

**Capital Area Certified Peer Specialist
PROFESSIONAL DEVELOPMENT GROUP
Continuing Education Training
November 19,2009**

Capital Area CPS Professional Development Group is proud to announce the first CPS Continuing Education Training. All the workshops were put together for Certified Peer Support Specialist. In these trying time of budget restraints, free trainings are becoming harder to find. We were tired of going to trainings that were geared for providers and not CPS's. We went to OMHSAS and asked if we could train ourselves - and here we are, having our first training.. We plan to offer four, five hour training days every year which will cover the eighteen hours of required yearly continuing education. If we can do this here, to show that it can be done, then it can be duplicated everywhere in the state. This is the true essence of peer support, peers training peers. We are and will be looking for new workshops for our next training in March 2010. If you have an idea or you would like to do your own one to two hour work shop, please contact Tom Newman via email at tom@pmhca.org or by mail at 2617 Herr Street, Harrisburg, PA 17103.

Agenda

8:30	Registration
9:00 to 10;15	PREP (Prepared Renters Program)
10:15 to 10:30	Break
10:30 to 11:45	The Spiritual Part of Recovery in Peer Supports
11:45 to 12:45	Lunch on your own
12:45 to 1:00	Check in
1:00 to 2:00	Disability Benefits
2:00 to 2:15	Break
2:15 to 4:15	Meaningful Work
4:15	Wrap-up

**To register for this TRAINING contact Tom Newman via email at
tom@pmhca.org or by mail at 2617 Herr Street, Harrisburg, PA 17103
You must register by November 10, 2010 as there are only 50 seats.
This training will be FIRST COME FIRST SERVED.
Don't delay, register TODAY!**

Workshop # 1 PREP - Prepared Renter Program
Facilitated by Chris Bilger, CPS

What Is PREP? PREP, the Prepared Renter Program, is a collaborative effort of the Pennsylvania Housing Finance Agency (PHFA) and the Self-Determination Housing Project of PA (SDHP) that gives consumers the tools they need to become successful tenants.

The PREP training explains what renters need to think about before they start looking for housing, and anticipate the challenges they may face based on what their personal circumstances are. The PREP curriculum also includes a list of resources and names of agencies that can offer assistance. PREP participants will learn how to:

- Assess housing needs
- Understand the language of a lease
- Communicate with landlords
- Create and work within a budget
- Repair credit problems
- Overcome criminal histories
- Understand difficult housing markets
- Choose affordable housing in a desirable location
- Avoid discrimination
- PREP is a valuable service that will benefit both tenants and landlords.

Chris Bilger is a Certified Peer Specialist and graduate of Shippensburg University. She formerly worked as a computer programmer and computers are still her first love. She owns her own house in Carlisle which she shares with loved ones of the human, canine and feline species.

Workshop # 2 The Spiritual Part of Recovery in Peer Supports
Facilitated by Bob Manrodt

Spirituality is very important to many people. Spirituality can be a religion such as Christianity, Buddhism, Islam or Judaism but can also be any of a variety of other mind-related or heart-inspired activities such as searching for meaning, connecting with inner peace, walking in the woods, writing or painting. Spirituality is many things to many people. Recovery has many aspects that can be thought of as spiritual; aspects such as true empowerment, finding one's voice, self-development and much more. Spirituality and recovery work together in rich and vital ways.

As peer support specialists, it is important to understand some basic principles of spirituality. How best can we relate to others and their often unique ways of relating to recovery and spirituality. Many issues on spirituality and recovery can come up in the course of relating to others and the work of peer supports. Our session will involve presentation of basic points and talking sessions on effective ways of dealing with spirituality in the mental health community. Please come with questions or issues that come up with your job and your relations.

Bob Manrodt works as a Spiritual Supports Facilitator contracted with the Pennsylvania Department of Public Welfare. His job involves many aspects including facilitating dialogue about spirituality involving consumers, providers and community supports. Bob has for many years worked actively with spirituality and wellness as part of his ongoing recovery journey. Not only is Bob a survivor of schizophrenia diagnosis and treatment but worked as a psychiatric aide for more than ten years in 3 Pennsylvania State Mental hospitals. Since 1995 Bob has been active in the mental health consumer movement.

