



National Practice Guidelines for Peer Specialists and Supervisors

References and Resources

Workshop Goal

This session provides a brief overview of the National Practice Guidelines for Peer Specialists and their Supervisors. The session focuses on the role of the supervisor in putting these guidelines into practice, with role play scenarios to illustrate how.

Workshop Objectives

After attending this session, you will be able to:

- Locate the National Practice Guidelines for Peer Specialists and Supervisors (NPG-S).
- Compare and contrast supervision that is or is not informed by these guidelines.
- Discuss the benefits of the NPG-S in improving peer services and supervision.
- Review recent research on the experiences of Peer Specialists and Supervision

Background: The National Practice Guidelines for Peer Supporters were issued by the National Association of Peer Specialists in 2013. An update to add guidelines on the role of the supervisor to help peer support staff to practice in alignment with those guidelines was issued in 2019. This workshop focuses on what the guidelines can look like in practice and includes role play scenarios designed to illustrate the role of the supervisor in ensuring peer specialists can practice peer support in alignment with the core values.

References

National Association of Peer Supporters. (2013). National Practice Guidelines for Peer Supporters (the original guidelines) | [Click here to open](#)

International Association of Peer Supporters. (2019). National Practice Guidelines for Peer Specialists and Supervisors (revised guidelines to include guidance for supervisors). Launched at the iNAPS Annual Conference in San Diego, Oct. 2019 | [Click here to open](#)

Website

National Association of Peer Supporters (N.A.P.S.)
<https://www.inaops.org>

Videos and eLearning

National Practice Guidelines for Peer Supporters, presented by Andy Bernstein, Steve Harrington, and Rita Cronise (2018). [International Association of Peer Supporters Webinar, recorded August 3, 2018] 60:00 min. <https://www.inaops.org/past-webinars>

National Practice Guidelines for Peer Specialists and Supervisors, presented by Jonathan Edwards, Joanne Forbes, Ivanna Bond, and Rita Cronise (2020). Doors to Wellbeing [Recorded August 2020] 60:00 min. <https://register.gotowebinar.com/recording/7275748126592185859>

National Practice Guidelines for Peer Specialists and Supervisors, presented by Jonathan Edwards, Joanne Forbes, Ivanna Bond, and Rita Cronise (2020). New York Association of Psychiatric Rehabilitation Services (NYAPRS) Conference. [Recorded September 2020] 60:00 min. https://youtu.be/SdGRuY_kMZI

National Practice Guidelines for Peer Specialists and Supervisors, presented by Jonathan Edwards, Joanne Forbes, Rita Cronise, and Dana Fogelsong (2020). Magellan. [Webinar recorded October, 2020] 60:00 min. eLearning course: https://www.magellanhealthcare.com/about/elearning/e4l/accred/#National_Practice_Guidelines_for_Peer_Specialists_and_Supervisors

Core Value #6 (Used in the Role Play)

6) PEER SUPPORTERS FACILITATE CHANGE	PRACTICE: EDUCATE AND ADVOCATE	THE SUPERVISOR ROLE IS TO:
<p>Some of the worst human rights violations are experienced by people with psychiatric, trauma or substance use challenges.</p> <p>They are frequently seen as "objects of treatment" rather than human beings with the same fundamental rights to life, liberty and the pursuit of happiness as everyone else.</p>	<ul style="list-style-type: none"> • Peer supporters recognize and find appropriate ways to call attention to injustices. • Peer supporters strive to understand how injustices may affect people. • Peer supporters encourage, coach and inspire those they support to challenge and overcome injustices. 	<ul style="list-style-type: none"> • Define and model <u>advocacy</u> for peer support specialists, including advocating for organizational changes. • Coach peer support specialists on how to respect the rights of individuals while helping individuals challenge and overcome injustice. • Build on lived experience, model recovery and advocate for peer support workers.

Role Play Scenario #1

Peer Supporters Facilitate Change
Guideline: Educate and Advocate

Barry, a 32-year-old African American man receiving peer support services, has been court ordered to take anti-psychotic medication by injection. He has gained close to 60 lbs.' since the treatment began 4 months ago.

