

APS Virtual Learning Community News | May 13, 2021



Welcome to APS Community News.
This is a monthly newsletter of upcoming events, activities, and job openings for the peer support workforce.

For comments or questions, send email to:
academy.virtual.community@gmail.com

Contents

ACADEMY OF PEER SERVICES (APS) NEWS	1
MAY IS MENTAL HEALTH MONTH	3
COMMUNITY CALENDAR	5
ONGOING SUPPORT	19
RESOURCES	20
PARTICIPATE/GET INVOLVED	21
RESEARCH	22
JOB OPENINGS	23
ARTICLE: MAY IS MENTAL HEALTH MONTH, BUT MORE BY	
HOWARD DIAMOND	26
JOIN OUR COMMUNITY	27
APS NETWORKING MEETING	28
APS USER SUPPORT	28



ACADEMY OF PEER SERVICES (APS) NEWS

Welcome back! Term 2 of the Academy of Peer Services (APS) launched last week for ongoing training for the peer support workforce. Through the generous support of the New York State Office of Mental Health, APS offers over 70 online self-paced courses, 13 of which are approved for initial application to attain the New York Certified Peer Specialist (NY-CPS) certification and all approved by the NYPSCB for continuing education on current topics related to peer support services and supervision. APS is free of charge and open to anyone who has an interest in learning about peer support services. This term will remain open until July 27, 2021. For the Welcome Letter to Term 2, which includes Terms of Use, Frequently Asked Questions, and User Guide, [click here](#).

- APS can be accessed on the main website: <https://www.academyofpeerservices.org>
- The Virtual Learning Community is a companion site: <https://aps-community.org>

APS User Support

For help in enrolling or accessing Academy courses contact the APS User Support Specialist at academyofpeerservicesnyomh@gmail.com

Just Learning or Need to Educate Others about Peer Support?

Here are two short, informative videos from the Center for Practice Innovations (CPI) that help explain Peer Support and Peer Services in New York State.

- [An Introduction to Peer Services, with Celia Brown](#)
- [Peer Services in New York State, with Carl Whitmore](#)



Celia Brown

Carl Whitmore

Two new Academy of Peer Services (APS) CE courses provide additional information about the Peer Model and Power of Peers for continuing education credit. You can enroll in APS and register for these courses under the Continuing Education category. Check the Term 2 [APS Course Catalog](#) for more!

NY-CPS Certification in New York State

All Academy of Peer Services (APS) courses are approved by the NYPSCB toward the NY-CPS certification. To learn about this certification or the requirements to apply, visit <http://nypeerspecialist.org>

If you are providing (or planning to provide) peer support outside of adult mental health services, other credentials or certifications exist and are managed by the following individual provider organizations:

- For the certified recovery peer advocate (CRPA) certification, contact Alcoholism and Substance Abuse Providers of New York (ASAP) at: <http://www.asapnys.org/ny-certification-board/>
- For the youth peer advocate (YPA) credential, contact Families Together in NYS/Youth Power at: <https://youthpower.ftnys.org/ypa-credential/>
- For the family peer advocate (FPA) credential, contact Families Together in NYS at: <https://www.ftnys.org/workforce/family-peer-advocate-credential/>
- For the peer worker certification for those working with HIV, contact the Dept. of Health AIDS Institute: <https://www.hivtrainingny.org/Home/PeerCertification>

To determine the certification that is right for you, and what requirements are needed to complete that certification, contact the appropriate credentialing or certifying provider to learn more.

MAY IS MENTAL HEALTH MONTH

OMH Facebook Campaign

This year's Mental Health Awareness Month campaign by the NYS Office of Mental Health works to highlight "JEDIs" (those fighting for justice, equity, diversity, and inclusion) and Mental Health Trailblazers (advocates who have recently passed on) who worked to change practices and move the needle forward on person-centered mental healthcare.



Honorees: Those featured in the May is Mental Health Month campaign are (Trailblazers) Ed Knight, George Ebert; (JEDIs – justice, equity, diversity, and inclusion) Jacki McKinney, Beebe Moore Campbell, Celia Brown, and Marsha P. Johnson.



The Facebook campaign also features innovations that moved the needle toward the belief that **recovery is possible**. Innovations such as the Wellness Recovery Action Plan (WRAP) and the online Academy of Peer Services (APS) that was freely available and accessible as a step toward the certification of peer support workers to bring hope, inspiration, and support to others.

Watch for these and other exciting postings on the Office of Mental Health Facebook page throughout the month. Like them and share these posts to help raise awareness about mental health and wellness!



