

Join us Wednesday for a "Support the Supporters" Peer Specialist Support Group!  
Online or by phone!

Emily Vaianella <evaianella@mhaw.org>

Mon 6/8/2020 10:24 AM

To: academy.virtual.community@gmail.com <academy.virtual.community@gmail.com>

**June 10 2020**

**Ongoing Employment Support  
& Education Meeting!!**



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***During this public emergency period, we will be offering our Ongoing Employment Support & Education Meeting Bi-weekly online and by phone***

*The 2nd Wednesday of each month will be a "Support for Supporters" Peer Specialist Support Group, and the 4th Wednesdays of each month will be an educational topic.*

*Join us for the Careers in Recovery and Wellness Training Center's*  
**Ongoing Employment Support & Education Meeting**  
**WEDNESDAY, June 10, 2020 4:30-6:00 PM**

Co-Facilitation by Emily Vaianella, Outreach & Training Peer Specialist and  
Robbie Lettieri, Outreach & Training Peer Specialist

**"Support for Supporters"**

this meeting is in direct response to feedback we've received from our community. Let's hold space to support each other in navigating our lives and work as peer specialists

**Please R.S.V.P by replying to Emily Vaianella**  
**[evaianella@mhaw.org](mailto:evaianella@mhaw.org)**  
**& share with those who may be interested.**

Join us on our Zoom platform by clicking the link below at the time of the meeting. If you do not have zoom capabilities, you can join us by dialing in on your phone for audio only.

Call in information:  
1 929 205 6099 US  
Meeting ID: 695 032 048  
Find your local number: <https://zoom.us/j/ab49ZfkmGG>

**CLICK to join the March Ongoing Employment Support & Education Meeting!**

ASSOCIATION FOR  
MENTAL HEALTH AND WELLNESS



*To Advocate. To Educate. To Empower. Together.*

**Careers in Recovery & Wellness Training Center's**  
**Ongoing Employment Support and Education Meeting**  
**Offered the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month**  
**Online, 4:30-6:00 pm**

This online platform will offer greater access to:

- Employment readiness, retention, and satisfaction!
- Educational topics relevant to New York Peer Specialist Certification.
- Mutual support with students and graduates, including facilitation by Emily Vaianella, NYCPS



**Eligibility for participation: Currently enrolled students or graduates of our Careers in Recovery and Wellness training**

- Interest in obtaining a paid/unpaid peer specialist position, or
- Past or current employment/volunteer in a peer specialist position, and
- Not working in the capacity of a supervisor, team leader, or oversight of any other employees



**Contact: Emily Vaianella, Outreach and Training Peer Specialist**

[evaianella@mhaw.org](mailto:evaianella@mhaw.org)

631-471-7242 ext. 1341



## GUIDING PRINCIPLES

Our Guiding Principles are adapted from the following resources:

Western Massachusetts Peer Network's Declaration of Peer Roles and Shery Mead's Intentional Peer Support (IPS)

Healing Connections Peer Support Groups were created for and by people who experience emotional distress, voices and visions, extreme and altered states of consciousness, labels of psychiatric diagnosis, substance use, and trauma/trauma responses. We come together to share information, hope, joys, fears, successes, and hardships in the 'most' safe space we co-create to mutually support, heal, and grow together. We all are collectively responsible for the comfort of our group!

Healing Connections' facilitators are trained Peer Specialist, who have their own experience with emotional distress. The facilitators are there to guide the support group and offer peer support.

- We are based in self-help and mutual support.
- We believe that healing is possible and probable for all.
- We value human language that is non-clinical. This allows each person a space to explore and find their own meaning in their life and their experiences (worldview).
- We believe in the healing power of choice. Attendance and participation are completely voluntary. It's okay to just listen.
- We are not here to "fix" each other or give advice, but rather "be" with one another, creating a culture of reciprocal respect and support.
- We refrain from universalizing our experience and our worldview. Difference is expected, welcomed, and honored.
- We refrain from judgment! We challenge ourselves to intentionally come from a place of genuine curiosity when people share their experience and worldview.

Healing Connections Peer Support Groups

Phone: 631-471-7242 ext. 1390

Email: [healingconnections@mhaw.org](mailto:healingconnections@mhaw.org)

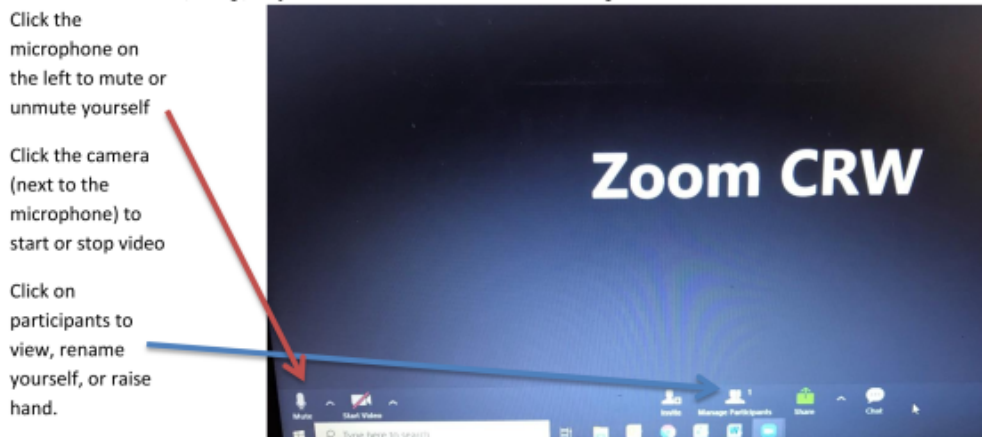
## ZOOM Basics for Participating in a Scheduled Meeting

### To enter a scheduled meeting:

Click the link emailed to you to access meeting and you're in!  
(you may be prompted to download Zoom, but it's free!)

### Participant features:

Once in your meeting, you can utilize different settings. To do this, hover your mouse over the bottom (or top) of your screen until a tool bar comes up that looks like this:



### Virtual meeting etiquette

- To avoid feedback, echoing, and/or background noise when others are speaking, please place yourself on mute.
- Please use the “raise hand” option and the chat box if you have any questions or would like to share.
- Please note that messages and “raised hands” will be replied to in the order they’re received, and that responses in the chat box will likely be delayed due to facilitator’s focus on group discussion in progress.

The facilitator will make sure everyone is comfortable using the Zoom platform before we begin and then review the Guiding Principles to begin group.

Association for Mental Health and Wellness | 939 Johnson Avenue, Ronkonkoma, NY 11779

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