

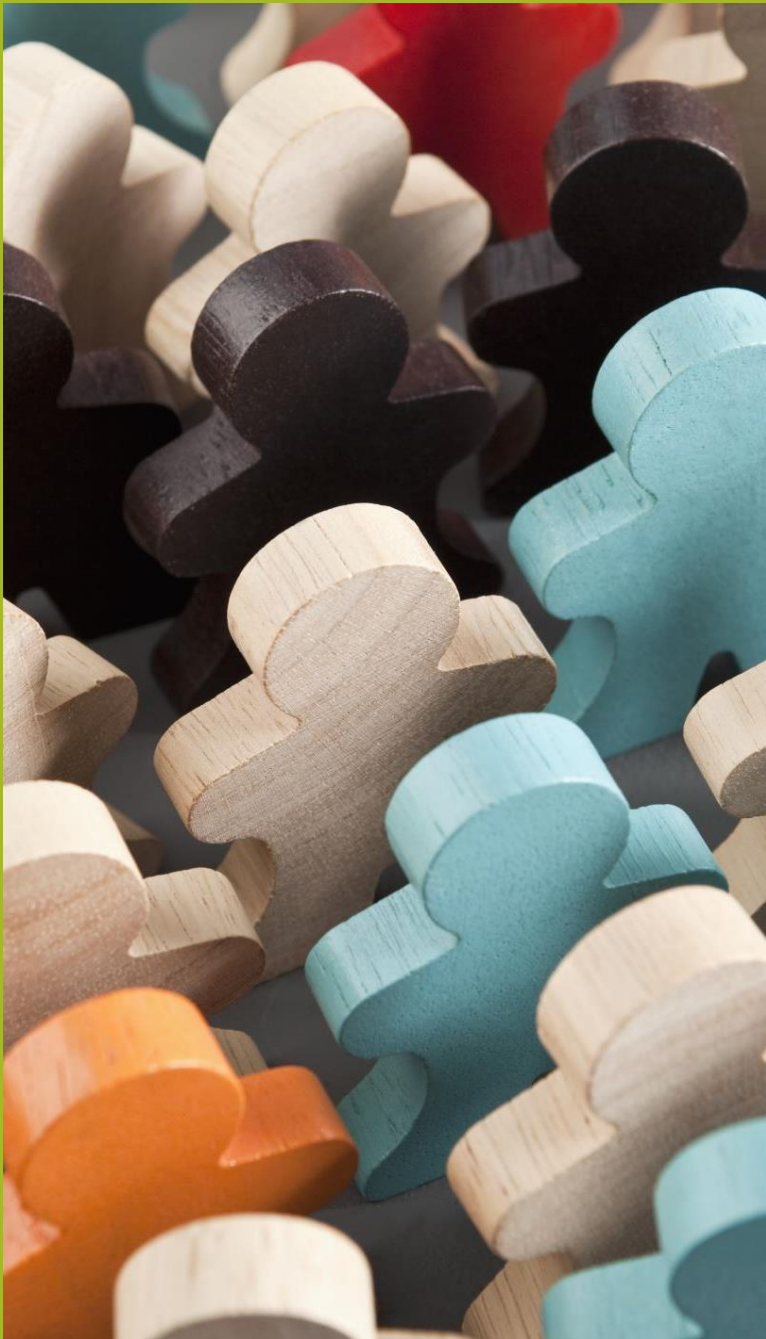


Crisis Training for Certified Peer Specialists in Washington State

Washington State
Health Care Authority

Vision





In Collaboration

- **WSU Peer Workforce Alliance/ Peer WA Workforce Development**
- **Dr. Peggy Swarbrick**
- **Certified Peer Counselors**
- **Crisis Service Providers**
- **Law Enforcement**



MODULES

Module 1

In this module we'll learn how to:

- ✓ Define Crisis and Behavioral Health Crisis
- ✓ Identify the 8 Dimensions of Wellness
- ✓ Describe the 10 Principles of Recovery
- ✓ Strategically use Coping and Self-Care Activities