Like the NYS OMH Facebook and share these posts with others!

www.facebook.com/NYSOMH

MAY IS MENTAL HEALTH MONTH – Wellness and Recovery

Words of Wellness



May 2021

Wellness Tip of the Month | [Learn More](#)

Words of Wellness

Each month, we feature the Words of Wellness Calendar by Peggy Swarbrick. This month features laughter is good medicine and national scavenger hunt day | [Learn More](#)

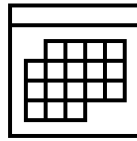


Wellness In Recovery (WinR)

The Rutgers Center of Alcohol and Substance Use Studies now features a site specifically for people in recovery, peer support providers, and family members who are working together toward greater wellness. Wellness in Recovery (WinR) offers ways to enhance wellness in the 8 dimensions and to support intentional communities to access self-care resources, tools, and information to empower one another to create a wellness lifestyle.

Visit the WinR site and take the Wellness Inventory (Quiz). | [Learn More](#)

COMMUNITY CALENDAR



Please Note:

Events in our **Community Calendar** and **Newsletter** are provided as a public service to our peer support and supervision community.

To find out whether an event is eligible for continuing education for a specific professional association, certification, or program, ask the event organizer directly.

Welcome to the Virtual Learning Community.

We Learn. We Share. We Thrive.

HOME • ABOUT • NEWS • **CALENDAR** • JOB BANK • WEBINARS • SUPPORT • RESOURCES • APS SITE



Visit our [Community Calendar](#) for the latest additions. These are current as of May 12, 2021.

Weekly Opportunities

APS Study Group (Online)

Tuesdays, 3:00 – 4:00 pm ET

Hands Across Long Island | [Learn More](#)

Resilience Training

Wednesdays, 6:00 – 7:00 pm ET (Until June 9)

Kripalu's Resilience Training for Mental Health Professionals

RISE | [Learn More](#)

Personal Fitness Training for Peers

Mondays, Wednesdays, and Fridays, 7:00 – 8:00 pm ET

Fitness Training by Zoom

MHEP | [Learn More](#)

Upcoming Opportunities this Month

Watch our [Community Calendar](#) for new additions, which are added regularly. These announcements are current as of May 12, 2021.

Training

May 13, 9:00 am – 1:00 pm

Ethics Workshop, Recovery Coach University | [Learn More](#)

Networking Meeting (CNY)

May 13, 10:00 – 12:00 pm ET

Introduction to the OMH Field Office Serving Central Region, CNY Peer Networking Group | [Learn More](#)

Webinar

May 13, 12:00 pm ET

Mental Health Journey: Voices from Individuals with Lived Experience | PsychU (Otsuka) | [Learn More](#)

Virtual Performance

May 13, 12:30-1:15 pm ET

Racism, Discrimination, Prejudice, and Social Exclusion: NJ Mental Health Players | [Learn More](#)

Virtual Conference

May 13, 8:00 pm ET

Whole Health Includes Mental Health (WOW21), UCLA | [Learn More](#)

Webinar

May 14, 11:30 – 12:45 pm ET

Taking Care of Business: Self-Care and Counteracting Burnout 2021 | NYAPRS | [Learn More](#)

Webinar

May 14, 12:00 pm ET

How Can the Uncontainable Be Contained? Paradoxes of Madness & Philosophy | ISPS-US | [Learn More](#)

Virtual Job Fair

May 14, 3:30 – 5:00 pm ET

Peer Specialist Job Openings, NYC DOHMH | [Learn More](#)

Support Group

May 15, 5-6 pm ET

Reframing Crisis | [Learn More](#)

Training

May 15-16, 2021

The How of Performance Activism, East Side Institute | [Learn More](#)

Training

May 17, 9 am – 4 pm ET

Family Supported Recovery, Recovery Coach University | [Learn More](#)

Training

May 17, 9:00 am – 12:00 pm ET

Part 1: Motivational Interviewing Skills for Family Peer Advocates, CTAC | [Learn More](#)

Training

May 17, 10:00 – 11:30 am ET

Careers in Recovery and Wellness: Peer Workforce Readiness

AMHW | [Learn More](#)

Webinar

May 17, 3:30 – 5:00 pm ET

Targeting Housing Resources to Support Reentry of People with Serious Mental Illness, Bazelon Center | SAMHSA-Sponsored [Learn More](#)

Free Virtual Training

May 17-19, 10:00 am – 4:00 pm (16 hrs.)

Ethical Considerations, Peer Training Institute / Alliance for Positive Change | [Learn More](#)

Training

May 17-21; 3:30 - 6:00 pm ET

Youth Emotional CPR (eCPR) Training, NEC | [Learn More](#)

Webinar

May 18, 8:30 – 10:00 am ET

Breakfast Series: Promoting Health Equity, Racial & Social Justice, The Coalition for BH | [Learn More](#)

Public Hearing

May 18, 10:30 – 12:00 pm ET

Joint Public Hearing: Mental Health Crisis Services

NYS Legislative Hearing | [Learn More](#)

Training

May 18, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday, HALI | [Learn More](#)

Peer Specialist Training (Session 2)

Starts Tuesday, May 18, 2021

Tuesdays, Wednesdays, and Fridays, from 9:30 am – 11:30 am, and 12:30 pm – 2:30 pm

