

# National Association of Peer Specialists (NAPS)

## Holiday E-Letter 2011



### Give yourself the gift of peer support

By guest editor, Rita Cronise

We wish you a season of peace and joy and time to reflect on what's light and right in your life. For this holiday, take a little extra time to do something extra special for yourself. It's a good time to simplify, set realistic expectations, and ask for support if you need it, which our recent NAPS situational analysis shows is difficult for many of us who are responsible for supporting others.

However, getting support for ourselves is an important aspect of recovery we *can model* for others. It can be as simple as talking with someone in our family, our faith community, a trusted professional, a support group, or any "buddy" you can be open and honest with about how you're feeling and what helps when you are the one that needs some support. *(Continued on page 2.)*

### Peer Support Featured in the *New York Times*

Peer Support was highlighted in the last story of five part series: **Lives Restored - Managing Severe Mental Illness** in the New York Times. The article tells the story of Antonio Lambert, how he was shot nine times and sentenced to 22 years in prison when he was 17 years old, and his journey of recovery. <http://www.nytimes.com/2011/12/20/health/20lives.html>.



**Antonio Lambert**  
Training Manager,  
Recover Resources

Today, Antonio is a powerful advocate for peer support. He trains peer specialists across the U.S. as the training manager for Recover Resources, a peer owned and operated, website-based micro-enterprise that has sponsored NAPS for several years. For more, visit [www.recoverresources.com](http://www.recoverresources.com).

*The Lives Restored series previously featured two other NAPS members:*

Part 1: Finding Purpose after Living with Delusion (Milt Geek)

<http://www.nytimes.com/2011/11/26/health/man-uses-his-schizophrenia-to-gather-clues-for-daily-living.html>

Part 3: Finding a Life that Fits (Keris Jän Myrick)

<http://www.nytimes.com/2011/10/23/health/23lives.html>

**Congratulations to our NAPS Members: Milt, Keris, and Antonio!!!**

## Give yourself the gift of peer support (continued)



For those of you who are familiar with WRAP, the Copeland Center has launched a new program called WRAP PALS (Peers Advocating, Listening, and Supporting), which is a great way to give and receive support if you have a WRAP. To learn more, visit their site: <http://copelandcenter.com>.

If you are looking for a local support group, or online support, the Depression and Bipolar Support Alliance (DBSA) has many options worth checking into (and sharing with the peers you serve). You can view the latest news at DBSA online by visiting [www.DBSAAlliance.org/ChapterNews](http://www.DBSAAlliance.org/ChapterNews).



Family members and friends can also benefit from support during this time of the year and the National Alliance on Mental Illness offers a wide variety of groups and educational programs for people who are seeking support and their families. ([www.nami.org](http://www.nami.org)).



Some other national self-help / peer inclusive organizations that offer programs or resources for education, advocacy, and support in many, if not most locations (*listed in alphabetical order*):

- Abraham Low Self Help Systems (formerly Recovery-Inc. [www.recovery-inc.com](http://www.recovery-inc.com))
- American Foundation for Suicide Prevention (AFSP) ([www.afsp.org](http://www.afsp.org))
- Compeer (<http://compeer.org>)
- Copeland Center (<http://copelandcenter.com>)
- Depression and Bipolar Support Alliance (DBSA) ([www.dbsalliance.org](http://www.dbsalliance.org))
- Mental Health America ([www.nmha.org](http://www.nmha.org))
- National Alliance on Mental Illness ([www.nami.org](http://www.nami.org))
- National Coalition for Mental Health Recovery (NCMHR) (<http://ncmhr.org>)
- National Empowerment Center ([www.power2u.org](http://www.power2u.org))
- National Mental Health Consumers Self-Help Clearinghouse (<http://mhselfhelp.org>)
- National Suicide Prevention Hotline ([www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org))
- Recovery Innovations (<http://recoveryinnovations.org>)
- Recover Resources ([www.RecoverResources.com](http://www.RecoverResources.com))
- Substance Abuse and Mental Health Services Administration ([www.samhsa.gov](http://www.samhsa.gov))
- US Psychiatric Rehabilitation Association ([www.uspra.org](http://www.uspra.org))
- Veterans Administration ([www.va.gov](http://www.va.gov))

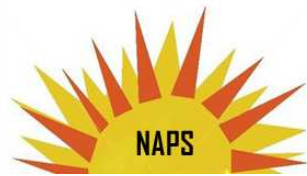
## Give yourself the gift of peer support (continued)

Many more local, state, and regional organizations offer wonderful opportunities for support. The SAMSHA-funded Recovery to Practice initiative (described on our web site) has been gathering inspirational stories of recovery. Go to our web site ([www.naops.org](http://www.naops.org)) and click the link to **Recovery to Practice** to learn more.



We wish you a season of peace and joy, and time to reflect on what's life and right in your life.

## Changes Coming in the New Year at NAPS



National Conference for Peer Specialists.

NAPS is simplifying its operations. For many years, a small group of dedicated volunteers have carried out most of the work of managing the membership list, writing and mailing the newsletter, sending out surveys and compiling the results, updating the web site, and coordinating the annual

Mailing newsletters and maintaining the membership list have taken a substantial amount of time and money in the past. However, most Peer Specialist now have access to information online and these previously time consuming and expensive tasks can be automated through the web site and other online formats that can take advantage of the latest social media and networking technology.

As a result, NAPS will no longer offer “memberships.” Instead, the plan is to **offer online information and a global information sharing network for Peer Specialists that is free of charge for all.**

**The last paper newsletter will be mailed to the full NAPS membership list in January** with more information about the changes at NAPS and a link to sign up for the online newsletter and related forums.

## NAPS Web Site Under Construction



As part of the changes, the NAPS website is being redesigned to provide access to more recovery resources for Peer Specialists, including research studies that peers can participate in, peer specialist training opportunities, and peer job listings.

If you visit the Job Openings page and click the link to the Google group you can view the description for the current (real) Magellan peer specialist openings that are listed there.

## NAPS Web Site Construction (continued)

The Google group (still being tested) will allow employers to email job openings to the group (to be approved for posting by the moderator) and job seekers who subscribe to the group will receive an automatic email when a new job is posted. Similar groups are being set up for training opportunities and research studies for peers.

The web site will include information on the SAMHSA-funded Recovery to Practice (RTP) project. Watch for these new features coming soon! ([www.naops.org](http://www.naops.org))

## Next National Peer Specialist Conference



### Save the Dates - September 5-8, 2012

The next NAPS National Conference will be held at the Sheraton Society Hill in Philadelphia--just steps from Independence Hall and the Liberty Bell.

The conference cost of rooms at the hotel will be \$159 per night single/double plus applicable taxes. The call for workshops will go out in March.

## An Exciting Announcement from Recovery Innovations

Hello Friends,

We here at the Recovery Opportunity Center (ROC) finally have a newsletter! It's taken us many years to get to this point, don't ask me why. We hope you'll



enjoy reading it. We aren't sure how regular it will be, but we're hoping we can get it out once a month. This will be a way to let you know what's on our minds and what we are up to. Please write back if you want and let us know what's happening in your neck of the woods. We'd love to stay in better touch with our friends, and make new ones too. To access the newsletter, click the link:

<http://www.recoveryopportunity.com/documents/12-1-11RecoveryOpportunityCenterNEWSLETTER.pdf>

Take care, Lori

*Lori Ashcraft, Ph.D.*

Executive Director,

Recovery Innovations Recovery Opportunity Center

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

Happy holidays! For more information about NAPS, visit our web site: [www.naops.org](http://www.naops.org).