

Welcome to the Peer Workforce Conference: Bridging Research and Practice April 26, 2023

Welcome to the Peer Workforce Conference: Bridging Research and Practice. Thank you all for your participation in this groundbreaking virtual conference. This is the first conference of its type, designed to bring up-to-date research to peer practitioners to improve the delivery of Peer Services in mental health and substance use disorders settings.

We hope that you find the conference inspiring and useful. All the sessions will be recorded and available for viewing after the conference.

If you would like a certificate for your attendance, please put your name and email in the Zoom Chat at those sessions which you attend.

The Peer Workforce Conference. Bridging Research and Practice is a free virtual peer workforce conference presented by SHARE! and the Society for Community Research and Action (SCRA), Division 27 of the American Psychological Association

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S H A R E !™

9:00AM PDT Click on any Presentation Title to View the Recorded Presentation

<p>Lived Experience as Pedagogy: Integrating Experts into Curricula Celso Delgado , Maggie Yeo, John Travers University of Southern California Chan Occupational Therapy</p>	<p>With-you and the Survivor Researcher Network (SRN) Karen Machin, Jacqui Lovell, Sonia Thompson With-you Consultancy Ltd; and Survivor Researcher Network</p>	<p>Methodology Used in Evaluating Peer Support Workers and Their Methods For Intervention Tobi Okopie, University of Texas at Houston School of Public Health</p>	<p>Care of the Carer - Empowering Community Adolescent Treatment Supporters to Deal With Professional And Personal Challenges Nicola Willis, Carol Wogrin Zvandiri connects children and young people living with HIV with peer counsellors to assure health, happiness and hope</p>
<p>Strengthening the Peer Workforce Through Human Resource Development: Validation of the Lived Experience Workforce Capacity Model Lacy K. B. Dicharry MS, MS, MBA; Louisiana State University LEX Workforce</p>	<p>Building a Peer Centered Strategy to Guide Our Work Haven Taylor, Kells Perry Integrative Mental Health</p>	<p>Better Mental Health for Everyone: Self-Help for Teens and Adults Angela Sullivan, Celinda Jungheim, Jenna Sobleman, Lynn Tumpa Recovery International</p>	<p>Meeting Clients where they're at: Peer Advocacy and Full-Service Partnership Jessica Romero Pacific Asian Counseling Service</p>

10:30AM PDT Click on any Presentation Title to View the Recorded Presentation

<p>Peer & Clinicians Training Program Project Proposal Ehsan Gharadjedaghi PsyD- Norooz Clinic Foundation Orlando Vera-Peer Voices of Orange County</p>	<p>Self-Care and Burnout Prevention Strategies for Substance Use Disorder Peer Support Workers Sarah Miller, University of South Carolina</p>	<p>Recovery in depth: Adult Children of Alcoholics and Dysfunctional Families Thomasina Borkman Nancy Alexander George Mason University</p>	<p>Peer Support and Mass Violence: Offering services to the Route 91 Harvest Festival and Borderline event Survivors Shane Meserve, Molly Maurer, Give An Hour Mental Health Services and Education</p>
<p>Addressing the Behavioral Health Workforce Shortage with Peer Support Stephanie Ramos, Richard Gallo, Imani Lucas, California Association of Peer Professionals</p>	<p>How Can Peers Better Serve Veterans? A Roundtable Discussion</p>	<p>SHARE! Collaborative Housing Thomas Haberkorn, Sara Gabriel</p>	<p>Peer Connection: How to network professionally and collaborate with peers Natalie Conrad CAMHPRO, Building Peer Leadership</p>

12:30PM PDT Click on any Presentation Title to View the Recorded Presentation

<p>Volunteer 2 Jobs Program</p> <p>Erin Bess SHARE! the Self-Help And Recovery Exchange</p>	<p>“No, Nothing, None!” Answers to Three Critical Questions about Supervision of Peer Support Workers</p> <p>Joanne Forbes, Rita Cronise Jonathan P. Edwards, Amy B. Spagnolo, Ph.D., Associate Professor Rutgers University Gita Enders, Director of Peer Services, NYC Health + Hospitals</p>	<p>A Cost-Effectiveness Calculator for Long-Term Peer Recovery Support Services for Substance Use and Bystander Naloxone Distribution</p> <p>Sierra Castedo de Martell, Margaret Brannan Moore, and H. Shelton Brown, III., The University of Texas</p>	<p>Peer Specialists and Library Workers: How Do These Skills Interconnect?</p> <p>Sine Rofofsky , SUNY Schenectady County Community College</p>
<p>Nothing About Us Without Us: “How Unions Can Empower and Support The Peer Workforce”</p> <p>Mitchell Sherman, Laurel Lemke Pure Support</p>	<p>Introduction to Recovery Cafes: Peer Focused Healing Communities</p> <p>Ken Goldstein, Recovery Cafe Network</p>	<p>Empowering Local Communities through Peer Support: A Pathway to Sustainable Development Goals</p> <p>Akeel Bernard , Impact Hub Houston</p>	<p>CITY VOICES: Peer-Run Initiatives</p> <p>Dan Frey, Director of City Voices</p>

2:00PM PDT Click on any Presentation Title to View the Recorded Presentation

<p>The Importance of both Individual Peer Support and Family Peer Support within Services</p> <p>Robyn Priest, Charlotte Sytnyk Live Your Truth, Winnipeg, Canada</p>	<p>How to Conduct Evaluation Research with Peer-Led Interventions</p> <p>Louis D. Brown, University of Texas at Houston School of Public Health</p>	<p>What is transference? How does it affect relationships?</p> <p>Jessica Miller, SHARE! the Self-Help And Recovery Exchange</p>	<p>Peers Networking in Rural Areas Roundtable</p>
<p>Medi-Cal Peer Support Specialist Certification</p> <p>Lucero Robles , CalMHSA (California Mental Health Services Authority)</p>	<p>Pronouns for Peers</p> <p>Laurence Harmon, (ze/hir, she/hers) SHARE! Downtown</p>	<p>Did They Say That? Yes They Did!- Dealing with Microaggressions in Supervision</p> <p>Jonathan P. Edwards, Jessica Wolf Department of Health and Mental Hygiene and Columbia University</p>	<p>Peer Bridger, What Do We Do?</p> <p>Todd Noack, Katelyn Hamilton The Hive Boutique Mental Health</p>

