

Canadian Mental Health Association, PEI Division



SPECIALIZED PEER SUPPORT WORKER TRAINING

Application Documents

The following includes details and information about CMHA PEI's Specialized Peer Support Worker Training. Please read the information carefully and be sure to complete the entire application and return it along with a cover letter and resume to

Attn: Peer Support
CMHA PEI
178 Fitzroy Street, PO Box 785
Charlottetown, PEI
C1A 7L9

E-mail to
a.belanger-birt@cmha.pe.ca



Canadian Mental
Health Association
Prince Edward Island
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**CMHA PEI Peer Support Department
TRAINING OFFER – IN ENGLISH
Specialized Peer Support Worker Training
in Charlottetown PEI**

**ASIST Training – September 21st – September 22nd, 2021
In Person Training from September 27th – October 6th, 2021
Practicum – 42 Hours completed in October 2021
Oral and written exam – Tuesday, November 9th (tentative)
Graduation Ceremony – Tuesday, November 23rd (tentative)**

Description of the CMHA PEI Peer Support Program

The Canadian Mental Health Association – PEI Division, in partnership with the PEI Department of Health & Wellness, introduced the CMHA PEI Peer Support Program in 2018. This program strives to offer support to individuals living with mental illness or mental health concerns (peers). All staff within the program are hired based on their own lived experience with mental health, addictions, and recovery, as well as their personal suitability. The program provides intensive one-on-one supports and group supports for peers within the program. It also provides education and consciousness raising for the public, community partners and healthcare providers as it relates to the Peer Support model and recovery process.

Specialized Peer Support Worker Training

The CMHA Peer Support Program, in cooperation with the Association Québécoise pour la réadaptation psychosociale (AQRP), and in collaboration with the UPEI Office of Continuing Education and Professional Development, has introduced Specialized Peer Support Worker Training. The training is intended for persons in recovery after being diagnosed with a mental health and/or addiction issues and are interested in peer support training in order to work for addiction and mental health services. The training will offer participants modules designed to help them acquire the knowledge and skills they need to carry out their specific role as Peer Support Workers in a professional manner. The 119-hours training program is recognized by the UPEI Office of Continuing Education and Professional Development.

SUMMARY OF PEER SUPPORT TRAINING

Main Content Components

Here is a summary of the eight modules that make up the training:

- Recovery
- Role of peer support staff
- Peer intervention tools, methods and the strength-focused approach
- Crisis situations and peer intervention
- Rights, confidentiality, and ethics
- Common mental disorders and management of symptoms, including alternate methods used in mental health
- Addiction and management of symptoms
- Workplace integration of peer supports and support measures.
- Applied Suicide Intervention Skills Training (ASIST 11)

Training Pre-selection Criteria

Candidates will

- have experienced mental illness and/or addiction
- Be willing to disclose their personal history in relation to their mental illness and/or addiction, as well as their recovery;
- Be well advanced in their recovery process for at least two years and have regained functional stability and independence;
- Have relevant work experience or involvement; e.g., association that protects the rights and interests of clients, client committees, establishment or delivery of client services (facilitation of self-help groups, testimonials, peer intervention, etc.);
- Be available to participate in 119 hours of intensive training;
- Have relationship building skills;
- Be able to use their own experience appropriately and positively to help their peers and bring new hope;
- Be able to serve as an example and a positive role model for clients;
- Have the ability to adapt, be flexible, and show empathy;
- Be able to develop and maintain a professional relationship with clients;
- Be able to engage clients and encourage them to become involved in their recovery process;
- Use or have used coping strategies, and be able to help clients identify what may be helpful in the recovery process;
- Be able to maintain client confidentiality;
- Be very flexible and able to adapt to working with a variety of clientele and deal with unexpected events and differences of opinion;
- Be able to help clients take into consideration the opinions of other team members, even if those opinions differ greatly from theirs or from those of clients;
- Ability to recognize stress and adopt proactive stress management skills
- Be able to communicate ideas, feelings, and emotions appropriately;
- Be able to work as part of a team and recognize the expertise of other professionals;
- Be able to facilitate groups for social and educational purposes;
- Have a good knowledge of the public addiction and mental health services network and the various social resources in the community; Preference will be given to those who have experienced firsthand the addiction and mental health services in Prince Edward Island
- Be able to write observation and progress reports;

- Be able to work independently;
- Have basic computer skills;
- Possess a high school diploma or the equivalent (college or university studies would be an asset);
- Possess the ability to effectively communicate in English, both verbally and in writing,
- Possess a valid driver's license and a reliable motor vehicle;
- Be willing to provide a criminal record check and vulnerable sector check

Training Information

Location: The training will take place in Charlottetown, PEI. The exact location will be determined based on COVID restrictions in September.