Workshop # 3 Disability Benefits
Facilitated by Lynette Shirk

Do you receive or know someone who receives a disability benefit and is working or interested in work? Would you like to find out more about the work incentives that are available?

Lynette Shirk, a Community Work Incentive Coordinator with the PASSABCO project, plans on presenting information relating to disability benefits. PASSABCO is the WIPA (Work Incentive Planning and Assistance Project) that covers our area. As part of the Social Security Administration's (SSA) initiative to promote its work incentive programs to SSI and SSDI beneficiaries, it has funded Work Incentive Planning and Assistance (WIPA) programs nationwide. WIPAs are community-based agencies and organizations that support and promote the return-to-work efforts of individuals with disabilities. WIPAs provide comprehensive information to SSI and SSDI beneficiaries about work's impact on their benefits, and assist beneficiaries to access and use SSA's work incentive programs to maximize their income and healthcare options as they return to work and achieve greater financial self-sufficiency.

PASSABCO is a WIPA program; and we promote employment for individuals with disabilities. In support of this objective, we believe in the following:

- Paid employment and SSA disability benefits are NOT mutually exclusive. It is quite possible for SSI and SSDI beneficiaries to work and retain cash payments as well as medical benefits temporarily.
- It is possible for SSI and SSDI beneficiaries to work and keep Medicaid or Medicare in almost every case.
- It is possible for SSI and SSDI beneficiaries to work and come out ahead financially even if benefits are reduced.
- The WIPA initiative is NOT intended to force people off of benefits, nor is it intended to help people maximize their benefits.

PASSABCO provides individualized case management services to current SSI and SSDI beneficiaries, 14-64 years of age, who are working or who are serious about going to work now or in the near future. We help beneficiaries understand the impact of work on their cash and healthcare benefits, understand how to proactively manage their benefits over time as they prepare for and return to work, use SSA and other work incentives to maximize their benefits options as they work toward self-sufficiency, and access employment support services in their community to help them return to work or advance in employment. Beneficiaries are provided with short and long term follow-up by PASSABCO staff so that we can assist them with their SSA benefits and work incentive needs throughout the return-to-work process.

Workshop # 4 Meaningful Work
Facilitated by Maria Martinez, CPS

As a CPS, I've seen the struggles of many individual CSP's and other fellow peers trying to get back to work and not sure how or where to start. This will be a workshop with lots of interaction. Different aspects of meaningful work will be covered. Examples:

- Why is it important to work?
- How to create a resume
- How to go to about your benefits
- How to educate your employer on mental illness

If you have the right tools it could help your search be a less stressful thing and this workshop intends to assist you in finding those tools. It will be a wonderful two hour experience that I'm sure you don't want to miss.

Maria Martinez is a Certified Peer Support Specialist with CMU in Dauphin County.

**Directions to CBHNP's office: CBHNP – Cloverhill Operations Center
8040 Carlson Road Harrisburg, PA 17112 717-671-6500**

DIRECTIONS FROM Harrisburg:

Take Route 22 towards Hershey

At the intersection of Route 22 and Route 39, there is a red light – you need to continue going straight at the red light.

Make a right onto Bretz Road (the first road on the right after the intersection and past the Honda Dealership)

Make a left onto Carlson Road (the first road on the left)

Make a right into the large parking lot and proceed to the front of the building (Red Brick with lots of windows)/

Drive to visitor parking area (near handicapped parking) at the front of the building.

From the West, take 81 North and get off Exit 77. Take a right on 39 a left on 22 a right on Bretz Road and a Left on Carlson; we are the first building on the right.

From the East/ North, take 81 South; take Exit 77 a left onto route 39, a left on 22, a right onto Bretz Road and a left onto Carlson. We are the first building on the right.

From Lancaster: 283 to Harrisburg

Rt. 83 North

Take the Colonial Park exit and then follow the directions from Harrisburg (above)

Or ... Continue of 83 North to Rt. 81 North and follow direction from 81 (above)