

INTENTIONAL PEER SUPPORT (IPS) 5-DAY CORE TRAINING

DATE & TIME: January 27, 2020 – January 31, 2020

9:00 AM – 4:30 PM

Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: Superior Court Building
600 S. Commonwealth Ave.
Los Angeles, CA 90021

**ATTENDANCE FOR
ALL DATES IS
MANDATORY**

PARKING: Free parking available at 523 Shatto Place (approx. 2 blocks walking) or \$10 - \$15 parking directly across the street from the courthouse on Commonwealth Ave.

Intentional Peer Support is an innovative practice that focuses on how to build and grow relationships based on mutuality and shared mental health experience. In this highly interactive 5-day training, participants learn the principles of IPS, examine assumptions about who they are, and explore ways to create relationships in which power is negotiated, co-learning is possible, and support goes beyond traditional notions of “service.” Other topics to be covered during the training include: Trauma, Crisis Alternatives, Ethics and Boundaries, Abuse Reporting and HIPAA. This innovative curriculum details the difference between peer support and other helping practices; and, has been widely used as a foundational training for people working in both traditional and alternative mental health settings.

TARGET AUDIENCE: Open to DMH and DMH Contracted Peer Support Staff

- OBJECTIVES:** As a result of attending this training, participants should be able to:
1. Design guidelines for establishing a learning-community based on needs/styles/talents not instruction alone
 2. Develop a peer program based on critical self-awareness
 3. Explain peer support in the context of social change and social justice
 4. Identify what makes peer support different from other kinds of help
 5. Identify the three principles of Intentional Peer Support
 6. Recognize the four tasks of IPS
 7. Approach crisis as an opportunity to grow
 8. Utilize an individual’s strengths to cope with a crisis
 9. Demonstrate ways to connect, become aware of disconnects, and work to reconnect
 10. Use experience to relate and build trust
 11. Identify challenging situations and negotiate conflict
 12. Name and negotiate power in relationships
 13. Assess the quality of relationships instead of fixing one another
 14. Describe the impact of clinical and labeling language
 15. Recognize how trauma affects lives
 16. Design trauma-informed and mutually responsible relationships
 17. Define self-care when working in a peer support environment
 18. Use peer support in crisis alternatives

CONDUCTED BY: Steven Morgan, Lead Trainer, Intentional Peer Support Institute & Eva Dech, Lead Trainer, Intentional Peer Support Institute

COORDINATED BY: Anna Perne, LCSW, Training Coordinator or
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DEADLINE: When maximum capacity is reached.

CONTINUING NONE

EDUCATION:

COST NONE