AMWH | [Learn More](#)

APS Networking Meeting

May 18, 5:15 pm ET

Every Tuesday, 5:15 – 6:30 pm

Meeting ID: 889 0219 9174, Passcode: 702960

RISE Resilience Training

May 18, 6:00 – 7:00 pm ET (Wednesdays through June 9)

Kripalu's Resilience Training for Mental Health Professionals

RISE | [Learn More](#)

Webinar

May 18, 6:00 – 7:30 pm ET

Let's Talk: Virtual Student Mental Health Conference, ASHA Int'l | [Learn More](#)

Support Group

May 19, 9:00 – 10:00 am ET

Bi-Monthly Implementation Support - Focus on Integrated Treatment (FIT)

Center for Practice Innovation | [Learn More](#)

Webinar

May 19, 10:00 – 11:30 pm ET

Bereavement, Loss, and Coping in Working with Older Adults

The Coalition for Behavioral Health | [Learn More](#)

Webinar

May 19, 10:00 – 12:00 pm ET

Changing Your Perspective: Applying a Trauma Informed Lens, Families Together | [Learn More](#)

Webinar

May 19, 2-3:30 pm ET

Emotional CPR by and for Youth | National Empowerment Center | [Learn More](#)

Wellness Wednesday Discussion

May 19, 4 pm ET

Transforming Crisis Response, NAMI | [Learn More](#)

Peer Learning Collaborative (Online)

May 19, 4:30 – 6:00 pm (3rd Wednesday)

Peer Learning Collaborative, Recovery Coach University | [Learn More](#)

Annual Meeting

May 19, 4:30 – 6:00 pm ET

PiRi in the Community

Partners in Restorative Initiatives | [Learn More](#)

OMH Training

May 19, 5:30 pm – 7:00 pm ET

Vaccine Education for OMH & OASAS Service Recipients and Providers, OMH | [Learn More](#)

Town Meeting

May 20, 2:00 – 3:30 pm ET

Taking the Call: A National Conference Exploring Innovative Community Responder Models, Justice Center – The Council of State Governments | [Learn More](#)

Training

May 20, 2:30 – 4:00 pm ET

Financial Literacy Workshop: Making Budgets Work
Bridges and M&T Bank | [Learn More](#)

Networking

May 20, 3:30 – 5:00 pm ET

Long Island Peer Networking Group: Grief and Loss
LI-PNG | [Learn More](#)

Event

May 20, 7:00-8:00 pm ET

The 3 Amigos of Mental Health
Michael Weitzman | [Learn More](#)

Learning Series Starts

May 20, 2:00 pm ET

6-Part Series (Every other Thursday)
Culturally Responsive Evidence Based Community-Defined Practices
MHTTC CRWG | [Learn More](#)

Community Conversation

May 21, 1:30 – 4:30 pm ET

COVID 19: Mental Health, Equity and Resistance, Credible Messenger Justice Center | [Learn More](#)

Regional Peer Worker Support Circle

May 21, 4:00 – 5:00 pm ET (Every other Friday)

Northeast and Caribbean Mental Health Technology Transfer Center | [Learn More](#)

Fundraiser

May 22, (Times vary by location)

NAMI Walks Your Way (Rochester, NYC, Westchester), NAMI | [Learn More](#)

Support Group

May 22, 5-6 pm ET

Reframing Crisis | [Learn More](#)

OMH RAC

May 24, 8:30-12:30 pm ET

Regional Advisory Committee | [Learn More](#)

Training

May 24, 9:00 am – 12:00 pm ET

Part 2 – Change Process for Family Peer Advocates, CTAC | [Learn More](#)

Training

May 24, 10:00 – 11:30 am ET

Careers in Recovery and Wellness: Peer Workforce Readiness

AMHW | [Learn More](#)

Webinar

May 25, 1-2:30 pm ET

Stories from the HALT Campaign: Moving Forward in Systemic Change Part 2 | NYAPRS | [Learn More](#)

Training

May 25, 2:00 pm ET

Communication: Healthy Boundaries for Peer Specialists, Doors to Wellbeing | [Learn More](#)

Town Meeting

May 25, 2:00 – 3:30 pm ET

Virtual Roundtable 2: Partnering to Strengthen the Behavioral Health Infrastructure and Capacity in Communities of Color | SAMHSA MHTTC | [Learn More](#)

Training

May 25, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday, HALI | [Learn More](#)

APS Networking Meeting

May 25, 5:15 pm ET

Every Tuesday, 5:15 – 6:30 pm

Meeting ID: 889 0219 9174, Passcode: 702960

RISE Resilience Training

May 25, 6:00 – 7:00 pm ET (Wednesdays through June 9)

Kripalu's Resilience Training for Mental Health Professionals

RISE | [Learn More](#)

Training

May 26 and 27, 12:00 – 3:00 pm ET (2 Days)

Talking with Intention: Effective Communication and Purposeful Self-Disclosure

The Copeland Center | [Learn More](#)

