



Catalog of ASAP-NYCB approved **Peer Recovery Continuing Education**

APS Training Opportunities
(maximum 3 per renewal period)

JUNE 2022

trainers@asapnys.org



ACADEMY
OF PEER SERVICES

We Learn. We Share. We Thrive.





ASAP-NYCB APPROVED PEER RECOVERY CONTINUING EDUCATION
Choose a maximum of 3 approved courses per renewal period

ABOUT THE COURSE CATALOG

This course catalog is specific to APS courses that have been approved for continuing education by ASAP-NYCB for Peer Recovery Continuing Education ((Certified Addiction Recovery Coach (CARC) and Certified Recovery Peer Advocate (CRPA)). Only courses listed in this catalog will be accepted by ASAP-NYCB.

The table of contents includes hyperlinks to the course descriptions.

Choose a maximum of three (3) courses per Peer Recovery Certification renewal period.

ABOUT THE ACADEMY OF PEER SERVICES

The Academy of Peer Services (APS) is an online training, testing, and tracking platform for the mental health system peer support workforce in New York State. APS courses are free of charge and open to anyone with an interest.

For further information about the Academy of Peer Services, please visit <https://www.academyofpeerservices.org/>

MAKING A SUCCESS OF ONLINE LEARNING

ONLINE MODULE: 5 HOURS | No prerequisites, no post-test, no certificate

This module will explore current trends in online education, the ways in which the Academy of Peer Services (APS) designs courses to help peer support specialists succeed, and strategies for overcoming common online learning challenges. A special COVID-19 section addresses the potential online learning challenges as a result of the pandemic.

APS User & Technical Support

For questions related to accessing and managing the APS courses, please email academyofpeerservicesnyomh@gmail.com

ASAP-NYCB Renewal Program | <https://www.asapnys.org/renewal-program/>



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Essential Communication Skills | Active Listening and Reflective Responding

CE CREDITS: 6 HOURS

In this course, you will learn engagement strategies, i.e., preparing, attending, observing, and listening, and will analyze reflective responding techniques, i.e., response to content, response to feeling, response to meaning, and personalized response. Finally, you will apply communication skills by evaluating video vignettes for effective communication techniques.

Motivational Interviewing

CE CREDITS: 3 HOURS | PREREQUISITE: Essential Communication Skills

Motivational Interviewing (MI) is a collaborative process wherein both service provider and peer work together on an issue the peer is experiencing. During the conversation, the service provider helps the individual strengthen their motivation to change and increases their commitment to change. While MI is a complex process that requires training, coaching, and practice, parts of it can be used effectively in the peer support role. For example, the principles and spirit of MI can easily be incorporated into practice. In this course, you will explore MI principles and its spirit, as well as peer readiness for change and change talk.

Multicultural Interaction Skills for Peer Supporters

CE CREDITS: 4 HOURS

In this course, you will learn how to be responsive to the unique cultural identities of people with whom you work. Being responsive to others requires an understanding of your own cultural identities. When you have completed this course, you will be able to describe successful multicultural interactions and explain why the topic is important to peer services. You will learn how to apply multicultural interaction skills to all your inter-personal interactions. These skills include being able to help people express and utilize positive aspects of their cultural identity to promote recovery. Finally, you will learn how to self-assess your own multicultural interaction skills and act on the challenges you identify in your self-assessment.

Stigma and Self-Disclosure

CE CREDITS: 4 HOURS

Self-disclosure is a natural part of all relationships, but the stigma associated with mental health or addiction conditions makes self-disclosure of these conditions complicated. Peer support providers are called upon to be open about their experiences. This openness is what makes peer support unique from other professional services. For professional practitioners with mental health or addiction histories, the decision to disclose their own experiences with their clients can be especially complex. This course explores self-disclosure and stigma from different perspectives with strategies to weigh the pros and cons that can be used by peer support providers, professional practitioners, and the people they support.

The Goal Is Recovery

CE CREDITS: 4 HOURS

The concept of mental health recovery is controversial and has been misunderstood by people who provide services, people who receive services, and family members of those who receive services. Peer providers are often caught in a crossfire of misunderstandings between these different groups. This course provides a context for the controversy by examining the evolution of the concept of recovery, exploring how recovery is being used in current practice, and offering a glimpse at what the future may hold as the body of recovery-oriented knowledge, whole health support, and person-centered practice continues to grow.



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Transforming Lives With the Arts

CE CREDITS: 3 HOURS

Transforming Lives with the Arts is a course that focuses on the healing and transforming power of arts and creative expression. The course demonstrates how using the arts has become a major source of recovery for persons who have experienced mental health challenges. It honors artists who have contributed to the history of the consumer/survivor movement and showcases the stories of current-day artists and directors of peer arts programs. How to be a creative peer specialist? The course will explain. This is a course that combines fun with information. It will dazzle you with a beautiful display of art done by recognized peer artists.

