



Jan, 2009

# Intentional Peer Support

[www.mentalhealthpeers.com](http://www.mentalhealthpeers.com)

Intentional Peer Support Training:

*Dates:*

April 20-24, 2009

*Location:*

The Inn @ Essex

[www.vtculinaryresort.com](http://www.vtculinaryresort.com)

**N.B. Please Register Now**

*Registration, Queries:*

[lenorakimball@gmail.com](mailto:lenorakimball@gmail.com)

*Download Registration:*

[mentalhealthpeers.com/trainings.html](http://mentalhealthpeers.com/trainings.html)

**N.B. Cut-off for registration is February 13**

*Registration, Queries:*

[john0.foru@gmail.com](mailto:john0.foru@gmail.com)

*Download Registration:*

[mentalhealthpeers.com/trainings.html](http://mentalhealthpeers.com/trainings.html)

Prospective '09 Trainings:

Australia

New Zealand

Zambia

England

Scotland

Ireland

Japan

*Enquiries/expressions of interest:*  
[intentionalpeersupport@gmail.com](mailto:intentionalpeersupport@gmail.com)

*Further Summaries of the principles of Intentional Peer Support can be found at*  
[www.mentalhealthpeers.com](http://www.mentalhealthpeers.com)

## **New Article:**

### **Considering Relational Outcomes for Peer Run Crisis Alternatives**

<http://www.mentalhealthpeers.com/ConsideringRelationalOutcomesforPeerRunCrisisAlternatives.html>

## Crisis as a Vehicle for Transformation in the Respite Experience

**Linda Neiheisel, CPS, 2008**

As peers begin to choose respite as an alternative to psychiatric hospitalization, we begin to ask the question: What makes this different from just resting or using the Peer Support and Wellness Center for emergency housing? Is respite a retreat from uncomfortable feelings or a chance to explore a window of opportunity known as "Crisis"?

We are starting to choose that window of opportunity. Instead of medicating a crisis, restraining a big feeling, or trying to find an alternative to a breakdown we are choosing the option of embracing the crisis, feeling the feeling to its completion, and letting what was not working break down.

Thankfully, it doesn't end there. We embrace the pain of awareness, sit with the discomfort until we can breathe again, and then we do the unthinkable...we reclaim our power.

What does this mean? Claiming ownership of our choice to do something, our choice not to do something, or even claiming the failure of our thought processes themselves brings the freedom to change because for the first time we realize that we hold the roadmap and can choose a different path. Our vehicle for the journey is the "crisis" and our Rand McNally Atlas becomes use of Intentional Peer Support which establishes connection, explores world view, discovers our mutuality, and challenges us to move toward a new way of being.

We do not have to do this alone! We hold each other up as unhealthy

behavioral patterns emerge and are now seen in the light of day by those who have been there themselves. The big feelings of sadness, rage, and despair surface to be let go...now leaving room for something new to replace them. That new understanding that is born of this labor is a reclamation of who we are. It is powerful and when done in the presence of a loving witness it is the most powerful moment of our healing.

Take, for example, the letter written by a peer at the end of her respite experience. She was returning to an apartment packed to the hilt with things she could not let go of. In talking with participants at the Center using Intentional Peer Support techniques she began to ask questions and came to see that change was possible. She ended her letter with saying that thinking through her issues with others who have made changes in their lives was a huge step for her. She also realized that in this process we, at the Center, took our recovery to a new level as we shared and reassessed our own issues.

We are witnesses to each others healing and in this witness we create a community that reaches beyond the locked doors of psychiatric institutions and the comfortable offices of the well-insured. We even go as far as to create a group identity that is based on hope and the pain of awareness is seen as a vehicle of our growth....a pain that is lovingly born by our friends who have been there before.

Linda Neiheisel is a Certified Peer Specialist who is an Intentional Peer Support Trainer working at the Georgia Mental Health Consumer Network Wellness Center (A Peer-Run Crisis Respite Center in Georgia, USA, committed to practicing and implementing Intentional Peer Support)

[www.GMHCN/wellnesscenter.org](http://www.GMHCN/wellnesscenter.org)

# Intentional Peer Support Training

Shery Mead and Associates

[www.mentalhealthpeers.com](http://www.mentalhealthpeers.com)

## Location:

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

Burlington, Vermont  
[www.vtculinaryresort.com](http://www.vtculinaryresort.com)

## Dates:

Monday April 19, 2009  
To

Friday April 24, 2009

## Cost:

**\$995.00**

## For Registration and further Inquiries:

**Lenora Kimball**

+1 802 484 8995

[Lenorakimball@gmail.com](mailto:Lenorakimball@gmail.com)  
[www.mentalhealthpeers.com](http://www.mentalhealthpeers.com)

## Accommodation:

The Inn at Essex has offered  
accommodation at reduced  
rates:

\$90 per night (single/double)  
[www.vtculinaryresort.com](http://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

## 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](http://www.mentalhealthpeers.com)

# ***Intentional Peer Support Training***

## **Vermont, 19-24 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](http://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 be 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, January 11, in order to begin at 9.30 am. Monday, January 12. 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:**

Early Registration Fee - \$970, before Nov 25.

Registration Fee - \$990, after Nov 25.

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.