Webinar

May 26, 2-3:30 pm ET

Co-occurring Disorders: Best Practice in Supporting At-Risk Populations

Minority Fellowship Program (MFPPC) | [Learn More](#)

Wellness Wednesday Discussion

May 26, 4 pm ET

Multicultural Mental Health | NAMI | [Learn More](#)

Webinar

May 26, 4:30-6:00 pm ET

Sources of Strength | National Empowerment Center | [Learn More](#)

NAMI Cafe

May 27, 7 pm Eastern

Creative Talents / Café | NAMI | [Learn More](#)

Support Group

May 29, 5-6 pm ET

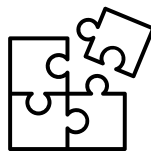
Reframing Crisis | [Learn More](#)

Deadline to Apply: May 31

Credible Messenger Scholarship / CUNY Community Leadership Certificate

CUNY / CMJC | [Learn More](#)

Is Anything Missing?



Are we missing anything in the Calendar or Support pages?

Contact us at academy.virtual.community@gmail.com

Stop back often to visit our [Community Calendar](#) for the **new** additions.

These announcements were current as of **May 12, 2021**.

Future Opportunities – June and Beyond

Training

June 1, 3:00 – 4:00 pm ET
APS Study Group / Every Tuesday
HALI | [Learn More](#)

APS Networking Meeting

June 1, 5:15 pm ET
Every Tuesday, 5:15 – 6:30 pm
Meeting ID: 889 0219 9174, Passcode: 702960

Training

June 2, 1:30 – 3:00 pm ET
Part 3 – FPA Supervision Workshop
CTAC | [Learn More](#)

RISE Resilience Training

June 2, 6:00 – 7:00 pm ET (Wednesdays through June 9)
Kripalu’s Resilience Training for Mental Health Professionals
RISE | [Learn More](#)

Conference

June 3, 4, 9, 2021
Recovering and Reclaiming Wellness
NJPRA | [Learn More](#)

Support Group

June 3, 3:00 – 4:00 pm ET
Bi-Monthly Implementation Support - Focus on Integrated Treatment (FIT)
Center for Practice Innovation | [Learn More](#)

Deadline to Apply

Friday, June 4, 2021
Learning to Love Groups Learning Collaborative
CTAC | [Learn More](#)

Regional Peer Worker Support Circle

June 4, 4:00 – 5:00 pm
(Every other Friday)
Northeast and Caribbean Mental Health Technology Transfer Center | [Learn More](#)

Regional Peer Worker Support Circle

June 4, 4:00 – 5:00 pm (Every other Friday)
Northeast and Caribbean Mental Health Technology Transfer Center | [Learn More](#)

Training

June 7, 10:00 – 11:30 am ET

Careers in Recovery and Wellness: Peer Workforce Readiness

AMHW | [Learn More](#)

Webinar

June 8, 10-11:30 am ET

LGBTQ 101: Welcoming LGBTQ People into Recovery

The Coalition for Behavioral Health | [Learn More](#)

Webinar

June 8, 11:45-1:00 pm ET

LGBTQ 201: Asking the Questions and Dealing with the Answers

The Coalition for Behavioral Health | [Learn More](#)

Webinar

June 8, 2-2:45 pm ET

Policy and Environmental Changes to Tobacco Treatment

NYC TCTTAC | [Learn More](#)

Training

June 8, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday

HALI | [Learn More](#)

APS Networking Meeting

June 8, 5:15 pm ET

Every Tuesday, 5:15 – 6:30 pm

Meeting ID: 889 0219 9174, Passcode: 702960

Training (2 Days)

June 8 and 9, 9 am – 4 pm ET

Motivational Interviewing

Recovery Coach University | [Learn More](#)

Resilience Training

June 9, 6:00 – 7:00 pm ET

Kripalu's Resilience Training for Mental Health Professionals

RISE | [Learn More](#)

Webinar

June 8, 2-2:45 pm ET

Policy and Environmental Changes to Tobacco Treatment (Part 2)

NYC TCTTAC | [Learn More](#)

Training

June 11, 9:00 am - 4:00 pm Eastern

Taking a Coach Approach

Recovery Coach University | [Learn More](#)

Support Group

June 12, 5-6 pm ET

Reframing Crisis | [Learn More](#)

Training

June 14, 10:00 – 11:30 am ET

Careers in Recovery and Wellness: Peer Workforce Readiness

AMHW | [Learn More](#)

Support Group

June 14, 12:00 – 1:00 pm ET

Mutual Support Call for Mental Health Providers

MHTTC | [Learn More](#)

Training

June 14, 12:30 – 2:00 pm ET

Supervision Office Hours

CTAC | [Learn More](#)

Webinar

June 15, 10:00-11:30 am ET

Trans 101: Creating a Safe & Affirming Environment for Transgender Individuals

The Coalition for Behavioral Health | [Learn More](#)

