COURSE CATALOG

Fall Term 2018

WE LEARN. WE SHARE. WE THRIVE.

These state-of-the-art multimedia, interactive modules have been developed by leading experts in the field and have been designed to supply practical knowledge and skills to support your role as a peer provider.

APS CATALOG CONTENTS

CORE COURSES (REQUIRED FOR CERTIFICATION)

Action Planning for Prevention and Recovery

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

There are many different types of self-help plans, including relapse prevention, wellness, advance directive, and crisis management plans that are created by people for their own use in different stages of recovery. The Wellness Recovery Action Plan (WRAP™) is a popular example of a self-help plan. This course contains an overview of self-help plans, the elements of a plan, the process of creating a plan, and strategies for working with others on creating a plan for themselves. Similar to the integrity of having a lived experience of recovery before becoming a peer support provider, there is value and integrity in creating one's personal self-help plan before attempting to support others in that process.

Creating Person-Centered Service Plans

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

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

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

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.

Essential Communication Skills (Active Listening and Reflective Responding)

SEAT TIME: 6 HOURS
PREREQUISITE: NONE

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.

Human and Patient Rights in New York

SEAT TIME: 1 HOUR
PREREQUISITE: NONE

This course helps you obtain a basic understanding of human rights protection in New York State. The content is designed to assist you in identifying the primary functions of the New York State Division of Human Rights. The course provides directions on how to access documentation to file a complaint and explains the rights of persons served in inpatient and outpatient settings in New York State.

Introduction to Person-Centered Principles

SEAT TIME: 4 HOURS
PREREQUISITE: The Goal is Recovery

Traditional mental health care has been system-centered, focusing on what is needed to sustain the organization (funding, staffing, policies and procedures, etc....). Person-centered principles begin instead by getting to know and deeply understand each person to determine what is most important to each person as the basis for a collaborative working relationship. By the end of the course, you will be able to identify and give examples of three fundamental values and five strategies of person-centered practices and how they relate to supporting a person in gaining or regaining hope and wellness.

Olmstead: The Continued Mandate of De-Institutionalization

SEAT TIME: 1 HOUR
PREREQUISITE: The Rehabilitation Act and Americans with Disabilities Act (ADA)

This course exposes you to the continuing mandate of deinstitutionalization known as the Olmstead Act. The course discusses the Olmstead vs. Lois Curtis ruling that stated segregation in institutions constitutes discrimination based on disability. Further, this course describes the "integration mandate" of the Americans with Disabilities Act (ADA) that requires public agencies to provide services in the most integrated setting possible according to the needs of any qualified individual with a disability. New York's state plan is also reviewed.

Peer-Delivered Service Models

SEAT TIME: 4 HOURS
PREREQUISITE: The Historical Roots of the Peer Movement

This course describes peer support and its origins, the difference between peer support and peer-delivered services, a framework to categorize and organize supports and services across a wide spectrum of behavioral health settings, and the research studies that led to naming peer support an evidence-based practice. The course includes ways to advocate for more peer support and peer-delivered services in one's community that embody the spirit and values of authentic peer support.

The Goal Is Recovery

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

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.

The Historical Roots of the Peer Movement

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

The goal of this course is to present key developments in the history of peers helping peers. Social and political factors played a role, but the movement would never have happened without its leaders. The course introduces you to the some of the rich traditions of the peer support movement.

The Importance of Advocacy & Advocacy Organizations

SEAT TIME: 2 HOURS
PREREQUISITE: NONE

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 New York State.

Trauma-Informed Peer Support

SEAT TIME: 5 HOURS
PREREQUISITE: NONE

Trauma-informed peer support can counter the impact of trauma on people in recovery by reducing the effects of unresolved and secondary trauma and supporting healing. In this course, you will identify examples of traumatic events and peer responses, examine the prevalence of trauma and its impact on physical and emotional wellness, analyze principles of trauma-informed practices and their application in peer services that support recovery, and evaluate cultural considerations and the effect of trauma on how we view our cultural experiences and the lens in which we view the world.