3:15PM PDT Click on any Presentation Title to View the Recorded Presentation

<p>Wellness in the Woods Jode Freyholtz-London Wellness in the Woods, Minnesota</p>	<p>Exploring Pathways to Recovery and Psychological Well-being: Examining the Role of Empathic and Social Self-efficacy, Social Support and Social Isolation Maribel Dominguez, University of Texas at Houston School of Public Health</p>	<p>Transformational Advocacy - Collaborative Genius Shannon McCleery-Hooper Peer Support Services Riverside University Health System</p>	<p>What is a Peer Respite and How Does it Support People in Their Recovery Journey?</p>
<p>Employment After Certification: Research Findings on Burnout, Financial Wellbeing, and Practitioner Shortages Laysha Ostrow, Morgan Pelot Live & Learn, Inc.</p>	<p>Creating Safe Spaces for LGBTQ+ A Peer Roundtable</p>	<p>Learning from the Story: A Journey from Crisis to Recover Jessica Watson Miller Psychcrisis.org, towards a humane psychiatric crisis system</p>	<p>R.E.A.C.H., Your Pathway to Meaningful Activity Rachelle Weiss, Copeland Center for Wellness and Recovery</p>

4:30PM PDT Click on any Presentation Title to View the Recorded Presentation

<p>Recovery for Us by Us: From a Failed Status Quo to a Purposeful Movement Andy Short, The Phoenix</p>	<p>Community of Care: Supervision in Peer-run and Led Organizations Janavi Dhyani, Katrina Killian Peer Wellness Collective, Alameda County</p>	<p>Supporting Growth and Change with the SHARE! PeerKit Jessica Miller, SHARE! the Self-Help And Recovery Exchange</p>	<p>Peace Work & Self-Responsibility Noelle Pollet, Heart Circle Consulting & Peace Work Outreach Ministries</p>
<p>Entrepreneurship in The Peer Professional Workforce, Infused with Alternative Spiritual/ Healing Modalities Heather Boll The Hive Boutique Mental Health</p>	<p>From Burnout to Bliss: Managing Burnout in the Workplace Dr. Kathy Cash US Army Veteran, Peer Support Specialist, Strategies 4 Hope</p>	<p>Supporting the Peer Voice: Developing Psychiatric Advance Directives in California Corinita Reyes, Princess Kosinski CAMHPRO Painted Brain</p>	

9:00 AM PDT



Celso Delgado, Jr

Lived Experience as Pedagogy: Integrating Experts into Curricula

Participants will be introduced to an innovative pedagogical design where 'experts by experience'(consumers and/or peer specialist) contribute to student learning about mental health service contexts and recovery in an entry-level occupational therapy program. Description of how the experience of individuals with lived experience may be elevated within a course design will be reviewed. Strategies for establishing partnerships between academic institutions and organizations for hiring, incorporating and supporting 'experts by experience' into academic curriculum as active co-contributors will also be discussed.

Celso Delgado, Jr., OTD, OTR/L, BCMH is an Associate Professor of Clinical Occupational Therapy at the USC Chan Division of Occupational Science and Occupational Therapy. His research interests include mental health and diversity and inclusion and his clinical experience has been in Full Service Partnership programs since 2006. He is joined by lived experience experts Maggie Yeo and John Travers.

VIDEO



Sonia Thompson



Karen Machin



Dr. Jacqui Lovell

With-you and the Survivor Researcher Network (SRN)

With-you and the Survivor Researcher Network (SRN) are two UK-based organizations who have worked closely together on topics related to peer support: With-you providing specialist training and consultancy, and SRN offering peer support for researchers working from a lived experience perspective. Both organizations are led by people with lived experience. This session offers brief descriptions of some of our work and practice, with time for reflection, discussion and shared learning.

Karen Machin, a researcher and group support leader who works from a perspective of lived experience and has a specific interest in peer supporters' use of digital technologies.

Sonia Thompson is a Co-Director of the Survivor Researcher Network and a member of the Lived Experience Advisory Board at the Centre for Society and Mental Health at Kings College London.

Dr Jacqui Lovell works with individuals, groups and communities using approaches to effect social change that reflect the needs and aspirations of people at the bottom of the social hierarchy.

VIDEO



Tobi Okopie

Training Peer Workers in Mental and Behavioral Health: Developing a Measure of Peer Support

This presentation will detail the methodology used in evaluating peer support workers and their methods for intervention. Peer support systems are critical for mental health crisis mitigation and individual recovery. Because PSWs share a common lived experience with those they serve, it is essential they have the necessary skills to appropriately support others when drawing from their lived experiences. This evaluation tool helps us to better examine the validity of peer support interventions and corroborate other pertinent outcomes such as peer worker contribution, social and empathic self-efficacy, and job satisfaction.

Tobi Okopie is a third year MD/MPH candidate in El Paso TX. She received her undergraduate degree in Biochemistry from Georgetown University in December of 2019. Since then, she has focused her efforts on developing a stronger knowledge base for social interventions that amplify and support human rights.

VIDEO



Nicola Willis

Care of the carer - empowering community adolescent treatment supporters to deal with professional and personal challenges in Zimbabwe

Research conducted by Zvandiri, a peer-led differentiated service delivery intervention for HIV positive children and young people implemented at scale in Zimbabwe and 10 sub-Saharan countries demonstrates that while Community Adolescent Treatment Supporters (CATS) provide a unique and effective service, engaging closely with peers around difficulties that often mirror their own, can risk increasing their own vulnerability. To ensure the health and effectiveness of CATS, Zvandiri developed a support model which begins with careful selection, initial training, ongoing onsite and virtual mentorship, and CATS care including adherence support, viral load monitoring, SRH, mental health screening and support for identified problems.