Webinar

June 15, 1-2 pm ET

Learning to Love Groups - Community Kickoff

CTAC | [Learn More](#)

Webinar

June 15, 1:00-4:30 pm (Eastern)

Intensive Accreditation Training (IAT)

Council on Accreditation | [Learn More](#)

Training

June 15, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday

HALI | [Learn More](#)

APS Networking Meeting

June 15, 5:15 pm ET

Every Tuesday, 5:15 – 6:30 pm

Meeting ID: 889 0219 9174, Passcode: 702960

Support Group

June 16, 9:00 – 10:00 am ET

Bi-Monthly Implementation Support - Focus on Integrated Treatment (FIT)

Center for Practice Innovation | [Learn More](#)

Peer Learning Collaborative / Support Group

June 16, 4:30 – 6:00 pm (3rd Wednesday)

Peer Learning Collaborative

Recovery Coach University | [Learn More](#)

Virtual Conference

June 17-18, 2021

Trauma and Mental Health during the Global Pandemic

European Society for Traumatic Stress Studies | [Learn More](#)

Regional Peer Worker Support Circle

June 18, 4:00 – 5:00 pm

(Every other Friday)

Northeast and Caribbean Mental Health Technology Transfer Center | [Learn More](#)

Support Group

June 19, 5-6 pm ET

Reframing Crisis | [Learn More](#)

Webinar

June 20, 2-3:30 pm ET

Beyond the Therapy Office: Creating Mental Health Everywhere

MIA / East Side Institute | [Learn More](#)

Training

June 21, 10:00 – 11:30 am ET

Careers in Recovery and Wellness: Peer Workforce Readiness

AMHW | [Learn More](#)

Training

June 22, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday

HALI | [Learn More](#)

APS Networking Meeting

June 22, 5:15 pm ET

Every Tuesday, 5:15 – 6:30 pm

Meeting ID: 889 0219 9174, Passcode: 702960

Virtual University of Youth Power (2 Days)

June 24 & 25, 2021

Youth Power Still Standing: Strong, Safe, and Steady | (To Apply for a Scholarship, [click here](#))

Families Together in NYS | [Learn More](#)

Deadline: Call for Proposals

June 25, 2021

28th Annual Bi-County Empowerment Conference: My Life, My Voice, My Choice

(Conference Dates – October 22 and 29: Theme – Peace for Now, Hope for Tomorrow)

Bi-County Conference Committee | [Learn More](#)

Community Conversation

June 25, 1:30 – 4:30 pm ET

COVID 19: Mental Health, Equity and Resistance

Credible Messenger Justice Center | [Learn More](#)

Support Group

June 26, 5-6 pm ET

Reframing Crisis | [Learn More](#)

Training

June 28, 10:00 – 11:30 am ET

Careers in Recovery and Wellness: Peer Workforce Readiness

AMHW | [Learn More](#)

Webinar

June 29, 1-4 pm ET

Learning to Love Groups – Knowledge and Skills in Group Facilitation

CTAC | [Learn More](#)

Training

June 29, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday

HALI | [Learn More](#)

APS Networking Meeting

June 29, 5:15 pm ET

Every Tuesday, 5:15 – 6:30 pm

Meeting ID: 889 0219 9174, Passcode: 702960

Training

June 30-July 1, 12:00 – 3:00 pm ET

Peer Generation: Youth Rising | Copeland Center | [Learn More](#)

Deadline: July 1, 2021

Membership Application for the NYS OMH Statewide Multicultural Committee
NYS OMH SMAC | [Learn More](#)

Support Group

July 1, 3:00 – 4:00 pm ET

Bi-Monthly Implementation Support - Focus on Integrated Treatment (FIT)
(No Groups in August) - Center for Practice Innovation | [Learn More](#)

Training

July 6, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday

HALI | [Learn More](#)

Alternatives 2021 Virtual Conference (4 Days)

July 8, 10, 15, and 17

National Coalition for Mental Health Recovery (NCMRC)

[View Preliminary List of Presentations](#) | [Learn More](#)

Training

July 12, 10:00 – 11:30 am ET

Careers in Recovery and Wellness: Peer Workforce Readiness

AMHW | [Learn More](#)

Training

July 13, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday

HALI | [Learn More](#)

15th NYC Conference for Working Peer Specialists

July 15, 2021

NYU Kimmel Center (details coming soon)

Training

July 19, 10:00 – 11:30 am ET

Careers in Recovery and Wellness: Peer Workforce Readiness AMHW | [Learn More](#)

Training

July 20, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday

HALI | [Learn More](#)

Peer Learning Collaborative / Support Group

July 21, 4:30 – 6:00 pm | 3rd Wednesday

Peer Learning Collaborative, Recovery Coach University | [Learn More](#)

Conference

July 27-28, 2021

NAMIcon (Virtual Convention), National Alliance on Mental Illness (NAMI) | [Learn More](#)