The Rehabilitation Act and the Americans with Disabilities Act (ADA)

SEAT TIME: 2 HOURS
PREREQUISITE NONE

This course begins with the Rehabilitation Act of 1973, the first major federal legislative effort to secure equal access and treatment for people with disabilities. The various sections of the Act are defined and examples of protections under those sections are provided. The course then gives a thorough review of the Americans with Disabilities Act (Titles I through V) as well as the ADA Amendments Act. Several resources that help you identify the implications of these Acts are provided throughout the course.

ELECTIVE COURSES

An Overview of Peer Wellness Coaching

    SEAT TIME: 3 HOURS
    PREREQUISITE: Introduction to Person-Centered Principles

Health and wellness are important for people who have been diagnosed with mental and substance use disorders. Health disparities are prevalent; however, wellness-oriented peer approaches designed and delivered by people in recovery can help individuals realize their full potential while living longer, more satisfying lives. The goal of this course is to examine health and wellness in the peer community and review how the peer support Wellness Coaching model can help people improve their quality of life.

Community Organizing

    SEAT TIME: 5 HOURS
    PREREQUISITE: Development of Community Assets

An experienced community organizer presents common community organizing approaches, strategies, and values used to support social change for people in recovery. You will review the role of the peer specialist as a community organizer, defining community organizing and why it is important to people in recovery. You will examine four community organizing approaches commonly used by organizers in the peer support role: Direct Action Organizing, Consciousness Raising, The Highlander School Model, and Civil Disobedience, and will formulate their own community organizing approach to support a mental health issue, applying strategies learned within a given exercise.

Cultural Competency for Peer Providers

    SEAT TIME: 3 HOURS
    PREREQUISITE: NONE

As a peer, you share a common experience with the people you serve. You may also share similar economic or social backgrounds, have completed the same amount of schooling, or your family may have come from the same part of the world. Recovery, peer support, trauma informed practices, and other aspects of mental health share the need for understanding, accepting, and responding in ways that honor culture. Any time you interact   or communicate with a person, their culture plays a part in how they receive and respond.

This course explores culture from several perspectives. You will begin by learning more about yourself and how your life experiences contribute to who you are. You will then explore ways to deepen your understanding of other people and the life experiences, which have formed them. As your knowledge grows, you will learn to apply cultural competence to your interactions and communications with peers, colleagues, friends, and others.

Development of Community Assets

SEAT TIME: 7 HOURS
PREREQUISITE: NONE

You will develop assets which already exist in the community and utilize them effectively in their roles   as peer specialists. The course explains what community assets are, where they can be found, and how to gain access to them using the Asset-Based Community Development (ABCD) model. After identifying and organizing key assets of the ABCD Model, you will construct a community asset map for their localities   using Google Maps.

Ethics and Peer Support: Navigating Complex Relationships

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

In this course you will define ethics in the context of peer support values, recognize differences in how ethics   may be viewed in traditional (medically-oriented) services vs. peer support services, and practice skills for   ethical decision-making in a variety of settings.

Harm Reduction

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

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.

Historical Roots of Community Mental Health System

SEAT TIME: 5 HOURS
PREREQUISITE: NONE

Reformers have worked to improve treatment and conditions for people with mental health conditions throughout history. Each reformer's vision began with high hopes and good intentions. Many reformers reached their goals. However, a variety of challenges and barriers clouded some achievements, with ideas regressing or relapsing over time. The steady appearance of new visions and dedication of reformers have built on prior successes and resulted in progress toward a recovery-oriented system. This interactive course explores the people, politics, values, and roles responsible for reforming the system from asylums to permanent home addresses. The course's focus on reformation supports the critical role of peer supporters for improving today's mental health system.

