Canadian Mental Health Association

Prince Edward Island 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

Ashley Belanger-Birt

CMHA PEI

178 Fitzroy Street, PO Box 785

Charlottetown, PEI

C1A 7L9

**E-mail** to

# a.belanger-birt@cmha.pe.ca

**CMHA PEI Peer Support Department**

**Specialized Peer Support Worker Training in Charlottetown PEI**

**ASIST Training – TBA**

**In Person Training from September 19th – September 27th, 2023**

**Practicum – 42 Hours completed in October/November 2023**

**Oral and written exam Wednesday, November 25th, 2023 (tentative)**

**Graduation Ceremony – TBA**

## 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 and since has been recognized nationally by the council of Premiers. This program strives to offer support to individuals living with mental illness or mental health concerns. 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.

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| **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 clienteles 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 at 203 Fitzroy Street in Charlottetown, Prince Edward Island.

**Duration**: The training program is nine days from Tuesday September 19th-September 27th 2023 from 9:00am-4:30pm, two days of the training are allotted for ASIST Training which will occur before the Specialized Peer Support Training begins in September.

**Internship & Written Assignment:** A 42-hour internship, spread over 5-6 weeks, will follow the 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. You are responsible for your own transportation. 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, February 26th, 2023.**

**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 April, 2023. There is a limited number of seats.

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

## SPECIALIZED PEER INTERVENTION TRAINING

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| **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, February 26th, 2023 at 5pm AST** |
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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? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you received ASIST-Applied Suicide Intervention Training, if so, when? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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?

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

Tell us about your personal journey with your mental illness. You are encouraged as part of sharing your personal story, to include your diagnosis, mental health services you accessed and/or continue to access, hospitalizations, treatments and any support groups you may have been involved in.

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Tell us about your ability to serve as a role model for other mental health service users.

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Why do you believe it is so important for Peer Supports to tell their story and share their experiences?

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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?

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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?

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

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

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| **Please initial only 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 fully complete the training hours. |  |
|  I am able to manage stress and adapt effectively. |  |
|  I have the ability and I am interested in any peer support roles that may open in the future. |  |
|  I have experienced a mental health and/or 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 Manager**

902-628-3666

a.belanger-birt@cmha.pe.ca

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