Training

July 27, 3:00 – 4:00 pm ET

APS Study Group / Every Tuesday | HALI | [Learn More](#)

Virtual Conference (2 Days)

August 18-19, 2021

“Peering into the Future” 6th Annual Peer Pathways Conference, Tacoma, WA | [Learn More](#)

Virtual Conference

September 1-3, 2021

12th Annual Hearing Voices Congress, Hearing Voices Network, Intervoice Congress | [Learn More](#)

Webinar

September 14, 1-2 pm ET

Learning to Love Groups – Lessons Learned | CTAC | [Learn More](#)

Peer-Run Organization Learning Collaborative

September 21, 2021 (Start)

Leading with Lived Experience: Building Capacity for Peer-Run Organizations

C4 Innovations | [Learn More](#)

Virtual Conference

October 3-6, 2021

20th Anniversary Celebration, Faces and Voices of Recovery | [Learn More](#)

National Conference

October 20-21, 2:00 – 3:30 pm ET

Taking the Call: A National Conference Exploring Innovative Community Responder Models, Justice

Center – The Council of State Governments | [Learn More](#)

These announcements were current as of **May 12, 2021**.
Stop back often to visit our [Community Calendar](#) for the **new** additions.

ONGOING SUPPORT



Learning to Cope with Hope

NY Project Hope is New York's COVID-19 Emotional Support Helpline.

View the animated videos: <https://nyprojecthope.org/understand/>

Emotional Support Helpline: 1-844-863-9314 | [Learn More](#)

Our featured peer worker support line is:

NYC Peer Workforce Support Line

Wednesdays and Thursdays | 6:00 – 8:30 pm Eastern

Confidential and staffed by peer volunteers

929-254-4422

Watch upcoming newsletters for a new feature.

We are establishing a network of community collaborators, that will be featured on our website and in upcoming communications in the Virtual Learning Community and beyond.

To learn about peer-led support groups, and other weekly or ongoing meetings in the community, visit our new [Community Collaborators](#) page on the Virtual Community Site.

[Welcome to the Virtual Learning Community.](#)

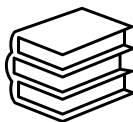
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Community Collaborators



RESOURCES



AFFORDABLE INTERNET

– Governor Cuomo’s Announcement for Statewide Low-Cost Internet | [Learn More](#)

Computer Basics

Need to learn (or teach) basic computer skills?

The Goodwill Community Foundation (GCF Global) has high quality videos, tutorials, and other strategies for learning computer skills | [Learn More](#)

CREATE Act

The Computer Recycling for Education and Technology Enhancement Act (CREATE) was passed to promote computer literacy in order to produce a competitive workforce. This page provides information regarding the process to be used to receive surplus computer equipment, owned by the State, that may be of use in the educational system. | [Learn More](#)

Mental Health America:

[May is Mental Health Toolkit](#)

Mindfulness:

A Young Adult’s Guide to Meditation also by NYAPRS’ Ruth Colón-Wagner | [Access the Guide](#)

Start Your Workweek Mindfully

A weekly meditation by NYAPRS’ Ruth Colón-Wagner – available on the NYAPRS homepage.

<https://www.nyaprs.org>

National Association for Rights Protection and Advocacy (NARPA)

Recorded Webinars, Call for Proposals for 2021 Conference: <https://www.narpa.org/>

(Courtesy, The Key Update)

Pat Deegan’s: Using Meds to Help Me Get the Life I Want

- From a recent webinar hosted by the Center for Practice Innovations (CPI).

See the resources and a recording of her live session

<https://practiceinnovations.org/CPI-Resources/Using-Meds-to-Help-Me-Get-The-Life-I-Want>

The Key Update – The May Issue is now available

This is the National Mental Health Consumers’ Self-Help Clearinghouse newsletter with announcements of upcoming events, current articles, research, and topics of interest to peer community.

[Learn More](#)

The Wildflower Alliance (formerly the Western Mass Recovery Learning Community)
Keeping the focus on peer-to-peer support and genuine human relationships, alternative healing practices, learning opportunities and advocacy against systemic injustices such as racism, sexism, ableism, transphobia, transmisogyny, and psychiatric oppression.

Sign up to receive the newsletter.

[Learn More](#)

PARTICIPATE/GET INVOLVED



Join the Statewide Multicultural Committee

Deadline: July 1, 2021

Membership Application | [Learn More](#)

Access to Recovery Coalition

Access to Recovery (A2R) is seeking people with lived experience to help shape HARP services. HARP is a Medicaid Plan that provides extra services (like peer support) to individuals. A2R is a coalition of people who are directly impacted by these services to advise OMH on policies and practices around HARP. To learn more and apply, [click here](#).

Friendship Project Seeks Volunteers

- Are you a person with lived experience in mental health or substance abuse systems?
- Do you have a compassionate heart that has the desire to connect with others?
- Would you like to build a lasting friendship with a peer who may be having a hard time due to isolation and other struggles?
- Can you make at least a one-hour per week commitment to your friend plus a biweekly meeting with Friendship Project manager(s), all via zoom, telephone or chat?

