# Wednesday Webinar Series

**The Wednesday Webinar Series began as a result of the COVID-19 Pandemic, and has blossomed into a series that impacts peers across the board. Each Wednesday, Consumer Connections presents a webinar that supports the values and principles of peer support.**

### A Dialogue for BIPOC Peer Specialists (1.5 Hours)

BIPOC (Black, Indigenous, People of Color) Peer Specialists can have a voice in determining the direction of our field from our perspectives as peer specialists and as members of BIPOC communities. We can contribute to making the decisions concerning training and education best practices, policy development and providing culturally informed support that builds on mutuality, empathy, and trust. During this open dialogue, we will discuss issues such as: How does being a BIPOC Peer Specialists inform your practice? What challenges have you encountered as a BIPOC Peer Specialist? How can BIPOC Peer Specialists promote and support each other?

### Addressing the Emotional Health Response to COVID-19 in New Jersey (1.5 Hours)

Learn how the Mental Health Association in New Jersey has provided emotional health response services in the wake of the COVID-19 Pandemic. Part One of this presentation will discuss the Crisis Counseling Program MHANJ implemented to assist individuals and communities in addressing the mental health impact of the Pandemic. Part Two of this presentation will discuss MHANJ's programs for Families of Color impacted by COVID-19.

### Bridging the Co-Occurring Divide (6.0 Hours)

Join us for this exciting 3-part series that is geared toward Peer Recovery Specialists working in SUD settings who want to learn more about mental health. Upon completion of this series, participants will understand: Mental Health recovery, Compassionate language guidelines, Common mental health conditions, the New Jersey adult mental health system of care, and how to access mental health services and resources in New Jersey.

**The Broken Chair: How to be a Better Advocate and Ally to Fat and Plus-Sized Communities (2.0 hours)**

Living as a fat individual can be complex and traumatizing. This webinar will provide participants with an understanding of the experiences of plus-size people. Upon completion of the webinar, participants will have gained knowledge on: Diet Culture, The link between fatphobia, Eating disorders, Expanding on fat representation in media, Discussing the "fat tax" aka higher prices on clothing and items designed for larger people, The expectation of modesty, "Cute vs Gross" - things that are accepted as cute or attractive when performed by thin people and are perceived as disgusting when performed by fat people, and Fatness as it relates to the fashion industry.

**Burnout, Secondary Trauma & Compassion Fatigue in Peer Work (2.0 hours)**

While the work of helping others is meaningful and can be personally rewarding in many ways, there are challenges that may come with continuously interacting with people who are experiencing significant stressors in their lives. Peer supporters need to be aware of stressors commonly associated with the work of a helping role and be aware of the signs of burnout and compassion fatigue. This webinar will provide participants with knowledge of how to recognize warning signs and symptoms of Burnout, Secondary Trauma, and Compassion Fatigue and develop a plan for individual self-care when these warning signs start to occur.

**Community Resource Series (1.5 Hours)**

Program overviews from important community partners for peers. These workshops include both internal and external partners; highlighting a particular program and providing an overview, coverage, contact information, and how to refer to or utilize the service. Some partners highlighted include NAMI New Jersey, NJ Mental Health Players, NJ Self-Help Clearinghouse, Consumer Connections, Employee Wellness Programs, and UBW Virtual Wellness Center.

**CRSP Credentialing (1.0 hour)**

This workshop is for Core graduates who are ready to begin their application for credentialing as a Certified Recovery Support Practitioner (CRSP). Have questions that you need answered? Join us on the Consumer Connections Credentialing Assistance Webinar! Experienced staff will help participants walk through the application and ensure that they are completing their application for credentialing to the best of their ability. This webinar will provide a detailed review of the CRSP application, provide guidance on frequently asked questions, and answer all individual questions asked by participants.

**Engagement Strategies for Peer Supporters (2.0 hours)**

Peer support services foster the engagement of individuals with health and community resources to initiate and help progress the recovery process. This workshop will offer strategies on how to effectively engage participants in peer services. During the webinar we will discuss why engagement is important, how disclosure can be used to engage with individuals, what the barriers to peer engagement are and how to overcome those barriers, how effectively re-engage participants who have disengaged from support, and creative tools that can be used to keep the participant engaged in their recovery.