Supporting Financial Wellness: Moving from Hardship to Hope

CE CREDITS: 4 HOURS

The goal of this course is to provide an overview of what financial wellness is, why it matters to recovery and overall wellness, and ways peers can support individuals to build their financial hope and access available services and supports to improve their financial wellness.

You will learn about the impact poverty, financial hardship, financial exclusion, and dependency have on recovery; five domains and key concepts that define and contribute to financial wellness; specific strategies peers can use to build financial hope and reduce financial shame; to increase access to financial supports and services.

The Importance of Advocacy & Advocacy Organizations

CE CREDITS: 2 HOURS

In this course, you will examine the importance of advocacy and explore techniques to develop and access advocacy resources. You will explore the various types of advocacy and develop an advocacy plan for a given peer case, receiving feedback on items that should be included. The course provides access to advocacy supports and resources available in NYS.

Harm Reduction

CE CREDITS: 4 HOURS

This course presents harm reduction principles for reducing the negative consequences associated with substance use when supporting peers in recovery. It relates the history of the movement that became Harm Reduction and its development and reviews the principles and key features of harm reduction. You will analyze how and why harm reduction works in different situations when peers exhibit at-risk behaviors and will identify interventions in harm reduction consistent with the Stages of Change Model.

Racism: A Public Mental Health Crisis: Creating A Culture of Bold Change

CE CREDITS: 1.5 HOURS

This course encourages participants to recognize racial inequities in mental health outcomes and access to services. We advocate having potentially uncomfortable conversations about racism & how it impacts the mental health of BIPOC (Black and Indigenous People of Color). We also hope people will recognize that the time is now to take action to uproot racism and there is an urgent need for racial equity & anti-racist work in the field of mental health. Office of Mental Health. Presenter Matthew Canuteson. Broadcast on August 26, 2020.



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Racism: Leading Anti-Racist Change at Your Workplace

CE CREDITS: 1.5 HOURS

Using data from attendee survey responses, this session engaged participants in a dynamic conversation on specific challenges participants face in implementing an anti-racist culture at their workplace. This session provided an overview of key takeaways discussed in previous series sessions and focused on what's needed to advance an anti-racist work culture. Key Takeaways: Attendees will have a deeper understanding of the work needed to foster an anti-racist culture; thus, feeling motivated and equipped to move forward with action steps to implement anti-racist work. New York State Office of Mental Health and New York City Dept. of Health and Mental Hygiene. Presenters: Ann Marie T. Sullivan, Matthew Canuteson, Dana E. Crawford, Myla Harrison. Broadcast on February 3, 2021.

Racism: LGBTQIA+ Community and Intersectionality

CE CREDITS: 1.5 HOURS

This webinar-based CE course discusses the intersectionality of race and LGBTQIA+ identities. Description: Being Present - Who Do We Meet? A deeper look and dialogue about racial inequity and systemic racism through the lens of intersectionality. This webinar is designed to discover the intersectionality of Black, Indigenous, and People of Color (BIPOC) in the LGBTQIA+ community dealing with the multifaceted challenges of the "isms". In the current climate, understanding how to correct these maladaptations demands re-education, refamiliarization with a "truer" historical representation, and cultural awareness. Drawing on their experiences, panelists will raise and discuss identity constructs and how these impact their interactions and lives. Moderator: Antoine Craigwell, founder and president/CEO of DBGM. New York State Office of Mental Health and New York City Dept. of Health and Mental Hygiene. Presenters: Antoine B. Craigwell, Kevin Nathaniel, Pratima Kushridevi Doobay, Adjoa Osei, Yash Bhambhani. Broadcast on January 6, 2021.

Strategies for Behavioral Health Equity – Introduction to Behavioral Health Equity

CE CREDITS: 1.5 HOURS

The purpose of this course is to introduce learners to the concept of behavioral health equity, its importance, and methods for increasing it in any organization. Includes an overview of the National Culturally and Linguistically Appropriate Services (CLAS) Standards. Office of Mental Health. Presenter, Matthew Canuteson. Broadcast in December, 2019.

Self-Care for Peer Providers

CE CREDITS: 4 HOURS

Using the SAMHSA Dimensions of Wellness as a foundation, this course presents an array of resources and skills peer providers can use to assess, develop, and deepen their own self-care. It also develops peer providers' support skills for helping others through self-assessment and consideration of strategies and activities they may choose for self-care.

The Historical Roots of Peer Support Services

CE CREDITS: 4 HOURS

The goal of this course is to provide a multicultural awareness of the history of the movement for social justice and human rights for people with psychiatric histories. It includes the early days of the peer-run organizations and interviews with many people of color who made contributions to the development of peer support in New York State.



