Table of Contents

Preface

History ......................................................................................................................................... i

Personal Development – Knowing Yourself

Module One – Recovery ........................................................................................................... 1
  Understand the definition of recovery
  Review concepts of remembered wellness
  Identify the Five Recovery Pathways

Module Two – The Power of Peer Support .......................................................................... 25
  Clearly understand the role of peer support
  Learn the importance of mutuality in peer support work
  Avoiding learned helplessness: The power of people finding their own solutions
  Become aware of the impact peer support can have on others
  Learn to use skills important to peer support work
  Gain knowledge important to peer support work

Module Three – Developing Self-Esteem and Managing Self Talk .................................... 39
  How to recognize our own individual levels of self-esteem
  How to understand the dynamic interactions that cause fluctuations in our self-esteem
  What causes low self-esteem and how it might be serving you
  Using positive self-talk to raise your self-esteem
  How to become your own best friend

Module Four – Community, Culture and Environment ..................................................... 52
  Developing an understanding of culture by looking at our immediate community
  Learning more about the history of recovery, and how history impacts culture
  Appreciating and celebrating diversity in our community
  Celebrating diversity and applying it in peer support work

Module Five – Meaning and Purpose ................................................................................... 72
  Learn the importance of staying centralized to ourselves
  Identify patterns that interfere with our connection to ourselves
  Understand and cultivate our own unique gifts
  Moving our gifts into action

Module Six - Emotional Intelligence ..................................................................................... 90
  To explore ways in which we can use emotional intelligence skills to become more active in our recovery process and more successful in life
  To discuss how role modeling emotional intelligence can help the people we assist
  To discuss how using and sharing our emotional intelligence skills can help us make our best contribution at work
Turning Point – Preparing Yourself for Work

Module Seven – Telling Your Personal Story ................................................................. 114
Turning the corner – looking at yourself differently
Becoming the hero in your story
Understanding how your story frames your past, present, and future
Learning how our story can affect others
Appreciating the power our story has to promote recovery

Module Eight – Employment as a Path to Recovery and Ethical Values ....................... 129
Understand the healing power of “giving back”
Complete assessment of strengths and goals
Understand how to become a great employee
Learn the importance of ethics and boundaries

Skill Development

Module Nine – Communication Skills ............................................................................ 149
Remembering the importance of good listening
Learning the “Peer Support Approach,” a new way of communicating
Using “open-ended” questions
Learning to avoid conversation road-blocks
Disagreeing without arguing and dealing with anger

Module Ten – Conflict Resolution .................................................................................. 169
Recognizing the importance of peers resolving conflicts
Understanding the five conflict styles
Learning the guidelines for conflict resolution

Module Eleven – Understanding Trauma ........................................................................ 186
Trauma and Abuse
Understanding the nature of trauma and abuse
Recognizing the consequences of trauma and abuse
Learning how to begin the process of recovery from the consequences of trauma & abuse
Appreciating the political aspects of trauma and abuse
Understanding how Peer Support can be helpful
Resilience
Appreciating the power of resilience
Learning how to develop “bounce back” skills

Module Twelve – Substance Use Challenges and Co-Occurring Recovery .................... 208
Understanding the subtle nature of addictions
Learning what to do, and not do, to support the recovery process
Gaining a knowledge of helpful resources
Understanding the dilemma of co-occurring issues
Learning how to work with stages of change
Gain an understanding of maintaining recovery
Learning how to deal with urges and triggers
Module Thirteen – Integrated Care and the Role of Peer Support ................................. 226
Understand the role of peer support and integrated care
Understand the goals of integrated care
Develop an understanding of how to support the integrated care team, and the person
Develop skills that support documentation that will pass an audit

Module Fourteen – Being with People in Challenging Situations ..................................... 246
Understand the importance of taking a recovery approach to wellness
Learn the concepts of recovery coaching
Gain skill in dealing with specific psychiatric challenges
Gain a true appreciation for the power of listening