**Engagement Strategies for Support Group Facilitators (2.0 hours)**

To maintain a successful support group, group facilitators must continue to engage and re-engage their group members with different tactics and strategies. This webinar will provide effective tools that a facilitator can use to keep their group members engaged and coming back each meeting! This workshop will discuss why engagement is important, how disclosure can be used to engage with individuals, what the barriers to engagement are and how to overcome those barriers, re-engagement strategies that may be useful when attempting to re-engage those who have stopped attending the group, and creative tools that can be used to keep participants engaged in a support group.

**Facilitating Online Peer Support Groups (1.5 hours)**

This workshop will discuss how to effectively organize and facilitate an online support group. Attendees will learn how online groups can look and feel different than in person groups, what an effective online group leader looks like, what you can do to prepare for online support groups, how to create a supportive learning environment online, creative, and fun icebreakers and check-ins, and what to do if unexpected things come up.

**Family Engagement & Peer Support (1.5 hours)**

Often, peer supporters may find themselves engaging with family members of individuals receiving peer support. This webinar will provide an overview of common family dynamics, strategies for engaging with families, and resources available to family members. Attendees of this webinar will gain an understanding of the impact that mental health issues may have on the family, explore the effects of family dynamics on the recovery of individuals living with mental health issues, identify strategies for providing peer services amidst complex family dynamics, and learn about family services and resources available within the state of New Jersey.

**Group Facilitation (4.0 hours)**

Peer Specialists often find that in addition to using their lived experience to provide hope and support to individuals pursuing recovery, one of the most common job duties is group facilitation.  While peers often enter the job armed with strong experience both participating in and facilitating groups, honing these skills is a common request of peer specialists. Participants in this workshop will learn key characteristics of an effective group leader, basic skills for a good support group facilitator, basic responsibilities of a group facilitator, how to be an effective communicator, how to conduct a successful meeting, how to establish goals/manage time/set priorities, strategies for identifying nonproductive behavior/difficult behaviors/different personalities, and tips on delegating responsibility/developing commitment and involvement.

**Health Literacy in Peer Support (1.5 hours)**

Research indicates that individuals living with mental health conditions have a shorter lifespan than individuals who do not have such conditions. This workshop will provide peer supporters with an opportunity to enhance their own health literacy while learning strategies to pass this knowledge on to individuals they support. Upon completion of this workshop, participants will become familiar with the most common health issues that shorten the life span of individuals living with mental health conditions, identify and model actions and activities that foster a wellness-oriented lifestyle, and identify opportunities and strategies to model self-advocacy within the healthcare system.

**Health Screening & Monitoring for Peer Supporters (1.5 Hours)**

Peer Supporters working in community mental health settings have the potential to be present during emergency health situations. This workshop will provide an overview of basic health screenings and interventions. Participants in this workshop will identify common health situation a peer supporter may encounter, identify protocols for monitoring basic vital signs (blood pressure, glucose, temperature), receive an overview of CPR practices, and identify basic first aid responses for a variety of situations. Please Note: This course DOES not provide CPR certification and is NOT a replacement for formal CPR training.

**History of the Peer Movement (1.0 Hour)**

Understanding the past allows us to direct our future. As the profession of peer support evolves, there is an inherent risk of professionalization overshadowing the *movement* that peer support was and still is. This webinar will explore the rich history of peer support, with particular attention given to the consumer/survivor/ex-patient movement.

**Holiday WRAP (4.0 Hours)**

Television, movies, music and social media often portray the holiday season as a time of laughter, the gathering of friends and family, and limitless gift giving and receiving.  Although the holiday season can be a time of joy and happiness for many people, for some, this time of the year can bring about unwanted or difficult feelings. This may be due to the anticipation of loneliness and disappointments that may come and reminders of past hurts. This workshop will Touch on how the Key Recovery Concepts and the WRAP Values & Ethics can be integrated into our wellness during the holidays, discuss how the COVID-19  pandemic will affect holiday plans this year and the impact this may have on our wellness, develop a WELLNESS TOOLBOX that is specific to the season, discuss how our DAILY PLAN can be adjusted to help us stay well during this time, address holiday specific STRESSORS, EARLY WARNING SIGNS that indicate we are 'off' and WHEN THINGS ARE BREAKING DOWN, and develop action plans for each category, and evaluate what CRISIS may look like during the holidays and how to plan in advance in the event a crisis occurs.