Housing Related Peer Support Services

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

Housing is a critical element for recovery. This course describes housing programs offered through the NYS Office of Mental Health, Homeless Housing Assistance Program (HAAP) & the Department of Housing Urban Development (HUD). You will learn the distinctions between programs and the process of obtaining housing from application to bedroom for the tenant. You will also become familiar with the role of peer staff and the unique support they offer in the sometimes-difficult process of obtaining and maintaining housing. Advocacy is often required in the housing process, so you will gain an understanding of The Fair Housing Act and how it can be used to affect discrimination. This housing programs and resources described in this course address New York State and the process/paperwork may vary according to County and/or region.

Individual Placement and Support (IPS) Model of Supported Employment

SEAT TIME: 2 HOURS
PREREQUISITE: NONE

This course provides an overview of the evidence-based practice of the Individual Placement and Support (IPS) Model of Supported Employment. You will explore the role of employment in supporting peer recovery, identify the eight foundational principles of the IPS Model that support peers seeking employment, and hear stories from successful peers.

Insurance Parity

SEAT TIME: 1 HOUR
PREREQUISITE: NONE

In this course, you will learn about mental health parity and benefits laws. The course defines mental health parity and specifically discusses Timothy's Law. In addition, the New York State parity law is reviewed, and activities are provided to help you better understand the types of individuals and conditions covered under parity law.

Integrated Dual Disorder Treatment (IDDT)

SEAT TIME: 2 HOURS
PREREQUISITE: Harm Reduction

Integrated Dual Disorder Treatment (IDDT) is an evidence-based practice that improves the quality of life for people with co-occurring severe mental illness and substance use disorders by combining substance abuse services with mental health services. In this course, you will explore how IDDT addresses substance addictions and mental illness, leading to better outcomes than treating these disorders separately or in separate places.

Motivational Interviewing

SEAT TIME: 3 HOURS
PREREQUISITE: Essential Communication Skills (Active Listening and Reflective Responding)

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 his/her motivation to change and increases his/her 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.

Moving Beyond Disability

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

In this course, you will examine the work incentives that are a part of the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) benefit programs administered by the Social Security Administration (SSA). You will explore the various types of incentives and how their use would impact benefits in given peer cases.

Peer Leadership

SEAT TIME: 4 HOURS
PREREQUISITE: Peer-Delivered Service Models

During these times of change in health care delivery, funding, and public perceptions of those with mental health conditions, peer leadership is especially important. But what exactly is peer leadership and how is it different from leadership in general? This course explores that question by first covering popular leadership theories, organizational structures, and different ways in which leaders emerge, then through self-reflection and a Leadership Compass that can be used by peer supporters to identify their leadership strengths. The final assignment is to create a Leadership Exploration Action Plan, which can be used to create a personal definition.

Peer Support in Criminal Justice Settings

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

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.

Person-Centered Intake and Assessment

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

Building on the Introduction to Person-Centered Principles, this course shows the contrast between a traditional (system-centered) intake and assessment process and one in which the person is the focus of the process through recovery-oriented person-centered (ROPC) approaches. The course provides examples of creating a welcoming environment and the roles that peer support providers can play in giving hope and offering an orientation to the recovery process.

Psychiatric Advance Directives

SEAT TIME: 4 HOURS
PREREQUISITE: Human and Patient Rights in New York

Maintaining autonomy in decision-making is a concern for most people. One way in which people can convey their preferences for medications, service providers, hospitals, and other important aspects of their wellbeing is by developing a psychiatric advance directive (PAD). New York State has laws that provide for the use of PADs, including some enforcement of the individual's wishes. As a peer provider, understanding how PADs work and the advantages and disadvantages of having a PAD are important to helping others make informed decisions. This course provides foundational information about PADs and how you as a peer provider work with others to make decisions about having a PAD. You will also learn how to help someone complete a PAD and distribute it to their supporters and service providers. NOTE: This course is not legal advice. You should always obtain legal advice from an attorney

Recovery Centers in New York State

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

Peer Recovery Centers offer an option for people in New York State who are actively working on recovery. Unlike a Drop-in Center where people go to find refuge from the world, a Recovery Center is where people find their "spark of life" and work toward a successful return to the world. The course features interviews with program directors and staff of current recovery centers in New York State, with links to additional resources for anyone who might be interested in forming their own Peer Recovery Center.