Nicola Willis is the Executive Director of Zvandiri and paediatric and adolescent HIV nurse specialist. She holds an MPhil in Public Mental Health, is Co-Chair of WHO's Adolescent HIV Service Delivery Technical Working Group and member of WHO's HIV Guidelines Committee. In 2021, she was awarded a Rainer Arnold Fellowship from Mulago Foundation. Carol Wogrin is a Community Adolescent Treatment Supporter (CATS)

VIDEO



Lacy Dicharry

Strengthening the Peer Workforce through Human Resource Development: Validation of the Lived Experience Workforce Capacity Model

Lacy Dicharry, MS, MS, MBA, a trauma survivor and foster care alumna, combines lived experience, academic rigor, and transformational leadership to achieve healing centered workforce outcomes.

VIDEO



Haven Taylor



Kells Perry

Building a Peer Centered Strategy to Guide Our Work

Strategic planning can mitigate the risk of co-optation while maximizing the opportunities for developing and expanding Peer Services. The attention and investment of the larger mental health system provides a welcome infusion of resources. Intentionality is at the core of Peer Services work. If we can name our values and how they can work with us in the spirit of mutuality, we can start from a sturdy foundation. We will present the work done at New Narrative, including: 1) Foundational work prior to formation of the Peer Strategy Committee important to success 2) Overview of our process and milestones 3) Learnings thus far

Haven's influences include mental health advocacy movements and my own lived experiences receiving mental wellness support. Haven has over 15 years' experience working in the mental health field, including front-line peer and clinical support roles, and building teams and programming.

Kells has 6 years' Peer experience including direct support and managing Peer programs, also chairing the Peer Advisory Board for 2 years. Kells is trained in Intentional Peer Support and ASIST and identifies as Queer and a Mental Health Peer.

VIDEO



Angela Sullian



Celinda Jungheim



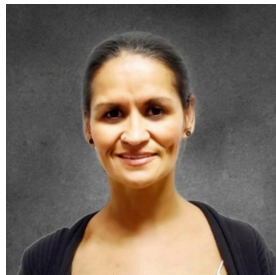
Lynn Tumpa

Better Mental Health for Everyone: Self-Help for Teens and Adults

For 85 years, Recovery International (RI) has helped adults achieve better mental health using a 4-step self-help method and cognitive-behavioral tools. This peer-led RI Method, is evidence-based and facilitated by trained leaders. It focuses on reporting a situation rather than complaining about it, and replacing insecure thoughts with cognitive behavioral tools learned in the program. With the Recovery Method, we learn to manage responses to common and average events that get us worked up so we can live more peaceful and productive lives. This session will include a panel demonstration of the 4-Step Method and participation of the audience.

Angela Sullivan, RI Director of Special Projects, Celinda Jungheim, RI Area Leader for Los Angeles and Area Leader Task Force Committee, Trainer and Lynn Tumpa, RI Meeting Leader, Los Angeles area support RI through meeting leadership and training.

VIDEO



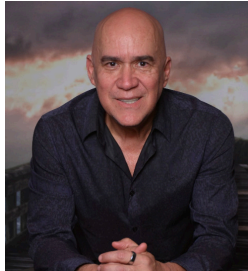
Jessica Romero

VIDEO

10:30 AM PDT



Ehsan Gharadjedaghi



Orlando Vera

Peer & Clinicians Training Program Project Proposal

Evidence shows that lack of understanding and support between peers and clinicians as service providers do injustice to and are a disservice in the field of behavioral and mental health treatment. This problem is being recognized and acknowledged by a vast majority of service providers on all sides, who are calling for a formalized training curriculum. A formal training curriculum may offer both camps, peers and clinicians alike, new insights, awareness, skills, and tools to value each other's contributions and support one another in more effective ways of serving the community. Ehsan Gharadjedaghi, Psy.D. (Dr. G) received his Doctoral degree in Clinical Psychology in 2009 at the American School for Professional Psychology, Orange County. Dr. G worked with at-risk youth on probation and high schoolers, HIV-affected populations, substance and sex addiction clients, trauma and domestic violence clients, elderly, and couples.

Orlando Vera is COO and co-founder of Peer Voices of Orange County (PVOC). Served as DBSA Board member, Vice President of DBSA, Certified Peer Trainer & Facilitator Orange County Regional Ambassador, Access California of Cal Voices, Justice intervention Advocate in Sacramento. Currently Collaborating with Addiction Institute / Norooz providing improved services for consumers.

VIDEO



Sarah Miller

Self-Care and Burnout Prevention Strategies for Substance Use Disorder Peer Support Workers

Substance use peer support workers (PSWs) have lived experience in recovery and are trained to assist others in navigating care and recovery. Given their work, they are at increased risk for burnout. We conducted semi-structured qualitative interviews with 25 substance use PSWs in South Carolina to identify self-care practices and other burnout prevention strategies employed by PSWs. These included attending individual therapy, meditation, engaging in hobbies, exercising, taking breaks, establishing boundaries, participating in supervision, and reframing negative cognitions, among others. These strategies, their implementation, and their implications for reducing burnout among PSWs will be discussed in detail.

Sarah Miller is a psychology doctoral student and fellow for the Supporting Substance Use Disorder Services in South Carolina (SSUDS-SC) Center at the University of South Carolina under the mentorship of Dr. Sayward Harrison (co-presenter). They work clinically with individuals with substance use disorders in a therapeutic setting.

Sarah Miller is a psychology doctoral student and fellow for the Supporting Substance Use Disorder Services in South Carolina (SSUDS-SC) Center at the University of South Carolina under the mentorship of Dr. Sayward Harrison (co-presenter). They work clinically with individuals with substance use disorders in a therapeutic setting.

VIDEO



Thomasina Borkman



Nancy Alexander

Recovery in depth: Adult Children of Alcoholics and Dysfunctional Families

A little known 12-step/12-tradition group, Adult Children of Alcoholics and Dysfunctional Families (ACA), which will be described as a fundamental recovery program, applicable to all who suffered childhood trauma, provides healing from trauma. Various childhood traumas lead to many kinds of addictions and mental health issues addressed by self-help support groups. Research suggests that self-help support groups yield more benefits than the conventional use of a consumer-run wellness center alone. In addition to ACA, other 12-step/12-tradition groups (e.g., GROW for mental health, OA and AA for addictions), and Recovery International have research-based evidence of effectively providing in-depth recovery.