**How to Start a Support Group (1.0 Hour)**

Support Groups offer people who face a common problem the opportunity to meet with others and share their experiences, knowledge, strengths and hopes. Run by and for their members, support groups can better be described as "mutual help" groups. This workshop will offer participants a basic knowledge of how to start their own support group when they see there is a gap in support for a particular population in their area. Topics in this workshop will include what is a support group, purposes of a support group, identifying the target audience, planning the details (time, place, type), identifying who is involved and the roles, marketing/ Recruitment, planning for the first meeting(s), and how to obtain continued support.

**Integrating the Core Values of Peer Support into Supervision (4.0 hours)**

This workshop will explore the NAPS National Practice Guidelines for Peer Specialists and Supervisors, providing detailed knowledge on the role, values, and ethical principles for peers in behavioral health settings. In addition to these National Practice Guidelines providing a framework for ethical and competent peer support practices, they also provide clear guidance and tools for professionals who are supervising peer specialists. Upon completion of this workshop, attendees will be able to define the key characteristics of peer work, reflect on the impact of workplace culture on peer staff, identify common workplace concerns of peer staff, name and define 12 core values of peer support, name and define 12 practice guidelines of peer support, and identify supervisor responsibilities and tasks for each of the 12 values and guidelines.

**Job Readiness: Resume Writing for Peer Support Work (2.0 Hours)**

This workshop will teach job seekers how to construct a resume that markets YOU! With the use of online resumes, social media and Internet web sites. The interview portion will teach job seekers what to do before, during and after an interview. Participants will learn different resume formats and the advantages and disadvantages of each, write an employment objective that shows potential employers that you have direction, make the most of your work experience, learn what to reveal in a resume, and what to keep to yourself, learn to overcome gaps in work history and age discrimination, and discover how to use references to your advantage.

**Job Readiness: Interviewing for Peer Support Work (2.0 Hours)**

This workshop will teach job seekers what to do before, during and after an interview. Participants will learn why interviews are such a critical part of the job search process for job seekers and employers, identify important steps that should be taken during the pre-interview, interview and post-interview phases, and learn how to answer tough interview questions.

**Just the Facts: Voter History, Registration and Resources (1.5 Hours)**

This webinar will take an in depth look at the history of voting in the United States as well as give information and resources on voter registration. This will be presented by a diverse team of passionate people, all with a powerful voice, who want to make sure your voice is heard during the most important election in our country's history.

**Maximizing the Effectiveness of Supervision: Strategies for Peers**

Supervision isn't a bad thing! This workshop will provide peer staff with an understanding of the qualities of effective supervision, specific ways in which supervisors can support peer staff, and strategies for getting the most out of the supervision process. Upon completion of this webinar, attendees will be able to define different types of supervision and their purposes, Identify specific ways supervisors can support peer staff and promote the values of peer support, and adopt strategies that will enhance the supervision experience and maximize professional development

**Overcoming Isolation During COVID 19 (1.5 Hours)**

This workshop will focus on self-exploration while being connected, staying connected, getting reconnected, and choosing connection—even during difficult times. Attendees of this webinar will examine "What is connection?", "Connection Tools", and "Creating Structure", discuss ways to overcome feelings of isolation and loneliness, and explore ideas for first steps toward connection or reconnection.

**Peer Career Mobility: Credentialing & Career Advancement (3.0 Hours)**

This workshop will provide an overview of the different certifications available to Peer Supporters in the behavioral health field in New Jersey. Career Advancement opportunities and strategies for career development will be discussed. A panel of successful working peers will share their journeys and insights into thriving in peer support careers.

**Providing LGBTQ+ Affirmative Peer Services to Promote Recovery (4.0 Hours)**

Peer Support Professionals in New Jersey's mental health and substance use systems of care should be aware of LGBTQIA+ behavioral health disparities. Suicide is the leading cause of death for LGBTQIA+ people ages 10-24.  In addition: LGBTQIA+ people are more likely to use alcohol, tobacco, and other drugs than the general population.  Studies indicate higher rates of substance use problems among this community with a greater likelihood to continue heavy drinking into later life. Due to stigma, stress and threat of discrimination and violence, LGBTQIA+ individuals are twice as likely to experience mental health issues in their life and have more than double the rate of depression than the heterosexual population. In addition, LGBTQIA+ people are more likely to experience violence both by someone well-known to the victim and at the hands of a stranger. As a result of this training participants will be able to: Distinguish the differences between sexual orientation, gender identity and gender expression and related terminology, and apply action steps the peer supporter can take to create s Safe Space that is affirmative for LGBTQIA+ individuals.

