

Grassroots Empowerment Project Peer Specialist Program

Continuing education conference for

Three sessions – total 9 CE Hours credited



Within two years of completing Wisconsin certification, Peer Specialists must obtain 20 hours of Continuing Education (CEH) to qualify for recertification.

The required areas of education are Cultural Competence, Ethics and Boundaries, Trauma Informed Care, and Peer Specialist Specific areas.

Certified Peer Specialists must provide documentation of completion to the University of Wisconsin-Milwaukee. (Read your certification application instructions.)

Alice Pauser, Wisconsin Peer Specialist Program Coordinator

Access To Independence Inc, 301 S Livingston #200, Madison WI 53703

608-242-8484 x 224, AliceP@accesstoind.org

Nov 4th Thursday

November 4-5 Rothschild (Wausau) Holiday Inn

8:00-8:45 Registration
(Light snacks on hand)

9:00-12:00 (with break)
Motivational Interviewing
(Trainers to be announced)

Motivational Interviewing is a person-centered, directive method for enhancing a person's own motivation to change by exploring and resolving their ambivalence or indecision. MI has proven effective in helping people to clarify goals and commit to change. MI involves accepting a person's level of motivation, whatever it is, as the only possible starting point for change. This is not just a set of counseling techniques, but a personal process of interacting with a client or peer.

This is part of choice and self-determination, and how to empower another individual. Growth and change are possible through exploring choices and consequences.

1:00-4:00

Ethics and Boundaries
Karen Lane & Dianne Greenley

As a certified peer specialist you share your experience to help others understand and achieve their own recovery and self determination. You know the limits of your experience, and share what you know. You respect the rights, dignity and privacy of yourself and others. You advocate for people to make their own decisions. You cooperate with the supervision established in your workplace. You sometimes refer peers to others for help, or report changes in behavior.

What does a code of conduct mean in your daily work? As a group we will explore the ethical principles and responsibilities of peer workers. We will deal with real questions of safety, confidentiality, power, fairness, and dual relationships that will arise between you, your peers and coworkers.

Karen Lane is an Advocacy Specialist with Disability Rights Wisconsin.
Dianne Greenley is an attorney and a consultant to Disability Rights Wisconsin.

Nov 5th Friday

7:30-8:30 Breakfast

9:00-12:00

Trauma-Informed Care

Melissa Butts & Elizabeth Hudson

Trauma is extreme stress that overwhelms a person's ability to cope. Traumatic events result in vulnerability, helplessness and fearfulness. They often interfere with relationships and beliefs about oneself, others and one's place in the world. Ninety percent of mental health clients have been exposed to a traumatic event and most have multiple experiences of trauma. Even our systems of mental health treatment can re-traumatize people.

Trauma-informed care is an approach to working with people to prevent trauma from occurring within service systems, and to promote healing from past traumas. This brings greater safety, satisfaction and quality of life for all concerned. In your work as a peer specialist, you must understand that trauma impacts many people's lives, and place priority on your peers' safety, choice and control.

This session will include exercises in understanding a trauma-informed system, grounding, communication, empowerment, identifying feelings and personal boundaries, to engage peers in a trauma-free way.

Melissa Butts coordinates the Office of Consumer affairs at the Milwaukee County Mental Health Complex.

Elizabeth Hudson is Trauma Services Coordinator for the Wisconsin Department of Health Services.



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12:00 Lunch

1:00-4:00

Wellness Recovery Action Plan

Misty Barnhill & Andy Barnhill

A Wellness Recovery Action Plan is a way to monitor uncomfortable and distressing symptoms, that can help you reduce, modify or eliminate those symptoms by using planned responses. It includes plans for how you want others to respond when symptoms have made it impossible for you to continue to make decisions, take care of yourself or keep yourself safe.

WRAP is designed to decrease and prevent intrusive or troubling feelings and behaviors, increase personal empowerment, improve quality of life, and assist a person in achieving their own life goals and dreams. A peer specialist should be able to create and use a wellness or recovery plan, and assist others in creating their own plans.

Whether you are new to WRAP or have done it before, this will be a good time to develop or refine a plan for identifying and working with daily maintenance, triggering experiences, warning signs, symptoms, crisis and post-crisis.

Misty Barnhill is Program Supervisor at Friendships Unlimited in Waukesha, and a certified WRAP Facilitator.

Andy Barnhill is Program Supervisor at Spring City Corner Clubhouse in Waukesha, and a certified WRAP Facilitator.



We have space for thirty people.

Your registration must include a copy of your Certificate of Completion of the DHS Competency exam for Certification of Peer Specialists.

Training, lodging and meals are free of charge.

**Send completed application to
GEP Peer Specialist Program**

PO Box 8683, Madison WI 53708

Or fax to 800-770-0588 ext. 9

Questions: Gregory Smith newgoals@gmail.com 608-206-3346

Applications must be received by the end of the day Monday Oct 11.

Grassroots Empowerment Project will make your hotel reservation.

Participants will share a room with one other person.

Both individuals must register separately and indicate on your registration form whom your roommate will be. If you do not indicate a roommate, one will be assigned for you.

PLEASE FILL OUT THIS FORM COMPLETELY, AND PRINT CLEARLY.

Name

Address

City/State/Zip

Phone

Email

I am a male female

Name of preferred roommate:

Do you require any type of special accommodation due to a disability (wheelchair accessible room, sign language interpreter, etc)?

Do you have any special dietary requirements?