If you answered yes, apply to be a **Friendship Project** volunteer. [Learn more](#).

WRAP and Crisis Support Survey

The Copeland Center for Wellness and Recovery invites you to fill out a survey on WRAP and Crisis Support. We are seeking community members who have supported someone - including yourself - through a crisis in the past year to share experiences. | [Take the Survey](#)

RESEARCH



Trade or Technical Career Graduates

Study seeking Individuals with mental health conditions who have graduated from trade or technical programs and are pursuing careers in technical fields. Also seeking input from family members and others who involved in career services, supported employment, supported education and vocational rehabilitation. -- [Flyer](#) -- [Learn More](#)

People who Smoke and Have a Mental Health Condition

Rutgers-Robert Wood Johnson Medical School, Department of Psychiatry in New Brunswick is conducting an [online survey](#) to evaluate tobacco quitting barriers in smokers with mental health conditions. Eligibility Requirements: Volunteers must be smokers who are 18 years or older. Compensation: You will be compensated for your time (\$20 gift card). Visit www.tinyurl.com/RUTBS to complete the survey.

Technology Design Opportunities for Young Adults who Self-injure: An Interview Study

The purpose of this study is to better understand the day-to-day self-management practices, preferences, experiences, and needs of young adults (18 – 24) with current nonsuicidal self-injury, and who are not engaged in mental health treatment. This information will help guide the design of a digital tool to support people in managing their self-injury and related mental health symptoms. Visit www.tinyurl.com/RUTBS to complete learn more.

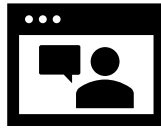
Seeking Advisory Board Members for Research or Evaluation - Participatory Action Research

If you've ever served on an advisory board for a research or evaluation project, provided even limited consultation, or partnered as a peer-run organization in such research, you're eligible to participate in a national survey aimed at better understanding researchers' and stakeholders' experiences of participatory research! The anonymous, 10–20-minute survey includes both closed- and open-ended questions about your experiences with such research, perspectives on barriers, and potential targets for policy change and resource development. Findings will be used to inform future projects focused on building stakeholder research capacity and strengthening participatory research in the U.S. All participants will receive a \$20 Amazon gift card. This new study is connected to "Building Capacity for Stakeholder Involvement and Leadership in Mental Health Services Research." [Learn More](#)
(Courtesy, The Key Update)

Trauma, Voices and Beliefs: Exploring the Dynamic Relationship

We are conducting a study that aims to better understand the relationships between prior experiences of trauma or adversity and experiences such as hearing voices, unusual beliefs and paranoia as well as the ways in which these experiences themselves can contribute to trauma or distress. [Learn More](#).
(Courtesy, The Key Update)

JOB OPENINGS



Please note:

Job Openings and Open Jobs Reports are provided as a public service for our learners, our alumni, and the larger community of peer support workers, supervisors, and colleagues of those who provide peer support services.

For more information about a specific job, please contact the employer directly.

Job Fair

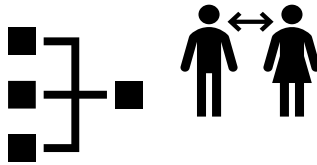
New York City

[Virtual Job Fair – May 14, 3:30-5:00 pm](#)

Sign up to learn about Peer Specialist Openings in NYC

NYC DOHMH

Job Bank



The Virtual Community Job Bank lists positions submitted directly to us by employers who are looking for qualified peer support and supervision candidates. These are updated regularly, so visit the [Job Seekers page](#) to see the most up to date listings. **Jobs in the Job Bank are listed in order of submission. Most recent jobs are listed at the top.**

Albany

[Associate Commissioner of Mental Health, Office of Managed Care](#)

New York State Office of Mental Health

Peekskill

[Peer Specialist](#)

OnTrackNY

Westchester Jewish Community Services

New York City

[Virtual Job Fair – May 14, 3:30-5:00 pm](#)

Sign up to learn about Peer Specialist Openings in NYC

NYC DOHMH

Binghamton / Southern Tier

[Multiple peer support worker openings](#)

MHAST

New York City

[Peer Counselor](#) (Adult Inpatient) Kings County Hospital

To apply: <https://employment.nychhc.org/> Job IDs: 57434, 59865

NYC Health+ Hospitals

Oneida

[Pathways Program Director](#)

Liberty Resources

Queens

[Peer Bridger](#)

NYAPRS

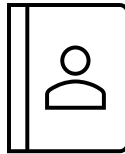
Brooklyn

[Peer Specialist](#) | The Wellness Works Clinic
Services for the UnderServed (SUS)

New York City

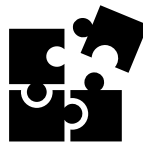
[Peer Counselor Level 2](#)
NYC Health+Hospitals

Open Jobs Report



Still looking? Visit our [Open Jobs report page](#) for the latest (May) listings of openings in the state as reported to multiple employment agencies. The reports are sorted by location, job title, and employer to allow you to quickly find openings that are most relevant to your search. The Open Jobs report will now be provided every other week by Curtis Dann-Messier, Director of the New York City Peer and Community Health Worker Workforce Consortium. Check back for the latest!