**QPR (1.5 Hours)**

Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught Gatekeeper training in the world. This workshop will cover how to Question, Persuade and Refer someone who may be suicidal, how to get help for yourself or learn more about preventing suicide, the common causes of suicidal behavior, the he warning signs of suicide, and how to get help for someone in crisis. As a QPR-trained Gatekeeper you will learn to: recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life.

**Recognizing, Understanding and Avoiding Toxic Positivity, self-Care for Peer Supporters (2.0 Hours)**

Join us for this workshop that explores the "Good Vibes Only" mentality that has become more and more common in our daily lives. Upon completion of this webinar, attendees will be able to define what Toxic Positivity is, recognize Toxic Positivity in various forms including social media and pop culture as well as its pervasiveness in various forms of mental health/addiction self-help, mutual-aid and support, understand the negative impact of "Good Vibes Only" mentality on individuals experiencing difficult or unwanted emotions or behaviors, distinguish examples of toxic positivity from "plain old" positivity, and identify times when Toxic Positivity had a negative impact on them or peer service recipients and have strategies to empower others that are having similar reactions

**Self-Care for Peer Supporters (1.5 Hours)**

In this workshop, peer supporters will discuss ways to maintain their self-care by learning how to prevent compassion fatigue and burnout. While helping others is meaningful work and can be rewarding in many ways, there are challenges to working with people who are experiencing significant stressors in their lives. Peer support providers need to be aware of stressors commonly associated with the work of a helping role and to take steps to maintain their own wellness when faced with frequent stressors associated with their work. This workshop will define both compassion fatigue and burnout, discuss the difference between the two, look at what the early warning signs are of each, and examine what peer supporters can do to prevent them from happening.

**Strategies for Effective Peer Supervision (1.5 Hours)**

As the peer workforce grows, new attention is needed around supervision. Effective leadership is the key to successful peer support. This workshop will examine the core values of peer support as identified by the National Association of Peer Supporters (NAPS) and identify complementary strategies for effective supervision of peers. Participants will identify the core values of peer support, assess their own supervision style and current alignment with peer support values, and explore supervision strategies that promote the values of peer support

**Strategies for Successful Service Delivery (1.5 Hours)**

Join this workshop for an in-depth discussion of effective strategies for peer support. Workshop participants will be presented with an overview of strategies and tasks common in peer support work in community mental health settings. Exploration of the peer role and expectations on teams providing other services will be discussed. After this workshop, participants will be able to identify job functions, competencies, and characteristics of effective peers, define the role of peer support in service delivery, utilize strategies that support wellness and recovery, and identify best practices for setting/maintaining boundaries.

**Strengthening Environmental Wellness for Success as a Peer Supporter**

Environmental wellness at work and at home can play a huge role in our productivity and success as peers. This workshop will explore a wealth of different ways to enhance your workplace environment, determine if your workplace culture experiences align with your wellness values, and discuss how to implement an action plan on how to improve your workplace wellness.

**Support Group Dynamics (1.5 Hours)**

Support Groups typically include people with different personalities, strengths, and challenges. This creates the group's dynamic. Support group leaders are tasked with managing these dynamics in ways that creates trust, safety, and connection. This webinar will explore different dynamics and provide tools for the group leader to implement in order to create a positive group dynamic among the group members.

**Supporting Wellness Through the Eight Dimensions: A Series (16.0 Hours)**

An 8-Part Series that explores how to provide peer support that encourages success in the eight dimensions of wellness. Wellness can be seen as meaning being healthy in many dimensions of our lives. That includes the emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual parts. These dimensions are interconnected, with one dimension building on another. Peer Supporters are tasked with assisting individuals as they navigate the pursuit of a wellness and recovery lifestyle. Peers often find themselves navigating the eight dimensions of wellness alongside the individuals they support. Join us as we explore strategies, tools, and ideas that can be utilized in the peer support relationship to encourage success in each of the eight dimensions of wellness. Each of these eight sessions will focus 1 particular dimension of wellness.

