

## INTENTIONAL PEER SUPPORT (IPS) 5-DAY CORE TRAINING

**DATE & TIME:** December 02, 2019 – December 06, 2019 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:** Shields for Families  
121 W. Victoria St.  
Long Beach, CA 90805

**ATTENDANCE FOR  
ALL DATES IS  
MANDATORY**

**PARKING:** Free On-Site Parking

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