

# Canadian Mental Health Association of New Brunswick's SPECIALIZED PEER SUPPORT TRAINING

## *Application Documents*

The following includes details and information about New Brunswick's Specialized Peer Support 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

Peer Support Training – Saint John  
CMHA of NB  
403 Regent Street, Suite 202  
Fredericton, NB  
E3B 3X6

FAX: 1 (506) 459-3878  
Attention – Lori Young

**New Brunswick Peer Support Program  
TRAINING OFFER – IN ENGLISH  
Specialized Peer Support Training  
in Saint John, N.B.**

**Training from September 25<sup>th</sup> – October 6<sup>th</sup> 2017**

**Two Week Practicum – October 9<sup>th</sup> – 20<sup>th</sup>, 2017**

**Oral and written exam – November 6<sup>th</sup>, 2017**

**Graduation Ceremony – November 21, 2017 (tentative)**

### **Description of New Brunswick Peer Support Program**

The New Brunswick Department of Health, in cooperation with the Association Québécoise pour la réadaptation psychosociale (AQRP), the Horizon and Vitalité health networks, the Canadian Mental Health Association of New Brunswick, the Université de Moncton, and many other partners, have worked on introducing a peer support program in New Brunswick that promotes the hiring and integration of peer support staff by addiction and mental health services.

The mandate of the New Brunswick Peer Support Program is as follows:

1. Promote the hiring and integration of peer support by addiction and mental health services;
2. Offer training tools:
  - a) Training for peer support candidates
  - b) Training for hiring environments;
3. Provide support for peer support staff and hiring environments.

### **Specialized Peer Intervention 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 courses designed to help them acquire the knowledge and skills they need to carry out their specific role as peer supports in a professional manner. The 119 hour training program is recognized by the Continuing Education Branch of the Université de Moncton.

## **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 Preselection Criteria

### Candidates will

- have experienced a diagnosis of mental illness
- 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 take 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;
- Provide assistance and support to clients in order to facilitate the access to Addiction and Mental Health Services and other community resources;
- 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 New Brunswick.
- 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,  
\* Some employers may request bilingualism (French and English)
- Possess a valid driver's license and a reliable motor vehicle;
- Be willing to provide a criminal record check

## Training Information

**Location:** The training will take place in Saint John, New Brunswick, at the Villa Madonna Retreat House. (115 Villa Madonna Road, Rothesay, NB E2H 2X4). All participants will be encouraged to live on the premises during the 10 days of training in order to develop better group dynamics and a sense of belonging. However, participants will be encouraged to return home on the weekend as there is no vacancy at the Villa Madonna September 29<sup>th</sup> and 30<sup>th</sup>.

**Duration:** The training program is 74 hours. The courses are being spread over two weeks (10 days): from Monday September 25<sup>th</sup> – Friday October 6<sup>th</sup> from 8:30am – 4:30pm. (14 hours are allotted for the ASIST training)

**Internship and Exams:** A 42-hour internship spread over two 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. Trainees will also write a 6-page internship report and submit it on the day of the 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.

**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. The written and oral exams will take place on Monday, November 6<sup>th</sup> at 1:00pm in Fredericton Canadian Mental Health Association of NB office.

**Training costs:** Please note that the cost of the training is \$750, including reference binder, resources, training, accommodations, and meals (breakfast, breaks, lunch and supper). In addition to the training cost, a fee of \$125.00 is required to register at the Université de Moncton. 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

**Please send the completed application form before Friday, June 23<sup>rd</sup> before 4:00pm.**

by EMAIL to [lori.young@cmhanb.ca](mailto:lori.young@cmhanb.ca),

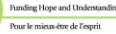
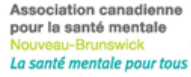
by FAX to ATTENTION Lori Young 1-506-459-3878

by MAIL to the following address:

CMHA of New Brunswick  
Attention: Lori Young  
403 Regent Street, Suite 202  
Fredericton, N.B. E3B 3X7

\*Note: By submitting your application, you are indicating interest in the Specialized Peer Intervention Training. Applicants will be notified of the status of their application on or before the first week in July. There is a limited number of seats

Should you require any additional information, you may email Lori Young, Provincial Peer Support Consultant at [lori.young@cmhanb.ca](mailto:lori.young@cmhanb.ca) or 455-5231 extension 109.



## SPECIALIZED PEER INTERVENTION TRAINING

September 25 – October 6, 2017

### APPLICATION FORM

Mail or fax this application form, along with a cover letter and resume  
to the attention of  
**LORI YOUNG**

Peer Support Training Registration  
CMHA of New Brunswick  
403 Regent Street, Suite 202  
Fredericton, N.B. E3B 3X6  
FAX: 1-506-459-3878

Registration form, cover letter and resume must be submitted no later than  
**FRIDAY JUNE 23<sup>rd</sup> before 4:00pm**

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: **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 \_\_\_\_





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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<b>Please <u>initial</u> only those statements that apply to you:</b>	
➤ 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.	
➤ I understand that the <b>New Brunswick Peer Support Program is not a job placement or an employability development program.</b>	
➤ I possess a valid Class V driver's license	
➤ I have written and oral competency in both French and English	

If you have any questions about this form, please contact  
**Lori Young, Provincial Peer Support Consultant**

506-455-5231, ext. 109  
 lori.young@cmhanb.ca

*Thank you for your interest in the New Brunswick Peer Support Program*