



# Wisconsin Peer Specialists

Igniting Recovery



## Recovery Dane... *A Resource Center for People with Mental Health Needs and Their Family, Friends, and Allies*

Recovery Dane is a Dane County Human Services mental health information and referral program that serves as the centralized portal for mental health information and referral, for professionals, peers and the community.

Recovery Dane is a very dynamic organization. They handle all of the information and referral calls for AODA and Mental Health Issues for Dane County. Recovery Dane provided services to 1703 duplicated people in the first six months. Cheri Linehan, Coordinator, stated they are there for individuals and providers to connect them to needed services and are committed to a 24 hour response time to provide this important information. In addition to Cheri, Autumn Croft, Co-Coordinator, is also staff at Recovery Dane. Both are Wisconsin Certified Peer Specialists and administrative staff is HIPAA trained.

Volunteers are also an important part of the organizations success. The volunteer force at Recovery Dane has “dramatic energies and skills,” says Cheri. The website, marketing and graphic design were all created through volunteer hours. Volunteers are building a database of information and referral for Dane County that will have information and access to Mental Health and AODA services.

Certified Peer Specialists (CPS) play an important role at Recovery Dane. Currently there are nine volunteer CPS who work with outreach services. In January 2012 they will be actively searching for more people who are in need of CPS services.

Four of the Certified Peer Specialists are facilitators for groups for Recovery Dane.

They include:

- Illness Management and Recovery
- Achieving the Life You Want
- Peer Specialist Support (2 groups beginning in January 2012)
- Men and Mental Illness Social Group

### Special points of interest:

- Next Peer Specialist Certification Exam is February 29, 2012
- Need for Certified Peer Specialist Services on the rise for 2012
- Be good to yourself during the long winter months

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## The Importance of Self Care...especially during the Holiday Season!



A Certified Peer Specialist must always keep in mind how important it is to take care of your mental and physical health. In order to work with others on their recovery, we must be in in good standing with our own.

During the holidays, stressors and triggers can become more frequent and more intense. Do you have a good recovery plan in place to deal with these times and stay on your wellness path? No one knows better than you what or whom causes you to feel uncomfortable.

Some ideas you may wish to consider are:

- Getting adequate rest
- Not eating 20 pounds of fudge
- Not hitting the eggnog too hard (yes, it's wonderful, but the fat , calories and sugar can raise blood glucose levels and that effects how your other meds are processed)
- Try not to get cornered by a relative (perhaps Aunt Flo) and be forced to relive her bunion surgery or fiber intake.
- If crowds bother you, set time limits as to how long you will stay at a holiday gathering. You can be polite about this and just say "Santa is expecting me, I have to go."
- Some folks find wrapping gifts relaxing. But tearing the paper off is even more fun.
- Be extra good to yourself, appreciate the people in your life that support and love you. Give your pets some attention and always remember that life does have it's wonderful moments and they come in many different ways. Have a Happy Holiday and wonderful New Year. *Alice F. Pauser*

## Recovery Dane...continued

- Coping with Anxiety
- Coping Not Just Hoping
- NAMI Connection Group on Mondays

Recovery Dane moved to its new home on Atwood Avenue in Madison with SOAR in September 2011. Jenny Branks and Todd Winstrom are the Co-Directors.

If you would like to find out more about Recovery Dane please contact:

**Cheri Linehan, Coordinator**  
 Recovery Dane  
 2025 Atwood Ave.  
 Madison, WI 53704  
 Phone: 608-237-1661  
 fax: 608-237-6035  
[info@recoverydane.org](mailto:info@recoverydane.org)  
[www.recoverydane.org](http://www.recoverydane.org)

*Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.*

*-Helen Keller*



## Peer Specialist Trainings...

Wisconsin has four state approved training curriculums. Please visit their websites for detailed information.

