



Wisconsin Peer Specialists

Igniting Recovery



Grassroots Empowerment Project... Supporting Peer Specialists in Wisconsin



Special points of interest:

- Wisconsin now has 120 Certified Peer Specialists
- Study guide and study groups update
- Recommended reading
- National Association of Peer Specialists
- Training

Grassroots Empowerment Project (GEP) is a state-wide non-profit organization that is controlled and directed by mental health consumers/survivors, exists to help people labeled with a mental illness exercise power in their lives. 100% of the Board of Directors and 100% of the staff are persons labeled as having mental illnesses. GEP is funded by the State of Wisconsin - Department of Health Services, Substance Abuse and Mental Health Service Administration, Optum Health and private donations. Among the many services GEP offers are: Holding an annual consumer conference- a two day educational opportunity by consumers/survivors for consumers/survivors with over 230 participants. Hold the annual Empowerment Days-a 3 day event to bring together consumers/survivors to the state capital to meet with policy makers and discuss their ideas and solutions for improving the mental health system and other health care services. GEP also sponsors the statewide mental health consumer/survivor network- United We Stand Wisconsin which Promotes recovery for all.

GEP provides training for consumers/survivors to become Peer Specialists. To date, 86 consumers/survivors have been successfully trained and sponsors the PeerLink program in Milwaukee, Brown, and Racine Counties, which provides certified Peer Specialist services to over 150 OptumHealth members.

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GRASSROOTS EMPOWERMENT PROJECT

Creating Opportunities for People with Mental Illness to
Exercise Power in Their Lives

PO Box 8683
Madison, WI 53708-8683
Phone: 800-770-0588
www.grassrootspower.org

GEP Staff: L to R, Maggie Keenan, Don Pirozzoli, Molly Cisco, Greg Smith, Sandra Ahrens, Linda Ott



Peer Specialist Certification Study Groups...

This Spring there will be opportunities for people to attend study groups to prepare for the WI Peer Specialist Certification Exam.

The WI Association of Peer Specialists (WAPS) will be holding two study groups. April 30 or May 1, 2011 at Camp Tekawitha in Shawano, WI. The cost is \$15 and includes lunch and materials. Preregistration is required. Contact 715-298-2553 for more information or to set up a study group in your area. Email: waops@live.com
The Study Guide... WAPS has assumed the updating and dis-

tribution of the WI Peer Specialist Certification Exam Study Guide. Please contact them for a copy.

Recovery Dane will also be scheduling study groups for the PS Certification exam in the Dane County area.. You may contact them at 608-237-1661 or email: info@recoverydane.org

Exam Success hints:

- Read the application packet thoroughly. He packet contains important information regarding test content.

- Review your training materials.
- Talk with others taking the exam
- Always think from the perspective of a Peer Specialist
- You have three hours to take the exam. Don't rush
- Reasonable accommodations are available. Make sure you submit your application



The National Association of Peer Specialists... established in 2004



The National Association of Peer Specialists (NAPS) is an organization dedicated to promoting peer specialists throughout the United States. They are a group of dedicated peer specialists seeking ways to improve the effectiveness of the mental health system

through the hiring of other peer specialists. NAPS offers members a quarterly newsletter, discounts on recovery-oriented materials, access to recovery and peer support information, NAPS also sponsors an annual conference for peer specialists which

brings together peer specialists and supporters of the peer specialist movement to share ideas, strategies, and information about innovative programs that work. For more info visit: www.naops.org or email: steveh@naops.org Phone: (616) 676-9230

Attention Employers! Are you planning on hiring a Certified Peer Specialist?



Whether you are looking to direct hire or contract WI Certified Peer Specialist services from another organization, there are steps you can take to ensure the successful integration of a CPS onto your mental health recovery teams. 1915i and other programs are increasing the demand for CPS services. Wisconsin Certified Peer Specialists are igniting recovery!

- Would you like a copy of the CPS general job description?
- We encourage reviewing the WI CPS Code of Conduct and Core Competencies .
- Would it be helpful to work with someone on getting ready to hire a WI CPS?

Please contact: Alice F. Pauser, CPS, WI Peer Specialist Program Coordinator for materials or to set up a meeting. 608-242-8484 ext 224 or 800-362-9877 ext 224 TTY: 608-242-8485 alicep@accessstoind.org
 URL: www.wicps.org

Peer Specialist Trainings...

Wisconsin has four state approved training curriculums.

1. Consumer as Provider (CAP)

www.socwel.ku.edu/projects/SEG/cap.html

2. Depression and Bipolar Support Alliance (DBSA)

www.dbsalliance.org

3. National Association of Peer Specialists (NAPS)

www.naops.org

4. Recovery Innovations (RI)

www.recoveryinnovations.org

Core Training Competencies are based on the Domains and

Objectives in the areas of:

- Self-knowledge and the role of the Peer Specialist
- Ethics and boundaries
- Cultural Awareness
- Advocacy and ability to locate information
- Teamwork
- Consumer choice and empowerment
- Crisis and safety
- Recovery

The trainings are comprehensive and prepare people for taking the WI Peer Specialist Certification Exam.