Thomasina Borkman, Ph.D., Professor of Sociology Emerita, George Mason University, has researched self-help support groups and has also personally participated in 12 step/12 tradition groups.

Nancy Alexander, Duke University and Harvard Divinity School, worked for global economic justice during her career. She is a member of two 12-step/12-tradition groups.

VIDEO



Shane Merserve



Molly Maurer

Peer Support and Mass Violence: Offering services to the Route 91 Harvest Festival and Borderline Event Survivors

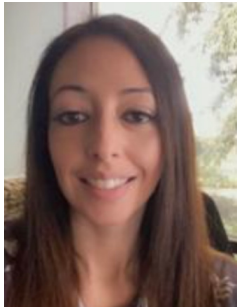
Give an Hour, a national non-profit manages the Route 91 Heals project, to benefit the survivors, first responders and family members of the Route 91 Harvest Festival and Borderline mass violence incidents. Since September, 2020 we've grown to offer ongoing support groups, psychoeducational activities and an active Peer Support network that is working with the Southern California region on its resilience, recovery and healing through the past five years. Long-term health and hope for trauma survivors via our specially designed Peer Support project which offers 1:1 connection and support with well-trained Peers is a cornerstone of our work.

Shane Merserve, Deputy Director, joined Give An Hour in September, 2020 to provide program leadership for the Route 91 Heals project. She comes from 5 years of efforts focused on embedding the Strengthening Families Framework (5 Protective Factors), Trauma Informed Care, reflective supervision and other prevention topics into training and consulting activities around the state of California with the Strategies project based in the Department of Social Services. She also spent 15 years with the YMCA and Girls Inc., running school age child care programs and other programs for children and families.

She has a Masters of Public Administration from CSU, Northridge. She works with Molly Maurer, Program Manager & Lead Peer

Molly Maurer survived two mass shootings within a year of each other, at the Las Vegas Route 91 Harvest music festival

in 2017 and the Borderline Bar and Grill 2018. After those attacks, she found healing through the Give an Hour organization and started attending their weekly support groups for mass shooting survivors. **VIDEO**



Stephanie Ramos



Richard Gallo



Imani Lucas

Addressing the Behavioral Health Workforce Shortage with Peer Support

Behavioral health workforce shortages are becoming an emergency in the state of California. This presentation will focus on the value of lived experience in service delivery and supervision and how this specialized role can support individuals, families, and communities in accessing resources and supports in lieu of or while waiting for services through the Public Behavioral Health System.

Stephanie Ramos. Education Director, oversees Cal Voices' training programs related to peer support, advocacy, and recovery.

Richard Gallo. An advocate for individuals with disabilities and Secretary of the California Association of Peer Professionals.

Imani Lucas. Co-founder/Executive Director of United and Guided, a nonprofit dedicated to developing economic security and emotional wellness in marginalized communities. **VIDEO**

How can we better serve veterans?

Peer Veterans Roundtable

Bel Nguyen, Peer Coordinator, SHARE! Recovery Retreat!!, Community Veterans Justice Project, Terri Lynn Whetstone, Whole Person Care

Leon Peterson, Veteran

Lulu Gonzales, Founder, Lady Vets

VIDEO



Natalie Conrad

Peer Connection: How to network professionally and collaborate with peers

We must stay connected with our peer community. This community is more extensive than just the peers at your workplace; the connection is essential. How do you find like-minded people with lived experience and stay current about the peer movement? The answer is networking. In this presentation, you will:

Learn about opportunities to network

Craft your introduction to use when networking

Discover why follow-up is essential to networking and how easy it is

Natalie Conrad is a program manager with the California Association of Mental Health Peer-Run Organizations (CAMHPRO). Natalie works to help peers across the state elevate their leadership skills and learn entrepreneurship. After publicly revealing her diagnosis, Natalie Conrad left self-employment as a professional organizer behind. No longer held back by stigma, she became a passionate mental health advocate. **VIDEO**

VIDEO

12:30 PM PDT

Volunteer 2 Jobs Program

Erin Bess is a 27-year-old Texas native and Peer Support Specialist for SHARE! Downtown LA. She started her self-help support group journey in 2020. As a member of an anonymous group, she spreads the word of hope, faith and courage as a method of informal support in these anonymous meetings and in her general life.

VIDEO

No, Nothing, None! Answers to Three Critical Questions about Supervision of Peer Support Workers

This 75-minute roundtable will be a lively, interactive conversation about foundational aspects of supervision. It is a facilitated dialogue in which panelists offer their experience and perspective on how supervisors often come into the role without adequate preparation and support- often what real world supervision may look like. Within the growing focus on peer supervision across the country, there are national efforts to understand and align supervision with peer support values; these strategies are critical to the success of the peer support workforce, whether at a peer-run organization or on an integrated, multi-disciplinary team in a traditional service setting. A national well-informed research perspective suggests answers to three compelling questions as added dimensions for success. This roundtable focuses on providing a perspective on successful supervision and dispels some of the myths surrounding this practice.

Amy B. Spagnolo, Ph.D., Associate Professor, Rutgers University

Amy's experience includes over 20 years of curriculum design, staff training and consultation for the behavioral health sector. She also brings a decade-long commitment to training and educating the peer support provider workforce. Currently, in her role as the Program Director for the Academy of Peer Services for the New York Peer Specialist Certification she oversees the development and quality improvement process for over 90 online courses for the certification of peer specialists in New York. It is the only platform of its kind in the world. Amy has provided remote and in person supervision for nearly 10 years and trains organizations on the use of supervision strategies

Joanne Forbes, PhD Rutgers University, Baltic Street AEH, Inc. consults nationally on system transformation and peer support service delivery, training, and supervision.

