SHARE! Peer Toolkit represent a holistic way of looking at relationships which ultimately result in building community and creating a recovery environment that fosters growth and change.

Course Three: *Peer Bridging (plus practicum hours)*

Peer Bridging teaches students to support consumers as they transition from hospitals, IMDs, jail, homelessness, and foster care to new circumstances.

Students learn:

- Effective problem-solving individually and in groups.
- Skills to support people as they transition into less restrictive environments (and/or away from homelessness).
- To anticipate and resolve problems as they arise, deal with the surprises and disappointments which accompany change and support people as they develop independent living skills.
- How to help people build their own supportive social networks, deal with problems without panic or relapse, focus on a better future and develop meaningful roles in the world.
- Skills to use when entering the workforce.