

Peer Specialists Free Webinars Series - September 24

Doors to Wellbeing

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To: Rita Cronise <rmc277@shp.rutgers.edu>



Tuesday, September 24, 2019
2PM ET/ 1PM CT/ 12PM MT/ 11AM PT

Financial Wellness & Peer Support: Building Hope for a Better Financial Future

To register: [Click Here](#)

Why a webinar on financial wellness for peer support providers?

Financial wellness matters to recovery. Poverty, financial hardship and dependency on public benefits are top barriers to recovery and wellness. They are root causes of depression, anxiety, and suicide. In fact, many of the problems people in recovery experience have more to do with their social conditions than their diagnoses. Peer support providers can help foster financial hope. Economic exclusion hurts individuals and communities by crushing hope, a vital ingredient of recovery. Studies have shown that peer support can be effective at building hope. In many ways, hope is more essential to financial wellness than knowledge and skills. Peers can help foster financial hope: the sense of financial agency ("I can achieve my financial wellness goals and life dreams") and financial pathways ("There are concrete ways I can achieve my financial wellness goals").

Learning Objectives

By the end of this webinar you will be able to:

- Identify key elements of hope and why hope and economic inclusion matter to recovery
- Discuss why peers don't have to be financial counselors or experts nor have "achieved" financial wellness to build financial hope among others.
- Recognize concrete strategies peer support providers can use to help build financial hope in five domains: day-to-day financial stability, long-term financial security, autonomy from public benefits, ability to control their financial decisions, economic citizenship and participation.
- Follow a six-step economic empowerment process to engage people in culturally meaningful conversations about life dreams and financial goals,

build financial hope, develop financial wellness action plans and coach people through a process that helps them to move toward financial goals.

Five Domains of Financial Wellness



Source: Jimenez-Solomon et al. (2016). Peer-Supported Economic Empowerment: A Financial Wellness Intervention Framework for People with Psychiatric Disabilities. *Psychiatric Rehabilitation Journal* 39 (3), 222-233.

Who are the presenters?

Oscar Jiménez-Solomon is a mental health researcher and advocate. He has dedicated his career to improving the financial wellness of people with mental health conditions and their access to recovery-oriented and culturally competent services through research, program development and policy advocacy. He obtained a Master of Public Health at Columbia University (2003) and a License in Sociology at the Pontifical Catholic University of Peru (1997). Since 2013, Mr. Jiménez-Solomon has served as Research Scientist at the New York State Psychiatric Institute and Senior Staff Associate in the Department of Psychiatry, Columbia University Irving Medical Center, where he is conducting a study to develop a financial wellness peer support intervention aimed at improving employment outcomes, building hope, reducing suicide risk, and improving overall psychosocial wellness. Oscar is currently working with the New York State Academy of Peer Services (APS) to develop an online course on financial wellness.

Rita Cronise holds a full-time distance faculty position at Rutgers University creating online learning for the Academy of Peer Services (APS), the training and testing platform for the peer specialist certification in New York State. In addition to webinars and online courses like the new course on Supporting Financial Wellness that she worked closely with Oscar to develop, she is the coordinator of a Virtual Community designed to bridge the gap between online learning and putting that knowledge into practice through communities of practice for peer specialists, supervisors, and others in the peer support workforce. She is an Advanced Level WRAP Facilitator and former director of operations for the International Association of Peer Supporters (iNAPS). She lives in upstate New York with her husband and son.

Certificates of Participation for 60 Minute Webinar Available

Registration is FREE - but you must register to attend!

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