



**Recovery Curriculum for
Working Peer Specialists
Recovery to Practice Project***



Recovery to Practice (RTP) is a five-year project of the Substance Abuse and Mental Health Services Administration (SAMHSA) to increase awareness, acceptance, and adoption of recovery principles and practices among mental health providers.

The National Association of Peer Specialists (NAPS), in partnership with the Depression and Bipolar Support Alliance (DBSA), was among six behavioral health professional organizations designated to create training on recovery for the its profession. Based on a situational analysis of the current state of the peer specialist workforce, the NAPS/DBSA team has drafted a curriculum *for working peer specialists* designed to be facilitated *by working peer specialists*. Structured to be highly interactive, the training covers new and sometimes controversial topics, taps into the collective group wisdom, and builds on the skills and knowledge gained through previous training and experience in the workforce.

Topics:

- Principles of Recovery
- Effects of Trauma on Recovery
- Recovery Roles and Values
- Dual Recovery
- Complex Simplicity of Wellness | Self Care
- Influence of Culture on Recovery
- Strengthening Workplace Relationships
- Recovery Relationships

Titles and order of presentation subject to change based on field testing and review feedback.

The eight modules will involve approximately 32 hours of in-class training and eight hours of home work. The curriculum focuses heavily on skill development and, as a result, involves large and small group discussion, role plays and a variety of activities designed to help participants learn, practice and master skills vital to the peer specialist practice.

The curriculum is under review by peer specialists, facilitators, consultants and others. After two rounds of review comments have been incorporated, the curriculum will be pilot tested at three sites and then undergo additional review and comment incorporation. Once completed, the curriculum will be available on the NAPS website (www.NAOPS.org).

NAPS is a private, non-profit organization dedicated to peer support in healthcare systems. Founded in 2004, the organization has quickly grown with members from every state and several foreign countries. NAPS sponsors an annual national conference which brings together peer specialists and supporters of the peer specialist movement to share ideas, skills, strategies, and information about innovative programs that work.

To learn more about the Recovery Curriculum for Working Peer Specialists and other NAPS programs, come to the 6th Annual National Peer Specialist Conference in Philadelphia, Sept. 6-8, 2012 or visit the organization's website: www.naops.org.

*The Recovery to Practice Project is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is managed by the Development Services Group (DSG) of Bethesda, MD.