Barry says he has tried to control his eating and increase his exercise to lose the weight but it isn't working. He feels that he has been fighting a losing battle with weight gain and his doctor doesn't seem concerned about how harmful this is to both his physical and his mental health. A newly certified peer support specialist is sharing this situation with her supervisor.

Role Play Scenario #2

Value #6: Peer Supporters Facilitate Change
Guideline: Educate and Advocate

It is a month later, and the peer specialist has received a call from the Emergency Dept. Barry had listed her as his peer supporter. She meets Barry at the ER to find that he has taken a lot of amphetamines to try to lose weight but now he is in a lot of distress and he can't seem to get the doctors to understand him. He says he is thirsty and asks the peer specialist to go and get him something to drink. When she returns, he is in restraints.

When he sees her, he calms down and wants to talk, but the ER staff tell her she needs to leave because he is not stable and she might get hurt. The peer specialist calls her supervisor for guidance.

Presenter Biographies



Jonathan P. Edwards, PhD, LCSW, ACSW, NYCPS

Jonathan P. Edwards consults nationally on peer support services implementation and supervision and plays an integral role in advancing peer workforce development. Jonathan wears many hats; recently earning a PhD from the Social Welfare program at CUNY Graduate Center and a Doctoral Fellow in the SAMHSA-funded Council on Social Work Education's Minority Fellowship Program; as an adjunct professor at the Silberman School of Social Work at Hunter College; as a licensed clinical social worker and member of the Academy of Certified Social Workers; as a program consultant, New York City Department of Health and Mental Hygiene, Bureau of Alcohol and Drug Use Prevention, Care, and Treatment; as a member of the National Association of Peer Supporters Board; as an executive member of the New York Peer Specialist Certification Board; a New York Certified Peer Specialist; and a person in long-term recovery.



Gita Enders, LMSW, MA, CPRP

Gita Enders currently holds the position of Director in the NYC Health + Hospitals / Office of Behavioral Health, where she oversees numerous health care delivery system activities and concerns impacting individuals who use mental health, substance use, and co-occurring treatment services. Gita has presented locally and nationally on programming and supervision. She is a Licensed Master Social Worker; she has a Master's degree in English (Creative Writing), a Bachelor's degree in Psychology, and is a Certified Psychiatric Rehabilitation Practitioner (CPRP) and New York Certified Peer Specialist. She serves as supervisor to the Peer Advisor Program as part of the Public Psychiatry Fellowship of Columbia University and New York State Psychiatric Institute and is also involved with the Community Access Howie the Harp Advocacy Center as a Peer Training Program instructor.



Ivanna Bond

Ivanna Bond is a mental health advocate and survivor with over 25 years' in nonprofit business management experience. She is a graduate of the Howie the Harp peer training program and the Assistant Program Director, Community Access, Crisis Respite Center. In the context of her Howie the Harp training she worked at the ACT Institute at the Center for Practice Innovation at the NY State Psychiatric Institute/Columbia University, on a Scope of Practice Guideline for Peers on ACT Teams in NY State. Bond is also Chairperson of the NYC Peer Workforce Coalition, a professional association for peer workers (peer specialists and peer advocates).



Joanne Forbes, PhD, CPRP

Ms. Forbes, PhD CPRP is a graduate of Rutgers University's Department of Psychiatric Rehabilitation. Her research addressed the experiences of peer support specialists supervised by non-peer supervisors. She has years of experience in the field of psychiatry as a therapist, educator, advocate, and administrator. She is a frequent presenter at conferences and is the author of the book, *Madness: Heroes Returning from the Front Lines*. She is one of the original founders of Baltic Street AEH, Inc. one of the largest national peer run agencies. She has been widely recognized by state and national organizations as a visionary and advocate for those diagnosed with mental illness.



Workshop Moderator: Rita Cronise, MS, ALWF

Rita Cronise is an instructional designer with lived experience of a major mental health diagnosis who has been a certified peer support specialist, an advanced level WRAP facilitator (ALWF), peer specialist training developer, and served as acting Director, International Association of Peer Supporters from 2015-2017 where she had previously coordinated development of the National Practice Guidelines for the peer workforce.

Presenter Titles/Contacts:

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