Module Fifteen – Peer Support in Action, Partnering with Other Professionals .......... 257
Review the changes and progress that has taken place
Understand the importance of partnering with professionals
Documentation
Appreciate the power of the peer perspective
The importance of celebrating our achievements - graduation

Appendices .............................................................................................................................. 267
Federal ADA Regulations, Information and Resources ........................................................ 268
New Freedom Commission on Mental Health – Executive Summary .............................. 271

References ................................................................................................................................ 312
<table>
<thead>
<tr>
<th>Day</th>
<th>Homework Assignment Due</th>
<th>Class Activity</th>
<th>Homework Assignment for Next Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td><strong>Module 1: Recovery</strong> and <strong>Module 2: The Power of Peer Support</strong> have been read.</td>
<td>Getting Started on Our Journey</td>
<td>Review <strong>Module 2: The Power of Peer Support</strong> and read <strong>Module 3: Developing Self Esteem and</strong></td>
</tr>
<tr>
<td></td>
<td>Please write out your answers to all questions in your workbook to the best of your ability.</td>
<td>Introduction</td>
<td>Managing Self Talk. <strong>Please write your answers to all questions in your workbook to the best of</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Module 2: The Power of Peer Support</strong> and <strong>Module 3: Developing Self Esteem</strong> have been read.</td>
<td>Discuss Module 2 – <em>The Power of Peer Support</em></td>
<td>your ability. <strong>Please complete Test for Module 1</strong></td>
</tr>
<tr>
<td></td>
<td>You have written your answers to the questions in the workbook to the best of your ability.</td>
<td>Discuss Module 3 – <em>Developing Self Esteem and Managing Self Talk</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Please turn in Module 1 Test</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two</td>
<td><strong>Module 4: Community, Culture and Environment</strong> and <strong>Module 5: Meaning and Purpose</strong> have been read.</td>
<td>Discuss Module 4 – <em>Community, Culture and Environment</em></td>
<td>Read <strong>Module 4: Community, Culture and Environment</strong> and <strong>Module 5: Meaning and Purpose</strong>. <strong>Please write your answers to all questions in your workbook to the best of your ability.</strong></td>
</tr>
<tr>
<td></td>
<td>You have written your answers to the questions in the workbook to the best of your ability.</td>
<td>Discuss Module 5 – <em>Meaning and Purpose</em></td>
<td><strong>Please complete Tests for Modules 2 &amp; 3</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Please turn in Module 1 Test</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Three</td>
<td><strong>Module 4: Community, Culture and Environment</strong> and <strong>Module 5: Meaning and Purpose</strong> have been read.</td>
<td>NAMING OUR CLASS ACTIVITY</td>
<td>Read <strong>Module 6: Emotional Intelligence</strong> and <strong>Module 9: Communication Skills</strong>. <strong>Please write your answers to all questions in your workbook to the best of your ability.</strong></td>
</tr>
<tr>
<td></td>
<td>You have written your answers to the questions in the workbook to the best of your ability.</td>
<td><strong>Discuss Module 6 – Emotional Intelligence</strong></td>
<td><strong>Please complete Tests for Modules 4 &amp; 5</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Please turn in Module 2 &amp; 3 Tests</strong></td>
<td><strong>Discuss Module 9 – Communication Skills</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Triad Role Plays</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Facilitator shares personal story.</td>
<td></td>
</tr>
<tr>
<td>Four</td>
<td><strong>Module 6: Emotional Intelligence</strong> and <strong>Module 9: Communication Skills</strong> have been read.</td>
<td><strong>Personal Story Day</strong></td>
<td>Read <strong>Module 7: Telling Your Personal Story</strong>. <strong>Please write your answers to all questions in your workbook to the best of your ability.</strong></td>
</tr>
<tr>
<td></td>
<td>You have written your answers to the questions in the workbook to the best of your ability.</td>
<td>This is a <strong>required day</strong> for certification and graduation</td>