Rita Cronise, MS, ALWF, Distance Faculty, Rutgers University Department of Psychiatric Rehabilitation and Counseling Professions and co-director of the Peer Support Services Technical Assistance Center (PeerTAC) and Coordinator for the Academy of Peer Services Virtual Learning Community.

Jonathan P. Edwards, PhD, LCSW, ACSW, NYCPS and Adjunct Professor at Columbia University School of Social Work. Dr. Edwards's research focuses on job satisfaction, supervision, peer support worker implementation, and organizational change.

Gita Enders, LMSW, MA, CPRP, NYCPS, Director of Peer Services, NYC Health + Hospitals

Gita oversees numerous health care delivery system activities and concerns impacting individuals who use mental health, substance use, and co-occurring treatment services. She spearheaded the development of, and provides oversight to, the NYC H+H Peer Academy. Prior to joining NYC H+H, Gita provided services ranging from board membership to directing training at peer-run agencies in Arizona. She presents locally and nationally on programming and supervision.



Joanne Forbes



Rita Cronise



Gita Enders



Amy. B Spagnolo



Jonathan P. Edwards

VIDEO



Sierra Castedo de Martell



Margaret Brannon Moore



H. Shelton Brown, III

A cost-effectiveness calculator for long-term peer recovery support services for substance use and bystander naloxone distribution

To help address the current gap in economic evaluation of peer recovery support services (PRSS) and to make cost-effectiveness evaluation more accessible for recovery community centers, this project involved conducting the first cost-effectiveness analysis of long-term PRSS, and converting that analysis and an existing analysis of bystander naloxone distribution into a free, web-based calculator for the cost-effectiveness of both of these programs within an RCC context. This presentation will cover the basics of cost-effectiveness analysis, how to interpret results, and how to use the cost-effectiveness calculator. This research was supported by the Recovery Research Institute's pilot grant program (NIDA R24DA051988).

Sierra Castedo de Martell, Ph.D., Margaret ("Marnie") Brannon Moore, and H. Shelton Brown, III, Ph.D. are researchers at the University of Texas Health Science Center at Houston School of Public Health focusing on the economic evaluation of a variety of peer-driven substance use interventions, and making cost-effectiveness information more accessible.

VIDEO

Peer Specialists and Library Workers: How Do These Skills Interconnect?

Peer Specialists (PS) work with others with lived experiences similar to them. This session will share how becoming a CPS-P has enhanced my work as a librarian. Drawing on experiences in academic, public, school, and special libraries this session will explore how PS can enhance the services offered by a library - and how the training of a PS overlaps and enhances the work of any librarian. Through discussion and examples, participants will explore how some of the skills and trainings for a PS can be used to expand the knowledgebase of library staff at all levels.

Sine Rofofsky earned his PhD in eLearning Leadership, as well as masters degrees in Educational Technology, Librarianship, and Public History. He is also a provisionally certified peer specialist. He has worked as an educator and librarian in a variety of institutions.

VIDEO



Mitchell Serman



Laurel Lemke

Nothing About Us Without Us: How Unions Can Empower and Support The Peer Workforce

During this presentation, we propose creation of peer workforce unions, networks, and collaborations on local to national levels addressing wage disparities, benefits, resolve workplace conflicts and certification issues. We will also discuss solutions and seek input from participants on what they would like to see in the future. Our focus is on supporting peer supporters within and outside of their employment building stronger communities.

Mitchell Sherman, a Wisconsin Certified Peer Specialist, the manager of Pure Support "The National Labor Organization Built by Peers", Co-chair of Recovery Implementation Task Force (RITF), and a member of other organizations. They volunteer support and time in their local community as well as online.

Laurel Lemke MS, CPC, ALF retired from Western State Hospital where she volunteered as a union counselor. She joined the public employee's retiree union and has had success in changing policy with her health provider. She holds contracts as a trainer/facilitator and began peer work on a COVID support line.

VIDEO



Introduction to Recovery Cafes: Peer-Focused Healing Communities

Since 2004, Recovery Cafés have provided safe, healing communities for those recovering from SUDs, homelessness, mental health issues, and other life traumas. This session explains the Recovery Café model, examines the data and evidence-based practices behind how it works, and explores how Recovery Cafés are built on peer leadership and opportunities for personal growth. Participants will have their questions about the program answered, and have the opportunity to learn how to bring a peer-led Recovery Café to their communities.

Ken Goldstein has been working in, and consulting to, nonprofits and community-based organizations since 1989. He is the former executive director of Recovery Café San José, a founding board member of Recovery Café Santa Cruz, and currently the Southwest Regional Catalyst for the Recovery Café Network.

VIDEO

Ken Goldstein



Empowering Local Communities through Peer Support: A Pathway to Sustainable Development Goals

Peer support can be used to achieve sustainable development goals. The peer support model can empower local communities to build social networks and enhance their self-esteem and confidence while also creating meaningful employment opportunities. Sustainable development goals directly influence the careers of Peer Support Specialists, who play a critical role in assisting individuals to increase their well-being, access resources, and become more engaged in their communities. Peer support is a powerful tool for achieving sustainable development goals at a local level.

Akeel Bernard is an accomplished Clarity, Strategy, and Accountability Coach to Social Impact Entrepreneurs & The Community Development Manager at Impact Hub Houston. With a passion for empowering change makers to achieve their goals, Akeel has dedicated his career to providing guidance and support to those who seek to create lasting social impact in the communities they serve.

VIDEO

Akeel Bernard



CITY VOICES: A peer-run initiative

City Voices was founded in 1995 as a print newspaper by and for New York City's community of people living with mental health challenges. Today, City Voices (<https://www.cityvoicesonline.org/about/>) continues as online magazine and includes several community-building components which aim to "make mental illness fun": the Friendship Squad, which pairs peers in caring friendships; "Peers in Person" in-person social gatherings; a spiritual topics Zoom discussion group; and the Friendly Visitors project (in which residents in long-term care settings are visited and engaged in conversation and games). This presentation will review City Voices' history and current initiatives and plans for the future.

