

Depression and Bipolar Support Alliance (DBSA) e-courses

Peer Support e-course 1: Peer Specialists 101: Research, Core Competencies and Ethics

Welcome to this series of online courses about the practice, power, and potential of peer specialists. Magellan Health Services and the Depression and Bipolar Support Alliance (DBSA) have partnered to tell you about this exciting new field.

Peer specialists are also called consumer-providers, peer support specialists, peer mentors. They're people recovering from mental illness who are trained and certified to help others with mental health challenges gain hope and move forward with their own recovery.

Peer specialists:

- Foster their peers' ability to make informed, independent choices.
- Help their peers recognize and build on their strengths.
- Help their peers get the information and support they need from the community to make their goals a reality.

The learning objectives for the first class, "Peer Specialists 101: Research, Core Competencies and Ethics," are as follows:

1. The participant will be able to define what a peer specialist is.
2. The participant will be able to identify the Center for Medicare and Medicaid Services requirements for Medicaid reimbursement of peer support services.
3. The participant will be able to identify three concepts of the 12 Foundational Building Blocks of Recovery.
4. The participant will be able to identify three skills peers specialists are trained in.

As someone who has traveled a similar path, peer specialists provide hope and are role models for the possibility of recovery for every person they serve.

The peer specialist profession is growing more and more throughout the mental health care system. Recently, the Center for Medicare and Medicaid Services even recognized peer support on a national level as a billable service and an evidence-based practice.

Questions or comments about this or our other e-courses? Please e-mail Magellan at ELearning@MagellanHealth.com.

CE Credits

After each e-course, you will be asked a few questions to help you assess your understanding of the content in this class. Successfully complete this test and you can print out a Certificate of Completion. Magellan's e-learning courses offer continuing education hours/credits for participants. CE credits for these courses are approved by the following organizations:

- National Board for Certified Counselors (NBCC)

- National Association for Alcoholism and Drug Abuse Counselors (NAADAC)
- American Psychological Association (APA)
- Association of Social Work Boards (ASWB)

Providers can receive one (1) CE hour per course for each of the four Peer Specialist courses by completing the post test with a minimum passing score of 80%, and the Continuing Education Evaluation survey that follows each course. Upon completion and submission of the survey, a CE certificate will be e-mailed to the e-mail address provided. Additional instructions are available following the course. It is the responsibility of each participant to determine whether the CE credit will be recognized by your state-specific licensing or credentialing board. If you have any questions specifically regarding the courses and/or the CE process, contact our Clinical Operations Coordinator at CE@MagellanHealth.com. Thanks for joining us! And enjoy this learning experience.

About the Presenters

Matthew G. Mattson, M.S.

As director of training for DBSA's "Making Recovery Real Training Services," Matt designs and delivers educational training programs targeted to DBSA chapters, health care professionals, mental health organizations and other individuals to make recovery real.

In 2004, Matt joined DBSA as its chapter relations manager to develop quality enhancement resources for the organization's thousands of volunteer leaders. His experience ranges from organizational development to collegiate student affairs to non-profit management. Matt has presented at mental health consumer conferences around the country, has authored a book on organizational recruitment, is an experienced public speaker, and actively works to advocate on behalf of people living with mental illness. His own personal experiences with long periods of depression, self-medication, fear, and the deep despair that comes with mental health challenges have driven him to use his abilities to speak publicly, train and empower others in an effort to improve the lives of people living with mental illness. Matt holds a B.A. in Public Relations from Grand Valley State University and an M.S. in Education from Capella University with a specialization in Training and Performance Improvement.

Peter Ashenden

Peter is a consumer/survivor and president/CEO for the DBSA. He formerly held the position of executive vice president at DBSA. He is the former executive director of the Mental Health Empowerment Project (MHEP), a position he held for 11 years.

Peter provides training to consumer/survivors and mental health professionals nationally and has been active in starting many self-help groups. He is also a well-known keynote speaker at many mental health-related events throughout the country, including the Alternatives 2004 Conference held in Denver, CO.

Peter is a former commissioner of the Certification Commission of USPRA (formerly IAPSRs). He is currently the chair-elect and executive committee member on the USPRA board. Peter also serves as a board member for the Verrazano Foundation, located in Staten Island, NY; is a member of the board for the Mental Health Empowerment Project; and is a former member and secretary of the DBSA board.