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Creating Person-Centered Service Plans

CE CREDITS: 4 HOURS

Building on Introduction to Person-Centered Principles, this course covers the elements of a service plan and roles peer providers can play in helping to incorporate recovery-oriented person-centered (ROPC) approaches into the service planning process. The course includes examples from the New York State Personalized Recovery- Oriented Services (PROS) handbook for creating service plans that meet regulatory, quality, and funding requirements for a PROS program while using ROPC approaches. Most of the PROS examples and principles apply equally well in other behavioral health settings that are implementing recovery-oriented person-centered approaches.

Documentation for Peer Support Services

CE CREDITS: 4 HOURS

Documentation is a universal skill for all types of service delivery. Documenting services contributes to service continuity, maintains accountability, and substantiates payments for services. This course introduces you to common documents used when delivering peer services. By the end of the course, you will be able to write an effective progress note using a standardized format and develop an incident report.

Peer Support in Criminal Justice Settings

CE CREDITS: 4 HOURS

In this course you will learn about the prevalence of people with mental illnesses in the criminal justice system, laws that pertain to people with mental illness, and ways in which you can give peer support to people who are involved at various intercept points in the criminal justice system.

Supporting Older Adults Part 1: Honoring Their Strengths

CE CREDITS: 1.5 HOURS

At a time when older adults are seen as a “vulnerable population”, this course instead looks at how peer supporters see older adults from an alternative point of view. Our presenters look at the developmental model of wellness and positive aging, what older adults (and any adults) want that may be very different from what providers and others want for them, and how to use shared decision-making and intentional peer support approaches to create equal opportunities for older adults to fully participate in a peer relationship. The program also offers an impromptu glimpse at what an authentic peer support relationship might look like between two older adults during a time of crisis, as well as using the arts as a way of allowing older adults to express themselves and engage in legacy work to share the strengths of their life story. Presenters: Gayle Bluebird, Liz Breier, Clinton Green, Deb Trueheart, Shanti Vani, and Michelle Zechner. Created in partnership with The Coalition for Behavioral Health. Broadcast on March 30, 2020.

Supporting Older Adults Part 2: Life Transitions

CE CREDITS: 1.5 HOURS

This course features a moderated discussion about transitions everyone is facing, particularly during the COVID-19 crisis, with attention to how these transitions are affecting older adults. It begins with a continuation of the ‘real play’ started in Part 1 and continues into a rich discussion on supporting people through transitions. Regardless of the transition, the discussion came back to how peer support helps people to know their lives matter and they are not alone. Presenters: Gayle Bluebird, Celia Brown, Richard Laudor, Deb Trueheart, Shanti Vani, and Michelle Zechner; Moderators: Clinton Green and Liz Breier with The Coalition for Behavioral Health. Broadcast on April 20, 2020.



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Supporting Veterans and their Families

CE CREDITS: 4 HOURS

Those who have served our country, whether in combat or through other kinds of deployments, deserve the best we have to offer. But all too often, they and their families receive little or no support after discharge. In this course we explore common issues faced by those who have served in the U.S. military and their families, resources that are available to help, and ways supporters can help those who are impacted in negative ways by service in the military to overcome those challenges and find greater peace at home.

Whole Family Health and Well-Being

CE CREDITS: 1.5 HOURS

After completing this course, Peer Specialists, partnering with families, will be equipped to offer information and resources aimed at educating families on mental health and whole family health and wellness.

Talking About Tobacco Part 1: A New Conversation About Tobacco Use and Peer Support

CE CREDITS: 1.5 HOURS

In this first webinar, we discuss why a peer support-oriented discussion is so important and the need for those with tobacco use experience to step forward as champions for themselves and others. We describe how people with mental health conditions, people of color, and people in other marginalized communities have been targeted by the tobacco industry, marketers, and retailers, and the disparities that exist in reaching these communities with public health programs related to tobacco use. Presenters include personal stories related to their own tobacco use, some common misconceptions about tobacco, vaping, and nicotine and ways in which peer support can offer a nonjudgmental space for talking about and exploring changes related to tobacco use. Academy of Peer Services Virtual Learning Community Faces and Places of Peer Support

The Trauma of it All: How Race, Oppression, and COVID-19 Intersect

CE CREDITS: 2.5 HOURS

The goal of this course is to discuss the interactions among race, oppression, and COVID-19, and how they affect the peer support. We discuss trauma and self-care strategies, and how to encourage self-care in those we serve. We also talk about how people from minority groups are less likely to be tested and treated appropriately for COVID-19. Viewers are encouraged to consider how they can foster justice in their role as peer supporters. Training provided through The Coalition for Behavioral Health, The Center for Rehabilitation and Recovery. Presenter: Clinton Green. Broadcast on June 15, 2020.