Are We Missing Anything?



If you have an opening to share or find these new reports helpful, let us know.
If you can think of anything else to add, send email to academy.virtual.community@gmail.com.

MAY IS MENTAL HEALTH MONTH, but MORE by Howard Diamond

May is Mental Health Month, but it means so much more. How about physical health, does this resonate? Our ability to maintain health is vital and each of us do this in our way. We are in a trap and cannot find the way out. Often, we eat what we want, when we want, as long it does not affect others. People like me, who are overweight, but do little to change their wellness focus find this difficult. Some of us are afraid and think we are the way we are, and there is little can be done to make a significant difference. While others do not care. Just remember folks, this is about our health and wellness. By its definition wellness means, "the state of being in good health, especially as an actively pursued goal. Also, it measures our progress both qualitatively and quantitatively."

Peer Specialists like myself are unique. Practically every day, we work on our own Mental Health and often share this with others, but we fall short when it comes to other areas of wellness. Dr. Peggy Swarbrick, Rutgers University Director of Practice Innovations and Wellness wrote that there are eight dimensions of wellness. Each goes hand and hand with the others to shape a person. No, not round or square. Our level of wellness in every dimension is not always at our best, but it is something to strive for every day. My own day is divided into separate sections, and I work on different things, so it doesn't become overwhelming. Not to say that it always works, but it is in the attempt. Ultimately, it is up to all people to do their utmost.

There are many techniques one can use to attain wellness. Examples are, but not limited to, Progressive Relaxation, Visualization, Thought Stopping, Changing Negative Thoughts to Positive, and Assertive Skill Building. Each one of them has advantages and disadvantages. By virtue of being Peer Specialists with our core value of mutuality... assisting others and allowing them to give something back to us as well (things like creative expressions – poems, drawings, recipes) we all gain and get ahead. Sounds efficient to me. Personally, in my wellness toolkit, I have used all of them with various degrees of success. As Peer Specialists, we can help others to develop their own wellness toolkit, which is designed to support people through all the stages of recovery: from planning to stay well to coping with and getting support during a crisis to learning from our lived experiences.

Mary Ellen Copeland, PhD, Author, Educator, Mental Health Advocate and Mental Health Survivor worked with a group of peers to design and publish the "Wellness Recovery and Action Plan (WRAP)," which later became an evidence-based recovery program, based on her study of the coping and strategies of people who have experienced mental health challenges. In 2005, Dr. Copeland created the Copeland Center for Wellness and Recovery which continues to offer her training around the world. Due to her extensive work with individuals in crisis, we know each person learns ways to deal with warning signs and stressors differently and it is important to focus on strengths and the things people can do for themselves as well as what others can do for them. Lift one, two, repeat; don't strain oneself.

Keep in mind that everyone has their own way to cope. In addition to finding our own way, there are many ways to help each other as well. The peer support value of choice! Don't we want that for personkind? For me, this sounds wonderful, but I am just one distinct individual. Let me know how this works out for each person out there by sharing your thoughts and comments. Anxiously, awaiting your responses!

Breathe, Howard, Breathe! Again, Breathe, Howard, Breathe!

Ah, that's better. Now with all that is going on, make every month Health and Wellness Month, not just Mental Health and not just May. Happy Mother's Day. See you in the Newsletter/Blogs!

HOWARD DIAMOND IS A NEW YORK STATE CERTIFIED PEER SPECIALIST FROM LONG ISLAND

[ED: You can share your thoughts with Howard at academy.virtual.community@gmail.com]

JOIN OUR COMMUNITY



Visit and explore our Virtual Learning Community website.

<https://aps-community.org>

Welcome to the Virtual Learning Community.

We Learn. We Share. We Thrive.

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Community Collaborators



Check our new Community Collaborators page!
Watch for news from these exciting new collaborations.

Our News, Calendar, Job Bank, Support, Resources, and other pages are updated regularly.

To receive updates, join our free Virtual Learning Community mailing list.
If you are not already a member of the Virtual Learning Community, sign up for our free mailing list.

To sign up, [click here](#).

APS NETWORKING MEETING



Join us for our APS Networking Meeting
Every Tuesday, 5:15 – 6:30 pm
Meeting ID: 889 0219 9174 | Passcode: 702960

Watch for more announcements in upcoming newsletters from our Community Collaborators!

APS USER SUPPORT



If you have questions related to the Academy of Peer Services online courses, contact our User Support Specialist, Maryam:

academyofpeerservicesnyomh@gmail.com