Please visit www.wicps.org to find out when trainings will be held.

We also encourage you to visit the websites of the four state-approved training curriculums. It will give you a better idea of what their course entails as well as costs. Each training provider has detailed information on their websites with links to other important information. You may also purchase materials from the training providers to review.

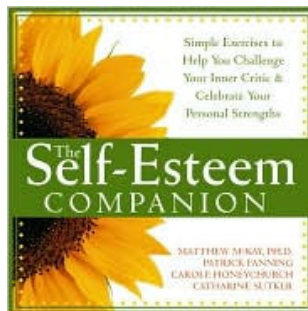


Recommended Reading...

Self-Esteem Companion

By Matthew McKay, Patrick Fanning, Carole Honeychurch and Catharine Sutker

This book is a personal guide to building your self-esteem to new levels and powerfully changing your life for the better. Our inner critic is often the most harsh and being able to work through the exercises this book allows the reader to take steps that increase their self-awareness and strengthens their ability to develop personal inner strength.



ISBN-13: 9781572244115

ISBN: 1572244119

Pub. Date: September 2005

Publisher: New Harbinger Pubns Inc

Format: Paperback , 169pp

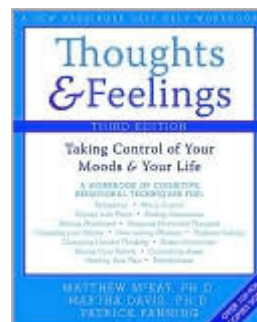
Thoughts & Feelings

By Matthew McKay, Martha Davis, Patrick Fanning

Taking Control of Your Moods & Your Life. A workbook of cognitive behavioral techniques for coping with panic, depression, anxiety and more...

ISBN-13: 9781572245105

ISBN: 1572245107 Pub. Date: August 2007



KUDOS...

if you know of a Wisconsin Peer Specialist or organization that employs Peer Specialists, that you would like recognized in the newsletter and on the website; please send us their name and contact information. We would like to feature them in an upcoming issue.

Spring Quotes...

Spring is when you feel like whistling even with a shoe full of slush.

~Doug Larson



Wisconsin Certified Peer Specialist Employment Initiative

Access to Independence, Inc.
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Madison, WI 53703
www.accesstoind.org

Phone: 608-242-8484
Fax: 608-242-0383
E-mail: alicep@accesstoind.org
Alice F. Pauser, CPS
WI Peer Specialist Program Coordinator



Visit:

www.wicps.org

**Funded by the Centers for Medicare and Medicaid Services, Medicaid Infrastructure Grant, CFDA# 93.768, WI Department of Health Services/Pathways to Independence*

Newsletter is available in other formats.

Announcements...

Depression and Bipolar Support Alliance (DBSA) Chapter Support Meetings...Saturdays at the Sauk City, WI Library. 9:30-11 am. Peer led, Peer run. For further information contact Paul B. 608-370-6199 or email dbsa.saukcity@yahoo.com

Certified Peer Specialists (CPS) Continuing Education Retreat...April 30-May 1, 2011 earn Continuing Education Hours for maintaining your PS certification at this weekend retreat sponsored by the Wisconsin Association of Peer Specialists (WAPS). For information on registration and fees contact:

<http://waps.health.officelive.com/default.aspx>

Or call 715-298-4553

The Copeland Center...Ongoing Webinars and training about the **Wellness Recovery Action Plan (WRAP)** Sign up for their e-newsletter and updates.

www.mentalhealthrecovery.com

2011 Peer Specialist Certification Exams

May 11, 2011

Application deadline is
April 20, 2011

August 3, 2011

Application deadline is
July 13, 2011

Applications received
after the deadline date
will be automatically
scheduled for the next
available exam.



Resources ...

Wisconsin Certified Peer Specialist Exam Application and Guidelines
UW-Milwaukee School of Continuing Education
Web: www.sce-peerspecialist.uwm.edu

The Wisconsin Association of Peer Specialists (WAPS)
Web: <http://waps.health.officelive.com/default.aspx>
Phone: 715-298-4553

Wisconsin Bureau of Prevention, Treatment and Recovery
Phone: 608-266-2717
Web: http://dhs.wisconsin.gov/mh_bcmh/index.htm

United We Stand Wisconsin (UWS)
Group: <http://groups.google.com/group/united-we-stand-wi/topics>

NAMI Wisconsin
Phone: 608 268-6000 or (800) 236-2988
Web: www.namiwisconsin.org