Previous board involvement includes membership on the CARF (the Accreditation Association) board and that of PEOPLE, Inc., as well as board membership for the Mental Health Association of New York State (MHANYS). He also served as treasurer for the Peer Accreditation Project of New York State. Additionally, he was an executive committee member and the USPRA representative for the New York Association of Psychiatric Rehabilitation Services, (NYAPRS) a position he held for more than 12 years.

Peter is certified to train recipients of mental health services in the Wellness Recovery Action Plan. He is a member of the Copeland Speaker's Bureau and of the advisory committee to Mary Ellen Copeland's Wellness Recovery Center.

Larry Fricks

Larry Fricks is vice president of peer services for DBSA and also serves as director of the Appalachian Consulting Group, Inc. For nearly 13 years, Larry was director of Georgia's Office of Consumer Relations and Recovery in the Division of Mental Health, Developmental Disabilities and Addictive Diseases. He is a founder of the Georgia Mental Health Consumer Network, Inc., which now has some 3,000 members. He also founded the Georgia Consumer Council, Georgia's Peer Specialist Training and Certification, and the Georgia Peer Support Institute. He served on the planning board for the Surgeon General's Report on Mental Health, and currently serves on the board of directors of the DBSA and Mental Health America (formerly National Mental Health Association). He is also on the advisory board for The Carter Center Mental Health Journalism Fellowships.

Larry has a journalism degree from the University of Georgia and has won journalism awards from the Associated Press, the Georgia Press Association, Gannett Newspapers, the National Mental Health Association of Georgia and the National Alliance on Mental Illness - Georgia. He is the 1995 recipient of the Clifford W. Beers Award, given annually by Mental Health America, and the 2001 recipient of the American Association for World Health Award for significant contributions to improving community mental health. In 2004, he received the Recovery Award from the International Association of Psychosocial Rehabilitation Services.

Lisa Goodale, ACSW, LSW

Lisa joined DBSA in October 1998. After five years overseeing chapter development and constituency relations, she was named peer services director for DBSA's Peer-to-Peer Resource Center in fall 2003. Supported by a cooperative agreement with the federal Center for Mental Health Services/SAMHSA, the Center promotes peer support, recovery, and employment for people living with mental illness.

In November of 2008, she became vice president of training. She conducts certified peer specialist training, trains other certified peer specialists to become trainers themselves, and oversees the

Certification Program. She has worked closely with the U.S. Department of Veterans Affairs, conducting and overseeing training in Colorado, California, Massachusetts, Illinois, Louisiana, and other states.

Prior to joining DBSA, Lisa served for four years as manager of Member and Program Services for the Illinois chapter of the National Association of Social Workers (NASW), one of the largest NASW chapters in the U.S. A licensed social worker with extensive association management experience, Lisa also formerly held management positions with the YWCA of the U.S.A. and the United Way. She earned an MSW degree in policy, planning, and administration from the School of Social Work of the University of Illinois at Urbana – Champaign.

Susan R. Bergeson

Susan is the vice president of consumer affairs, public sector, OptumHealth Behavioral Solutions. In this position, she is charged with overseeing public sector network operations by providing guidance, strategy and fostering a culture of recovery and resiliency. She promotes practices that are anchored in the belief that people with mental illness are able to live, act, work, and participate productively in their communities despite their disability and are resilient and able to rebound from trauma, stigma and other stresses with a sense of mastery. Sue is a consumer with the lived experience of recovery. She is also a family member who struggled to support her beloved sister who died by suicide in 1999. Previously, Susan served as the CEO of DBSA from March 2006 through August 2008. As vice president of the organization from 2000-2006, Susan dedicated her life to its mission: improving the lives of people living with mood disorders.

In addition to overseeing all staff, programs, publications, fundraising, operations and representing DBSA to the media and legislators, she worked tirelessly on behalf of the consumer community as a member of various task forces and advisory boards.

Susan also oversaw the development of a model peer specialist certification curriculum and training by the Peer-to-Peer Resource Center, a national consumer self-help technical assistance center funded under a cooperative agreement with CMHS. Under Susan's leadership, DBSA has been called on to provide guidance, training, testing and certification for the peer workforce in more than 25 states, VA VSNs and private systems.

A frequent speaker and author, she has been featured by notable media including *Newsweek*, ABC's *The View*, NBC's *Today Show*, *WGN radio* and the *LA Times*, among many others. She publishes a weekly blog through Health Central, one of the most highly trafficked health portals on the web.

Finally, as both a consumer and family member herself, Susan brings a strong and deeply personal commitment to the national mental health arena.