Duration: The training program is 74 hours. 14 hours are allotted for ASIST Training, on September 21st and September 22nd. The remaining 60 hours are spread over 8 days: from Monday September 27th – Wednesday, October 6th from 9am – 5pm.

Internship & Written Assignment: A 42-hour internship, spread over four weeks, will follow the training, giving a total of 116 hours of training. Internship location will be determined according to the availability and accessibility of the internship sites. During the internship, trainees will receive coaching from both the internship location and the CMHA Peer Support Workers. Trainees will also write a 6-page internship report and submit it on the day of the exams.

Exams: An oral and written exam will be conducted at the very end of the training and internship. You are allotted 3 hours for the exams. CMHA PEI will work to facilitate any necessary learning accommodations for participants.

Certification: Students must complete all components of the training in order to attain certification. Students must score at least 60% on their written exam. In addition, the cumulative score for the internship report and the oral examination must also reach the 60% pass mark. Students must also attend all courses to obtain their certification.

Training costs: Please note that the cost of the training is \$1000, including reference binder, resources, recognition through UPEI Office of Continuing Education & Professional Development, training, and daily nutrition breaks and lunch during in-person modules. You are responsible for your own transportation and lodging. You will receive registration and payment instructions after you have been admitted to the training. Once admitted to the training, there may be opportunities for financial aid.

Application Process

Completed Applications will be accepted until 5pm AST on Sunday, May 16th.

by EMAIL to a.belanger-birt@cmha.pe.ca

by MAIL to the following address:

CMHA PEI
Attention: Ashley Belanger Birt
178 Fitzroy Street, PO Box 785
Charlottetown, PE, C1A 7L9

*Note: By submitting your application, you are indicating interest in the Specialized Peer Support Worker Training. Applicants will be notified of the status of their application in early June. There is a limited number of seats.

Should you require any additional information, you may email Ashley Belanger Birt, Provincial Peer Support Coordinator at a.belanger-birt@cmha.pe.ca or contact by phone at 902-628-3666.



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SPECIALIZED PEER INTERVENTION TRAINING

APPLICATION FORM

**Email or Mail this application form, along with a cover letter and resume
to the attention of
Ashley Belanger Birt
CMHA PEI
178 Fitzroy Street, PO Box 785
Charlottetown, PE, C1A 7L9**

**Registration form, cover letter and resume must be received no later than
Sunday, May 16th, 2021 at 5pm AST**

First name: _____ Last name: _____

Date of birth: _____ (day/month/year)

Telephone Home _____ Work: _____ Cell: _____

Address: _____ City: _____ Postal code: _____

Email: _____

Where did you hear about the peer support training? _____

Please answer the following questions as they pertain to your current situation:

I have experienced a mental illness and/or addiction: **Yes:** ____ **No:** ____

With respect to your mental illness, how would you describe living in recovery?

I have experienced this recovery for the last two years or more. Yes ____ No ____



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In your opinion, what will be your most difficult challenge in taking this training? How will you deal with that challenge?

If you find yourself overwhelmed or experiencing symptoms of your mental illness during the application process, the training, the internship or exams, how would you go about dealing with that?

What methods or strategies do you use to stay on the road to recovery?

What are the most important factors that contributed to your recovery?

Please <u>initial only</u> those statements that apply to you:	
➤ I have a high school diploma.	
➤ I have studied at college or university. Which? _____	
➤ I can provide proof of my diplomas/degrees.	
➤ I am able to participate in the 119 hours of training.	
➤ I am able to manage stress and adapt effectively.	
➤ I have the ability and I want to work in the <u>regular job market</u> .	
➤ I was diagnosed with a mental illness at least two years ago.	
➤ I have experienced an addiction problem (drugs, alcohol), and I have now been in recovery for at least two years.	
➤ I am comfortable with revealing my life experience in connection with the training and a possible job as a peer support worker.	
➤ I understand that the Specialized Peer Support Worker Training is not a job placement or an employability development program.	
➤ I possess a valid Class V driver's license	

If you have any questions about this form, please contact
Ashley Belanger Birt
Provincial Peer Support Coordinator
 902-628-3666
 a.belanger-birt@cmha.pe.ca

Thank you for your interest in the CMHA PEI Specialized Peer Support Worker Training!