**System Navigation for Peer Supporters (1.5 Hours)**

Navigating NJ's Behavioral Health system can be challenging! This workshop will provide participants with an understanding of the various components that comprise both the mental health and Health & human services systems of care in New Jersey. Upon completion of this workshop, participant will be able to define NJ's System of Behavioral Healthcare, understand basic concepts around how behavioral health services are funded in NJ, and navigate NJ's system of care.

**Telling Your Recovery Story (1.0 Hour)**

Sharing your lived experience with others is the magic ingredient of peer support.  But how do you know what to share, and when?  We believe that knowing your story, inside and out, is the foundation for effective disclosure. This webinar will explore the key components of the recovery story.  Participants will learn the difference between a recovery story and an illness story.  Specific strategies and tools for developing your story will be presented.

**The Family's Role in Recovery (1.0 Hour)**

Families are uniquely affected by an individual's recovery process.  Understanding these dynamics is essential for Peer Supporters. This workshop will provide basic information about the role of family  and how that role may impact the recovery process. Practical information such as resources and information on a variety of behavioral health information will be explored.  Information will also be provided concerning ways families can effectively advocate for family members living with mental health conditions. Upon completion of this workshop, participants will understand the impact the family can have on the recovery process, understand how mental health and co-occurring issues can impact the family, and be able to identify resources in the community that offer support and increase the family's understanding of mental health and co-occurring issues.

**The Impact of Tobacco on Recovery (1.5 Hours)**

The rate of tobacco use among individuals served by the public mental health system is much higher than in the general population. This workshop will explore the prevalence of tobacco use among this population and will identify the impact of tobacco use on the recovery process. Strategies and resources for tobacco cessation will be presented. Workshop participants will identify the prevalence of tobacco use among individuals served by the public mental health system, identify strategies and interventions for tobacco cessation, and explore community resources available for tobacco cessation.

**Understanding the New Jersey Psychiatric Advance Directive (PAD) (2.0 Hours)**

This presentation will provide participants with a basic overview of what Psychiatric Advance Directives (PADs) look like in New Jersey and how they can be utilized as a self-advocacy tool for individuals experiencing a mental health crisis. Attention will also be given to the following topics: Understanding the NJ PAD law, how completing a PAD can help an individual in their recovery and how it can benefit healthcare professionals and providers, and what can be included in a PAD and how it is implemented and used.

**Wellness Tools for Peer Supporters (2.0 Hours)**

In this workshop, peer supporters will engage in interactive activities to help expand their Wellness Toolbox. Looking for ways to enhance your effectiveness as a peer supporter while staying well yourself? Looking to add to your work wellness toolbox while engaging with other peers in the peer workforce? Then this is the workshop for you! Peer support is incredibly rewarding and meaningful work, but it can also be stressful and emotional. Join us and learn some new wellness tools that will help with handling those day-to-day stressors. Please Note: This workshop is only for individuals currently working in peer positions.

**Words that Empower (1.0 Hour)**

A picture may be worth a thousand words, but words also paint vivid pictures. Join us for an exciting webinar that provides participants with guidance on how to empower and support individuals through the language we use. Participants will be able to define person first language, understand basic language guidelines related to behavioral health, and identify alternative choices for stigmatizing phrases and terms.

**WRAP for Support Group Facilitators (3.0 Hours)**

This workshop will walk facilitators through the WRAP Plan in the scope of maintaining wellness while facilitating support groups. Facilitating support groups is incredibly rewarding and meaningful work, but it can also be stressful at times. Are you looking for ways to stay well and stay on course with your wellness while facilitating your support group(s)? Then this is the workshop for you!

**WRAP for Peer Supporters (4.0 Hours)**

Peer support is incredibly rewarding and meaningful work, but it can also be stressful and emotional. Are you looking for ways to stay well and stay on course with your recovery while doing this important work? Then this is the workshop for you! Attendees of this four-hour workshop will delve into a specialty WRAP for Peer Work and learn the best actions plans to stay as well as possible while working as a peer.

**WRAP Evidence Based Practice Overview (2.0 Hours)**

This workshop will give a brief overview of the basics of WRAP. Attendees in this workshop will acquire the basic components of the WRAP Evidence Base Practice and the mission of the Copeland Center, learn how to get involved in WRAP personally and professionally, examine the Key Recovery Concepts and how to look at them broadly and personally, identify wellness tools; and strategies to help someone stay well in all aspects of someone's life, and break down each part of the Study of Mental Health Recovery, including WRAP.