Recovery through Psychiatric Rehabilitation Principles

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

The goal of this course is to provide an overview of the principles of psychiatric rehabilitation and the role of psychiatric rehabilitation in recovery. The course gives a historical look at the evolution of psychiatric rehabilitation and highlights how the principles of psychiatric rehabilitation have influenced the recovery movement and the effect the lived experiences of those in recovery have had on the evolving field of psychiatric rehabilitation.

Social Security Entitlements

SEAT TIME: 2 HOURS
PREREQUISITE: NONE

In this course you will examine the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) benefit programs administered by the Social Security Administration (SSA). They will explore the applications and appeals processes and apply SSA eligibility requirements within given peer cases.

Stigma and Self-Disclosure

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

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.

Supervision: An Introduction for Peer Support Providers

SEAT TIME: 4 HOURS
PREREQUISITE: NONE

This course identifies elements common to all supervision as well as elements that are more specific to the supervision of peer providers. It illustrates how a culture of recovery is an essential ingredient for a peer support provider program to thrive, and different roles a supervisor may play in developing an organization's ability to put recovery principles into practice. Video interviews with experienced managers and supervisors offer inspiration, guidance, and strategies for the successful supervision of peer providers.

Supported Employment Specialist Core Competencies

SEAT TIME: 3 HOURS
PREREQUISITE : Individual Placement and Support (IPS) Model of Supported Employment

Using the Individual Placement and Support (IPS) Model, you will examine the role, skills, and competencies of the successful Supported Employment Specialist in assisting job seekers in finding and maintaining employment, thereby supporting them in recovery. You will identify the core competencies of the Supported Employment Specialist within the following areas: Initial assessment, disclosure, employment planning, benefits counseling, job development, working with the State Vocational Rehabilitation Department, and providing follow-along support.

Supporting Veterans and their Families

SEAT TIME: 4 HOURS
PREREQUISITES: NONE

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

SEAT TIME: 1.5 HOURS
PREREQUISITE: NONE

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.

The New York Peer Specialist Certification Board: The Peer Specialist Certification Process in New York State

SEAT TIME: 1.0 HOUR (NO TEST/NO CERTIFICATE AVAILABLE)
– This is an "Information Only" Module)

PREREQUISITE: NONE

This module explains the history behind the New York Peer Specialist Certification Board as well as the overall certification, renewal, and upgrade processes.

SUPERVISION TRACK
– OPEN TO ALL SUPERVISORS

Note: These courses were developed to help people who are supervisors of peer specialists to better understand the philosophy and practice of peer support. Peers who have been promoted to the role of supervisor can also gain knowledge and resources to improve their supervision from these courses. Whether you are new to supervision or a seasoned supervisor who is new to working with the peer support workforce, there is something here for you!

SPS100 - An Introduction to Supervising Peer Specialists: Course 1 (Key Concepts)

SEAT TIME: 3 HOURS
PREREQUISITE: NONE

In this introductory course, you will review five core functions and ten best practices written by subject matter experts who have been supervising Peer Specialists for many years. Whether you are brand new to the role of supervisor or someone who has been a supervisor for many years but want to gain new knowledge and skills for supervising Peer Specialists, this course has something for you!

SPS101 - An Introduction to Supervising Peer Specialists: Course 2 (Situations and Solutions)

SEAT TIME: 2 HOURS
PREREQUISITE: SPS100 - An Introduction to Supervising Peer Specialists (Key Concepts)

In this companion course to An Introduction to Supervising Peer Specialists Course 1 (Key Concepts), we present five situations that offer unique challenges specific to the supervision of Peer Specialists. After reviewing each situation, you will consider what to do as a supervisor. Next, you will receive guidance from subject matter experts who have extensive experience supervising Peer Specialists. After learning what the experienced supervisors would do in each situation, you will revisit your initial response to see what, if any, changes you would make in your approach to supervision in that situation. The course offers access to a Supervision Forum for you to compare your responses to those of others who are currently taking the course.