1. **Consumer as Provider (CAP)** [www.socwel.ku.edu/projects/SEG/cap.html](http://www.socwel.ku.edu/projects/SEG/cap.html)
2. **Depression and Bipolar Support Alliance (DBSA)** [www.dbsalliance.org](http://www.dbsalliance.org)
3. **National Association of Peer Specialists (NAPS)** [www.naops.org](http://www.naops.org)
4. **Recovery Opportunity Center (ROC)** [www.recoveryinnovations.org](http://www.recoveryinnovations.org)

It is crucial that Certified Peer Specialists be knowledgeable in the following Domains & Objectives:

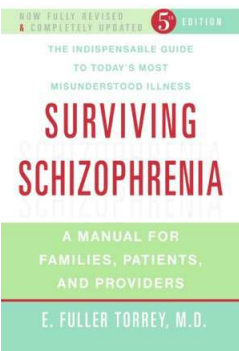
- Self-knowledge and the role of the Peer Specialist
- Ethics and boundaries
- Cultural Awareness
- Advocacy and ability to locate information
- Teamwork
- Consumer choice and empowerment
- Crisis and safety
- Recovery

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

Please visit [www.wicps.org](http://www.wicps.org) to find out when trainings will be held. We post schedules when we receive them.

We also encourage you to visit the websites of the four state-approved training curriculums.

## Recommended Reading...



### Surviving Schizophrenia By E. Fuller Torrey, M.D.

Since its first publication in 1983, *Surviving Schizophrenia* has become the standard reference book on the disease and has helped thousands of patients, their families and mental health professionals. In clear language, this much-praised and important book describes the nature, causes, symptoms, treatment and course of schizophrenia and also explores living with it from both the patient and the family's point of view. This new, completely updated fifth edition

includes the latest research findings on what causes the disease as well as information about the newest drugs for treatment and answers to the questions most often asked by families, consumers and providers...Barnes & Noble Review

- ISBN-13: 9780060842598
- Publisher: HarperCollins Publishers
- Edition description: Fully Revised & Completely Updated
- Edition number: 5
- Pages: 576

Check out the great books available from The Copeland Center and Recovery Resources. They have important information and current titles on developments in the areas of Mental Health Recovery.



### 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.

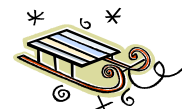
### Winter Quotes...

*One kind word can warm three winter months.*

~Japanese Proverb

*No winter lasts forever; no spring skips its turn.*

~ Hal Borland



## Wisconsin Certified Peer Specialist Employment Initiative

Access to Independence, Inc.  
3810 Milwaukee Street  
Madison, WI 53714  
[www.accesstoind.org](http://www.accesstoind.org)

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



### Visit:

[www.wicps.org](http://www.wicps.org)

The newsletter is available in other formats. If you would like to submit an article we would be happy to review it for publication in the newsletter. We can expand the newsletter to fit new pieces and add in flyer announcements from organizations since it goes out by email.



### Announcements...

**Recovery Dane**, A Dane County Human Services mental health information and referral program, has ongoing groups and workshops and supports Peer Specialists. Visit their website: [www.recoverydane.org](http://www.recoverydane.org)  
Phone: 608-237-1661  
Email: [info@recoverydane.org](mailto:info@recoverydane.org)

**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](mailto:dbsa.saukcity@yahoo.com)

Mondays & Wednesdays 6:30-8 pm at Belin Health, 301 E St. Joseph St. **Green Bay, WI**. Contact Maggie 920-544-1616 or Amy 920- 217-9352

Fridays 1:30-3 pm at Family & Childcare Resources of N.E.W. 201 W. Walnut St. Suite 100, **Green Bay, WI**. Contact Maggie 920-544-1616 or Amy 920- 217-9352

### 2012 Peer Specialist Certification Exams

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#### February 29, 2012

Application Deadline:  
February 15, 2012

#### June 20, 2012

Application Deadline:  
June 4, 2012

#### October 17, 2012

Application Deadline:  
October 1, 2012



## Resources ...

Wisconsin Certified Peer Specialist Exam Application and Guidelines  
UW-Milwaukee School of Continuing Education  
Web: [www.sce-peerspecialist.uwm.edu](http://www.sce-peerspecialist.uwm.edu)

Wisconsin Bureau of Prevention, Treatment and Recovery  
Phone: 608-266-2717  
Web: [http://dhs.wisconsin.gov/mh\\_bcmh/index.htm](http://dhs.wisconsin.gov/mh_bcmh/index.htm)

United We Stand Wisconsin (UWS) Blog and List serve  
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](http://www.namiwisconsin.org)

Wisconsin United for Mental Health  
Web: [www.wimentalhealth.org](http://www.wimentalhealth.org)  
Phone: 866-948-6483