

Intentional Peer Support Training

Shery Mead and Associates

www.mentalhealthpeers.com

Location:

The Inn at Essex
(Vermont's Culinary Institute
Resort)

Burlington, Vermont
www.vtculinaryresort.com

Dates:

Monday April 20, 2009
To

Friday April 24, 2009

Cost:

\$970.00 Early

For Registration and further Inquiries:

Lenora Kimball

+1 802 484 8995

Lenorakimball@gmail.com
www.mentalhealthpeers.com

Accommodation:

The Inn at Essex has offered
accommodation at reduced
rates:

\$86 per night (single/double)
www.vtculinaryresort.com
Breakfast and lunch are
included in the training fee.

What is Intentional peer support?

Intentional Peer Support is a way of thinking about purposeful relationships. It is a process where both people (or a group of people) use the relationship to look at things from new angles, develop greater awareness of personal and relational patterns, and to support and challenge each other as we try new things. IPS has been used in crisis respite (alternatives to psychiatric hospitalization), by peers, mental health professionals, families, friends and community-based organizations.

- IPS is different from traditional service relationships because :
- It doesn't start with the assumption of "a problem." Instead people are taught to listen for how and why each of us has learned to make sense of our experiences, and then use the relationship to create new ways of seeing, thinking, and doing.
- IPS promotes a 'trauma-informed' way of relating- instead of asking 'what's wrong' we think about 'what happened'?
- IPS looks beyond the notion of individuals needing to change and examines our lives in the context of our relationships and communities.
- Peer Support relationships are viewed as partnerships that enable both parties to learn and grow- rather than as one person needing to 'help' another.
- Instead of a focus on what we need to stop or avoid doing, we are encouraged to move towards what and where we want to be.

What will the training cover?

Some areas covered:

Learning vs. helping

Thinking beyond the individual to the relational

The four tasks: (and what is unique about peer support)

1. Connection and disconnection
2. Worldview
3. Mutuality
4. Moving towards,

The power of language

Listening Differently

Mutual responsibility

Shared risk

The impact of trauma

Relationship patterns

Moving forwards in relationships

Boundaries and limits

Issues of power and privilege

Conflict dynamics and resolution

Challenging situations and conversations- e.g.

- * Suicide
- * Self-harm
- * When someone's reality is different from our own

Co-supervision

Values

Competencies

**NB: This five-day training is a
pre-requisite for the train-the-
trainers IPS facilitators training**
www.mentalhealthpeers.com

Intentional Peer Support Training Vermont, 20-24 April, 2009 Registration Form

Please fill out one registration form for each participant.

Name:

Organization:

Address:

Phone:

Email:

The Inn at Essex, Vermont's Culinary Resort, Essex Junction, VT, is the site of the Intentional Peer Support Training. (Tuition Fee includes Training, materials, Breakfasts and Lunches.)

The Inn at Essex contact information: phone 1-800-727-4295 (+1 802 878 1100 for those outside the USA) or e-mail www.vtculinaryresort.com

- Single/Double Room- \$89 per night plus Vt. State Tax
- Participants, when making your reservation at the Inn at Essex, please either pre-pay for your accommodations or are prepared to present a credit card to pay for your accommodations upon arrival. Incidentals such as mini-bar and phone-call charges will need to be settled on checkout.
- When making your reservation, be sure to tell them that you are part of the Shery Mead & Associates Training in order to assure your greatly reduced room rate.
- If you are flying into Burlington International Airport, tell the Inn, at the time you make your reservation, the time your flight arrives so that shuttle arrangements may be made.

For those who are flying into the Burlington International Airport:

Plan to arrive on Sunday afternoon, April 19, in order to begin at 9.30 am. Monday, April 24

Check-in time at the Inn is 3:00 pm. unless your room is ready earlier. The Free Shuttle Service ends at 10:30 pm. Sunday evening...plan flights accordingly.

Transport From & To The Airport:

The Inn provides a free airport shuttle service. Please let the Inn know, at the time of your reservation, your flight details and expected arrival time so that shuttle arrangements may be arranged.

Registration fee:

Registration Fee - \$995

Registration Fee (amount) _____

Payable to: *Shery Mead & Associates c/o Lenora Kimball 1610 Blood Hill, W. Windsor, VT. 05089*

Please contact Lenora Kimball by email or phone (802 484 8995) if paying by check is not convenient
The Training will end Friday 25 at 3:30 pm. Flight reservations may be made for or near 6:00 pm.