Dan Frey has been director of City Voices and involved with the peer support community for over 20 years. He is a person living with a diagnosis of paranoid schizophrenia. He creates social media content and plans events to build a vibrant peer community and has presented at many conferences.

VIDEO

Dan Frey

2:00PM PDT



Robyn Priest



Charlotte Sytnyk

The Importance of both Individual Peer Support and Family Peer Support within Services

Individual peer support roles are increasingly being utilized in services, but family peer support roles are often undervalued or forgotten altogether. Acknowledging family peer support roles are a valued component for any services will only enhance the support an individual receives. This is not about any roles sharing information ...no, no, NO! A peer who supports families and a peer who supports individuals will share examples of working together to implement both in different settings and the benefits experienced by all.

Robyn Priest designs and implements peer support in a variety of settings and is well known as a trainer of peer supporters and peer support supervisors.

Charlotte Sytnyk is a family member and family peer supporter. She supports the implementation of family peer support and trains family peer supporters.

VIDEO



Louis Brown

How to conduct evaluation research with peer-led interventions

This presentation and technical assistance session provides an overview of how to conduct evaluation research with peer-led interventions. Different types of evaluation are considered, including quantitative approaches to establish the effectiveness of peer-led interventions. Qualitative approaches to evaluating and improving peer-led interventions are also reviewed. Strategies to maximize the use of evaluation findings for continuous quality improvement of implementation are discussed. The presentation concludes with a set of questions to guide the development of an evaluation plan. Participants will then have the opportunity to consider how they might evaluate their own peer-led interventions and obtain feedback on their ideas.

Louis Brown, Ph.D. is trained as a community psychologist and works as an Associate Professor of Health Promotion and Behavioral Sciences at the University of Texas Health Science Center at Houston. He studies community-based interventions that promote mental and behavioral health. He has active lines of research with self-help and peer support, community coalitions for healthy youth development, and community health workers addressing Hispanic health disparities.

VIDEO



Jessica Miller

Transference in the workplace

What is transference? How does it affect relationships? Transference is a phenomenon that is rooted from past experiences, and this concept is emphasized in the workplace among peer supporters. In an industry where peers use their lived-experience to support others in recovery and where people are working to heal from their suffering, many forms of transference exist. As people in recovery develop relationships with one another, it is imperative to recognize the feelings, emotions, and behaviors involved in those relationships. Learn the significance of transference in the workplace and how we can take steps to mitigate the roots of it.

Jessica Miller is the Program Coordinator of the SHARE! Recovery Retreat in North Hollywood and spearheaded its start in 2022. As a Certified Medi-Cal Peer Support Specialist in the state of California, she is training others to acquire their certification in California as well.

VIDEO

Peer Networking in Rural Communities

Hear from a panel of peers who work in rural California areas.

Debra Rogers, Tapestry, Mendocino County

Simantha Karp, Mendocino County

Shannon McConnell, Shasta County

Tajia Rodriguez, Mono County

VIDEO



Lucero Robles

California Medi-Cal Peer Support Specialist Certification

Medi-Cal Peer Certification: The California Mental Health Services Authority, CalMHSA, will provide information on requirements for certification. The session will provide you with the latest updates on program developments and certification requirements to ensure that you receive the most comprehensive and up-to-date information. CalMHSA will present on navigation of the CalMHSA certification website, including how to apply for certification. The training session will be an excellent opportunity to network with others in the field and gain valuable insights to advance your professional development. Join us for an opportunity to get questions answered directly from CalMHSA.

Lucero Robles is a Licensed Clinical Social Worker with 20+ years of experience in behavioral health service, advocacy, and community engagement. As Director of Quality Assurance and Compliance, she leads workforce solutions and implements programs that support behavioral health workforce and health equity. As a Latina immigrant, she is dedicated to narrowing health disparities. Lucero Robles led COVID-19 efforts as the Interim Behavioral Health Director in Monterey County and has a track record of improving access to and providing quality care.

VIDEO



Laurence Harmon

Pronouns for Peers

Pronouns can be a confusing topic, especially for people who are used to referring to people who they think look male as "he" and people who they think look female as "she". Pronouns can even be a bit intimidating for people who don't know what pronoun to use, especially with people who are gender diverse. Relax, you don't have to walk on eggshells, it's simply about trying to be as respectful as possible to people.

Laurence Harmon, B.A., M.A. (Ze/Hir She/Her) is a Peer Specialist at SHARE! Downtown L.A. Ze has decades of lived experience in recovery from complex serial trauma, severe mental illness and substance abuse.

VIDEO



Jonathan P. Edwards



Jessica Wolf

Did They Say That? Yes They Did!- Dealing with Microaggressions in Supervision

Supervision can be a gnarly process. In addition to inherent power differentials, intersecting cultural and socioeconomic factors impact relationships. Despite the best of intentions, we may make hurtful and marginalizing comments. Unrecognized or unacknowledged microaggressions often create barriers in supervision and consequently affect how we do our jobs. This workshop will offer a lively demonstration of various communication styles and provide opportunities for participants to model authenticity and respect in supervisory relationships.

Jonathan P. Edwards, PhD, LCSW, ACSW, NYCPS is a public health advisor, workforce development consultant and Adjunct Professor at Columbia University School of Social Work.

Jessica Wolf, PhD, is Principal of Decision Solutions Consulting and Assistant Clinical Professor in the Yale Department of Psychiatry. She has actively promoted peer workforce development for many years.

VIDEO



Todd Noack



Katelyn Hamilton

Peer Bridger: What do we do?

Trained Peer Bridgers engages in a peer matching process with hospital residents who have been identified by facility inpatient or discharge staff. Increasingly, Life Connections Peer Recovery Services in Iowa has been matching with individuals who have self-referred themselves, having learned of the program through our facility postings or presentations or by dropping in on one of our hospital-based peer support meetings. The project has prioritized serving those individuals who have been hospitalized for long periods of time or who have had high rates of return and needs not being met in communities.

Todd Noack is the Executive Director of Life Connections Peer Recovery Services in Iowa, and has twice served as the Regional Coordinator of the Office of Consumer Affairs

Katelyn Hamilton is a Peer Bridger and trainer for the Iowa Peer Workforce Collaborative.

