

Canadian Mental Health Association of New Brunswick

CERTIFIED PEER SUPPORT TRAINING



Application Documents

The following includes details and information about New Brunswick's Certified Peer Support Training. Please read the information carefully and be sure to complete the entire application. Document's should be **scanned and emailed** to the attention of Lauren White. Please return it along with a **cover letter and resume.**

Lauren White

Lauren.White@cmhanb.ca

CMHA of NB

557 rue Saint Mary's Street, Unit A

Fredericton New Brunswick

(506) 455-5231 ext. 123.

**New Brunswick Certified Peer Support Program
TRAINING OFFER – IN ENGLISH
Specialized Peer Support Training
557 Rue Saint Marys Street Fredericton NB
Training – March 20 – March 31 2023
Two Week Practicum – TBA
Oral and written exam – TBA**

Description of New Brunswick's Certified 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 substance misuse and mental health services.

The mandate of the New Brunswick Certified 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.

Certified Peer Intervention Training

The training is intended for persons in recovery after being diagnosed with a mental health and/or 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 116 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-based approach
- Crisis situations and peer intervention
- Rights, confidentiality, and ethics
- Common mental illnesses and management of symptoms, including alternate methods used in mental health
- Substance misuse 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 and or substance misuse issue
- Be willing to disclose their personal history in relation to their mental illness and/or substance misuse, 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 116 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 Substance misuse and Mental Health Services and other community resources;
- Have 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
- Be willing and able to meet all vaccination requirements for Horizon and Vitalite Health Networks (Vaccination requirements on form enclosed) This is mandatory for practicum placement and to be hired under New Brunswick Regional Health Authorities
- Be willing and able to complete online training modules provided by Horizon and Vitalite Health Networks prior to practicum placement
- We are an equal opportunity organization that promotes diversity and inclusion so we would welcome all people to apply

Full Vaccination for Covid-19 is mandatory – Must show proof of vaccination

Training Information

Location: All participants will be encouraged to stay on the premises during the 10 days of training in order to develop better group dynamics and a sense of belonging. Lodging is provided at the venue. However, participants will be encouraged to return home on the weekend.

Duration: The training program is 74 hours. The courses are being spread over two weeks (10 days): from March 20 – March 31st 2023 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 following the training and internship period, date is to be announced.

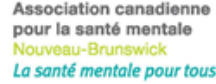
Training costs: This training session is being sponsored by the Department of Health. There will be no cost to participants to receive the training. This will include lodging for out of town students, meals and shuttle service from hotel to training for the full 10 days. Participants are asked to send a 100\$ deposit to accounting@cmhanb.ca by January 30th to hold their seat once accepted to the program. Once the 10 days of in classroom learning is completed, peers will receive that 100\$ back. Additional cost for participants will be, a fee of \$125.00 required to receive diploma from the Université de Moncton. You will receive information regarding payment to Université de Moncton during the training.

Application Process

Please send the completed application by EMAIL to Lauren.White@cmhanb.ca

*Note: By submitting your application, you are indicating interest in the Certified Peer Support Training. Applicants will be notified of the status of their application on or before the last week of September. There is a limited number of seats

Should you require any additional information, you may email Lauren White, Provincial Peer Support Consultant at lauren.white@cmhanb.ca or 455-5231 extension 123.



**CERTIFIED PEER SUPPORT TRAINING
March 20th – March 31st**

APPLICATION FORM

Please scan and email this application form, along with a cover letter and resume to the attention of
LAUREN WHITE

Lauren.White@cmhanb.ca
Provincial Peer Support Consultant
CMHA of New Brunswick
557 Rue Saint Mary's Street
Fredericton, N.B. E3Z 8H4

Registration form, cover letter and resume must be submitted to
Lauren.White@cmhanb.ca

First name: _____ Last name: _____

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

Telephone Home _____ Work: _____ Cell: _____

Address: _____ City: _____ Postal code: _____

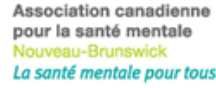
Email: _____

Short Answer Questions: Please explain in detail. Questions can be typed in a word document to allow for more space and clarity.

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 substance misuse issue: Yes: _____ No: _____



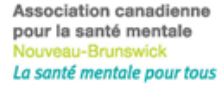
With respect to your mental illness, how would you describe living in recovery?

Lined area for writing a response to the question about living in recovery.

I have been in recovery for at least 2 years? 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.

Lined area for writing a personal journey with mental illness.



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

Lined area for writing the response to the first question.

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

Lined area for writing the response to the second question.



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?

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.	
➤ I understand that the New Brunswick Peer Support Program is not a job placement or an employability development program.	
➤ 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
Lauren White, Provincial Peer Support Consultant

506-455-5231, ext. 123
Lauren.white@cmhanb.ca

Thank you for your interest in the New Brunswick's Certified Peer Support Program