<td><strong>Please complete Tests for Modules 6 &amp; 9</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Please turn in Modules 4 &amp; 5 Tests</strong></td>
<td></td>
<td><strong>Prepare to tell your personal story. Telling out personal story is required for certification and a required attendance day of class.</strong></td>
</tr>
<tr>
<td>Five</td>
<td><strong>Module 7: Telling Your Personal Story</strong> has been read.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Please turn in Modules 6 &amp; 9 Tests</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>You’re ready to tell your personal story.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>REQUIRED DAY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Read Modules 8: Employment as a Path to Recovery and Exercise 43 Ethics and Boundaries As well as pages 261 – 263 in Workbook about documentation.</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Please write your answers to all questions in your workbook and Exercise Book to the best of your ability.</strong></td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>Homework Assignment Due</td>
<td>Class Activity</td>
<td>Homework Assignment for Next Class</td>
</tr>
<tr>
<td>-------</td>
<td>----------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Six</td>
<td><strong>Module 8: Employment as a Path to Recovery</strong> and <strong>Ethics Exercise #43 in your Exercise (Red) book</strong> and pp. 261 – 263 in Workbook have been read. You have written your answers to the questions in the workbook to the best of your ability.</td>
<td>Discuss Module 8 – Employment as a Path to Recovery&lt;br&gt;Discuss Documentation &amp; Discuss and apply Ethics and Boundaries&lt;br&gt;This is a <strong>required day</strong> for certification and graduation</td>
<td>Read <strong>Module 10: Conflict Resolution</strong>&lt;br&gt;Please write your answers to all questions in your workbook to the best of your ability.&lt;br&gt;Review the <strong>Empowerment Wheel Exercise Book Module 1</strong> (page 27) for recovery conversations.</td>
</tr>
<tr>
<td>Seven</td>
<td><strong>Module 10: Conflict Resolution</strong> has been read. You have written your answers to the questions in the workbook to the best of your ability.</td>
<td>Discuss Module 10 – Conflict Resolution&lt;br&gt;Role Plays for Evaluation</td>
<td>Read <strong>Module 11: Understanding Trauma</strong> and <strong>Module 13: Integrated Care and the Role of Peer Support</strong>&lt;br&gt;Please write your answers to all questions in your workbook to the best of your ability.</td>
</tr>
<tr>
<td>Eight</td>
<td><strong>Module 11: Understanding Trauma</strong> and <strong>Module 13: Integrated Care and the Role of Peer Support</strong> have been read. You have written your answers to the questions in the workbook to the best of your ability.</td>
<td>Discuss Module 11 – Understanding Trauma&lt;br&gt;Discuss Module 13 – Integrated Care&lt;br&gt;Distribute and review Study Guide for Final Exam.</td>
<td>Read <strong>Module 12: Substance Abuse Challenges</strong> and <strong>Module 14: Being with People in Challenging Situations</strong>&lt;br&gt;Please write your answers to all questions in your workbook to the best of your ability.</td>
</tr>
<tr>
<td>Nine</td>
<td><strong>Module 12: Substance Use Challenges</strong> and <strong>Module 14: Being with People in Challenging Situations</strong> have been read. You have written your answers to the questions in the workbook to the best of your ability.</td>
<td>Discuss Module 12 – Substance Use Challenges&lt;br&gt;Discuss Module 14 – ... Challenging Situations&lt;br&gt;Review for Final Exam</td>
<td>Read <strong>Module 15: Peer Support in Action, Partnering with Professionals.</strong>&lt;br&gt;Please write your answers to all questions in your workbook to the best of your ability.</td>
</tr>
<tr>
<td>Ten</td>
<td><strong>Module 15: Peer Support in Action, Partnering with Professionals</strong> has been read and you have written your answers to the questions in the workbook to the best of your ability.</td>
<td><strong>Complete Final Exam</strong>&lt;br&gt;Group discussion of Module 15&lt;br&gt;Then and Now</td>
<td>A new journey begins...</td>
</tr>
</tbody>
</table>

All classes begin at 8:30 AM and conclude on or before 5:00 PM, with one hour for lunch. There will be a 15-minute break in the morning and 15 minutes in the afternoon. ***Please be sure you clear your calendar for the full 2 weeks of class! ***