

# Recovery to Practice Monthly Report

## December 2013

### International Association of Peer Supporters

Although we expected December to be a slower month due to the holidays, this was not the case. Recovery does not take a holiday!

December found the iNAPS RTP team finalizing logistics for train-the-facilitator sessions in New York (Rochester area) and Cincinnati. Additional training sites have been explored and a plan to handle both facilitator and regular RTP trainings was developed. The files for printing participant and facilitator guides were reviewed and prepared for printing.

The plan for these trainings will rely heavily on communication between the iNAPS RTP team and our RTP partner, the Depression and Bipolar Support Alliance (DBSA). A spreadsheet of contacts of organizations and/or individuals making inquiries was begun. Inquiries will be evaluated with input from both DBSA and iNAPS with Steve Harrington and Lisa Goodale taking the leads. Each inquiry will be evaluated on an individual basis to determine how and whom can best deliver the trainings.

For example, an inquiry received from the Detroit area is likely to be best referred to the Recovery Academy of Grand Rapids due to geographic convenience and that team's familiarity with the inquirers. Other factors, such as whether trainings would lead to additional trainings in a given area. The goal of assignments is to provide trainings that are both expertly performed and cost-effective.

Steve Harrington, the iNAPS RTP project manager, attended the Alternatives conference in early December. At that event, which drew about 850 peer participants, Harrington distributed about 300 brochures describing the RTP project. The project was briefly described during a workshop about integrating mental health and substance abuse peer support. iNAPS also hosted a peer support caucus that focused entirely on the RTP project. That caucus drew only 10 participants but all were keenly interested in the RTP project and wanted to know how to participate in trainings.

One caucus participant was a social worker and wanted to know about his discipline's involvement in RTP. He said he was impressed with the process and, in addition to handouts provided during the session, was referred to the Council on Social Work Education.

The iNAPS RTP team sent a draft document defining the roles of peer supporters and psychiatrists to the American Psychiatric Association. Valuable comments were received and are currently being incorporated into the document. Similar documents are planned for the other RTP disciplines as informal reviews by peers were extremely positive as they were seen as

supporting two modules (Strengthening Workplace Relationships and Peer Supporter Values and Roles).

An article about inventor Nikola Tesla was created as the result of a request from a participant in the Grand Rapids train-the-facilitator session. The participant said such a powerful example of a successful person with a psychiatric condition was a powerful tool in helping peer supporters inspire hope in others.

In December, the iNAPS RTP team, in collaboration with OptumHealth, offered a free webinar entitled “Recovery Relationships: The Art of Creating and Maintaining Healthy, Supportive Relationships.” The webinar drew 200 call ins and there were many positive comments during the question-and-answer portion. The webinar was presented by Harrington and Zack Corcoran, a member of the American Psychology Association’s (APA) RTP advisory group.

The next webinar in the series is being planned with Gayle Bluebird offering to present on how peer supporters can use the creative arts to support others. Bluebird is a member of the APNA RTP advisory group.

Harrington and Corcoran teamed up to explore how the APA and iNAPS can most easily reach out to the peer community through peer organizations to promote and implement the RTP curricula. The pair wrote and distributed a memo detailing strategies and how to access an existing database of peer organizations, which could be used to avoid duplication of efforts.

The iNAPS RTP brochure has been distributed to members and those requesting information. Distribution has generally been accomplished by including brochures in information packages. In two instances, interested organizations have asked (and were sent) 100 brochures each.

In January, the iNAPS RTP team will be exploring additional ways it can collaborate with the other RTP disciplines, preparing promotional materials for distribution and conducting a regular RTP course (all eight modules) and a train-the-facilitator course.