VIDEO

3:15 PM PDT



Jode Freyholtz-London

Wellness in the Woods, a peer program

Wellness in the Woods is a peer run organization in Minnesota who has 50 peers who work virtually. We have a 95% retention rate for all peer staff with 3-5 applications each week. Our success revolves around the Wellness Recovery Action Plan and high ethics

Jode Freyholtz-London is the founder and Executive Director of Wellness in the Woods, Minnesota's largest mental health consumer organization. Jode is an Advanced Level Facilitator for the Wellness Recovery Action Plan, Mental Health First Aid trainer, Emotional CPR trainer, Suicide prevention trainer and proficient public speaker across Minnesota. She was chosen as the Rural Health Hero of 2017 by the Rural Health Conference Committee.

VIDEO

Exploring pathways to recovery and psychological well-being: Examining the role of empathic and social self-efficacy, social support and social isolation

Maribel Dominguez, University of Texas at Houston School of Public Health

VIDEO



Shannon McCleerey-Hooper

Transformational Advocacy - Collaborative Genius

Riverside University Health System-Behavioral Health won the CSAC Challenge Award in 2022 for the TakemyHand Live Peer Chat. The act of imbedding peer support and people with lived experience in a technology project, from the inception, led to "genius" and an incredible outcome. Peer Support staff on this project inspired the technology team to create text-based support for the community, and in turn, inspired the CalHope Live Chat services offered throughout the State of California. Transformation occurs, when lived experience is valued and sought after, to meet community needs in a time of crisis.

Shannon McCleerey-Hooper, Deputy Director, Peer Support Services, Riverside University Health System-Behavioral Health; Shannon received her Bachelor of Arts Degree from California State University, Fullerton, considered a subject matter expert in peer support services within public health settings. Shannon has provided workshops across California in efforts to legitimize the peer support practice.

VIDEO

What is a Peer Respite?

Hear from a roundtable of five leaders of peer respites, a voluntary, short-term, overnight program that provides community-based, non-clinical crisis support to help people find new understanding and ways to move forward. Peer respites operate 24 hours per day in a homelike environment.

Bel Ngyuen, SHARE! Recovery Retreat, Los Angeles County

Adrian Bernard, 2nd Story, Santa Cruz County

Todd Noack, Rhonda's House, Life Connections Recovery, Iowa

Scott Nyland, Hacienda of Hope, Los Angeles County

Jessica Oyerzides, Hacienda of Hope, Los Angeles County

Maria Ta, Sally's Place, Alameda County

VIDEO



Laysha Ostrow



Morgan Pelot

Employment After Certification: Research Findings on Burnout, Financial Wellbeing, and Practitioner Shortages

The Certified Peer Specialist Career Outcomes Study involved nearly 600 CPS in four states from 2020-2022. In baseline data analyses, we compared the experiences of individuals who work in peer support to those who work in another industry to understand the challenges and advantages of post-certification peer support work. This conference presentation highlights important findings related to workplace burnout, the relationship between wages and financial wellbeing, and how CPS are filling gaps in the service system in rural and other provider shortage areas. Overall, the findings point to areas peer support jobs can improve, but also strengths that CPSs are bringing to the behavioral health workforce.

Laysha Ostrow, PhD is the CEO of Live & Learn, Inc. and Principal Investigator on the Certified Peer Specialist Career Outcomes Study. Her research focuses on employment and entrepreneurship, participatory research approaches, and peer support.

Morgan Pelot, BS is the Research Program Manager at Live & Learn, Inc. and the Project Manager for the Certified Peer Specialist Career Outcomes Study. She previously worked as a peer counselor at the 2nd Story Peer Respite, and is a pre-doctoral student in Portland State University's Community Psychology program.

VIDEO

Creating Safe Spaces for LGBTQ+

A roundtable of peers discuss how to create welcoming, inclusive programs sensitive to the needs of LGBTQ+ folks.

Laurence Harmon, Peer Support Specialist, SHARE!

Marcellus Omar Joya, Rainbow Pride Youth Alliance

Christopher Hayden, Wellness Outreach Worker, Los Angeles County Department of Mental Health

Danielle McFadden, Peer Specialist, Kings County Behavioral Health

Mita Beach, Trans Peer Navigator, Borrego Health

VIDEO



Jessica Watson Miller

Learning from the story: a journey from crisis to recovery

In this workshop we will train ourselves to notice the cues and patterns that suggest the way someone's recovery journey might go—using a real-life story of recovery from our Lived Expertise Research project. We will learn using naturalistic decision-making methods, the same leading-edge methods firefighters, neonatal ICU nurses and other frontline practitioners have used to develop their skills in messy, unpredictable real-life domains. Run by psychcrisis.org, a new org finding new ways to change how we respond to someone's mental health crisis.

Jessica Watson Miller founded psychcrisis.org after losing her brother to suicide following unhelpful and traumatizing psychiatric care. An Emergent Ventures grantee, she wrote the world's first online guide to helping someone through a manic episode and was the first to apply naturalistic decision-making research to personal mental health.

VIDEO



Rachelle Weiss

R.E.A.C.H. (Recovery, Education, Action, Community, Health): Your Pathway to Meaningful Activity

REACH is a collaborative project between the Copeland Center for Wellness and Recovery and Temple University. REACH is a peer-led and peer-implemented group intervention designed to bring (back) meaningful activity into the lives of peers – individuals with mental health challenges. There will be four cohorts comprised of a control group and a group that receives the intervention. The intervention is comprised of 12 online meetings and utilizes an original guidebook, curriculum and workbook. To date, the project is mid-way through the 2nd cohort.

Rachelle Weiss, MS is the Online Learning Director for the Copeland Center. Trained to be a counselor, she found working as a peer and with peers the best use of her passions and skills. She was the first peer program director in her area and has been involved in multiple educational programs and curriculum design including the REACH intervention.

VIDEO

4:30 PM PDT



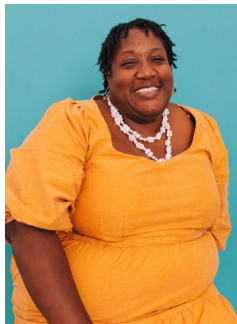
Andy Short

Recovery for Us by Us: From a Failed Status Quo to a Purposeful Movement

The Phoenix is a sober active community and a national non-profit organization. Over the past 16 years, The Phoenix has grown to host and serve over 200,000 individuals in person and virtually. All this work is peer-led by volunteers who have been impacted by addiction and recovery. We will share our unique model of empowering volunteers with expertise, resources, and technology to imagine a world where recovery is the norm. This session will shift between data and anecdote to illustrate the scale of the addiction crisis, the necessity & scalability of peer based solutions, and envision solution based action steps.

Andy Short, the California Regional Manager of The Phoenix, is a gay man in recovery from addiction. Andy understands how personal narrative and mission can combine to create change in relationships and community.

VIDEO



Katrina Killian



Janavi Dhyani

Community of Care: Supervision in Peer-run and Peer-led Organizations

In this workshop participants will learn and discuss how to create a "Culture of Care" by implementing peer-informed supervision and leadership practices. Katrina Killian, current Executive Director of the oldest Peer-run organization in Alameda County, uses her decades of experience in Peer leadership to share best practices for peer-informed hiring, policy & procedure, and employee reviews. Facilitators will also explore how to cultivate a workplace culture that values diverse lived-experiences, and which actively works to dismantle white supremacist practices.

Katrina Killian, Executive Director of Peer Wellness Collective is an exemplary model of Peer success whose 20+ years in peer services spans Peer training & employment to housing & community advocacy. She also carried expertise in partnering with public and private entities to develop programs addressing intersectional challenges within the Peer community.

Janavi Dhyani, Director of Operations, found her way to Peer Wellness Collective after finding that non-Peer spaces held wide gaps of lived-experience between providers and participants, degrading the quality and impact of services. Janavi utilizes her lived-experience and professional experience as DEIA educator and grassroots activist to inform her work.

VIDEO



Jessica Miller

Supporting growth and change with the SHARE! PeerKit

Learn how the 12 Tools of the SHARE! PeerKit foster growth and change, build community and de-escalate conflict without authority.

Jessica Miller is the Program Coordinator of the SHARE! Recovery Retreat in North Hollywood and spearheaded its start in 2022. As a Certified Medi-Cal Peer Support Specialist in the state of California, she is training others to acquire their certification in California as well.

VIDEO



Noelle Pollett

Peace Work & Self-Responsibility:

Peace Work is a highly engaging, power-sharing... duplicable format, based on the Alternatives to Violence Project (AVP). It involves structured group-work that uses interactive activities to affirm, invite communication, collaboration, etc. Participants routinely enjoy remarkable connection and a sense of bonded trust; very productive for gaining insight into ourselves and others, as well as for learning new skills.

Peace Work, a group model adapted from the Alternatives to Violence Project, is Noelle Pollett's means of transformation, purpose & JOY! ...for decades! ...as peer supporter, staff & peer educator: "Earthwaker!"

VIDEO



Heather Boll

Entrepreneurship in The Peer Professional Workforce, Infused with Alternative Spiritual/ Healing Modalities

Discover and receive the groundbreaking business design, by Heather Boll. Heather blazed the entrepreneurial path by opening the first of its kind, a Private Peer Support Practice in 2017. Heather will take you on an entrepreneurial journey showcasing what works, shed light on barriers, and ignite a deep passion for those who desire a Peer Support Practice of their own. Heather implements traditional Peer Support values paired with modern day spirituality healing modalities, and serves from the lens of trauma, neurodiversity informed. Heather will guide you through her three innovative businesses, Heather Boll CPSS Keynote Speaking and Coaching, LLC, The Hive Boutique Mental Health, LLC, and Apiary Aerial Studio.

Heather Boll, Author, Keynote Speaker, Transformational Coach, Certified Peer Specialist, Sound Healer, and Spiritual Teacher. Heather has decades of training and experience in the fields of mental health, holistic wellness, and mind, body, soul healing modalities. Including Peer Support, Soul Awakenings Meditation/Mindfulness, and Sound Healing. She brings a powerful yet compassionate presence, guidance, and healing.

VIDEO



Dr. Kathy Cash

From Burnout to Bliss: Managing Burnout in the Workplace

This webinar will focus on the topic of Peer Support Burnout and will provide insights and strategies to prevent and manage burnout among peer support workers. The webinar will cover the signs and symptoms of burnout, the impact of burnout on peer support workers, and the importance of self-care. It will also discuss ways to promote resiliency, build supportive networks, and utilize resources to prevent and manage burnout. The session will be interactive and will include case studies and practical tools for participants to use in their work as peer support workers.

Dr. Kathy Cash is a US Army Veteran and a Certified Peer Support Specialist in the community. She holds a Doctor of Divinity degree and recently retired from the Greater Los Angeles VA Healthcare System where she was an integral part of the Peer Leadership Team.

VIDEO



Cornita Reyes

Supporting the Peer Voice: Developing Psychiatric Advance Directives in California

The MHSA Multi-County PADs Innovation Project is an innovations project supported by the seven participating counties, Fresno, Mariposa, Tri-City, Orange, Contra Costa, Shasta, and Monterey, seeking to create a digital platform for peers to create their Psychiatric Advance Directives (PADs) to be accessible to law enforcement and crisis workers in a time of mental health or justice involved crisis. Painted Brain and CAMHPRO will support the PADs Project with the peer voice through community outreach, feedback sessions, education, and advocacy that is collaborative in design through thoughtful peer engagement, participation and PADs implementation.

Corinita Reyes is a Peer Advocate with CAMHPRO as their Project Manager for the California MHSA Multi-County PADs Innovation Project.

Princess Kosinski is a peer, advocate, harm reductionist, and the Peer Voice Project Manager for the California MHSA Multi-County PADs Innovation Project for Painted Brain in collaboration with CAMHPRO.

VIDEO