1 How Crisis Relates to Wellness

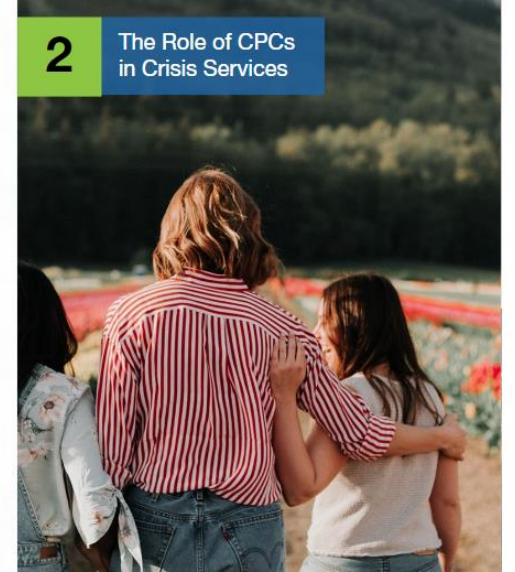


Module 2

In this module we'll learn about:

- ✓ SAMHSA's Core Crisis Care Services
- ✓ SAMHSA's Crisis Care Principles and Best Practices
- ✓ Where peer support workers may work and with whom
- ✓ The differing roles and expectations of people working in crisis environments

2 The Role of CPCs in Crisis Services



Module 3

In this module we'll examine:

- ✓ The impact of culture



Wellness



Recovery



Crisis services

3 Unique Strengths and Needs in Crisis



Module 4

In this module we'll learn:

- ✓ How to provide crisis support as a CPC by using intervention strategies



Listening



Planning



Communicating






Teamwork

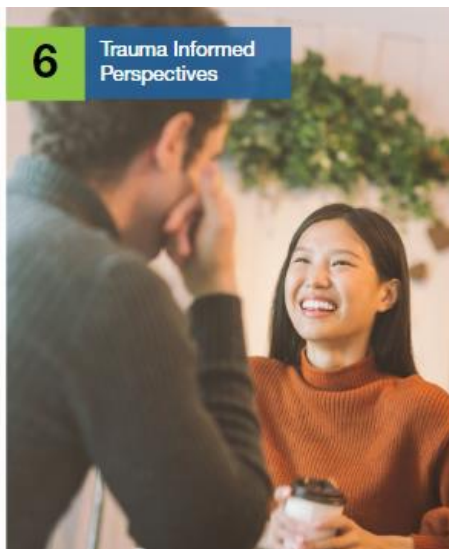
4 Stages of Crisis Intervention for Peers



Module 6


In this module we'll discuss:

-  How practicing trauma-informed care (TIC) pervades everything CPCs do
-  How TIC prepares CPCs to be effective in crisis care environments
-  The multiple tools available to approach crisis with a trauma-informed perspective



Module 7

In this module we'll:

-  Reflect on wellness for both CPCs and peers



Rest and relaxation



Looking back at challenges



Make a plan



Let's dig a little deeper into those crisis-specific resources and communication skills





Student Manual

**CRISIS AWARENESS
AND
COMMUNICATION
IN PEER SUPPORT**

Preparing for and Launching



TRAIN THE
TRAINERS



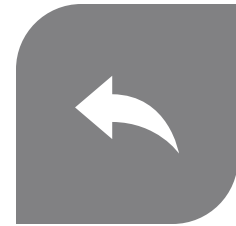
PULLING
TOGETHER THE
RIGHT COHORT



GATHERING
FEEDBACK



INCORPORATING



RINSE AND
REPEAT

Training Overview

Module 1 Crisis and Self-Care

Module 2 Trauma Informed Approaches in Crisis

Module 3 Communication in Crisis

Module 4 Crisis Systems in Washington State

Module 5 Self Advocacy in Crisis

Module 6 Interventions

Module 7 Conflict and Crisis

Module 8 Suicide Prevention

Module 9 Prevention and Post Crisis Support

HCA's Continuing Education Online Opportunities

Available on hcapeersupportprogram.talentlms.com

- The Power of Peer Support in Crisis Services
- The Intersection of Behavioral Health and the Law
- Enhancing Your Cultural Intelligence
- The Principles of WRAP

Available on the [HCA Peer Support Webpage](#)

- [Documenting Peer Support](#)
- [Ethics and Boundaries in Peer Services](#)
- [The Role Employment Plays in Recovery](#)
- [The Role Housing Plays in Recovery](#)

Questions?

A portion of this work was developed under Task 2.2 of NASMHPD's Technical Assistance Coalition contract/task order, HHSS283201200021/HHS28342003T and funding by the Center of Mental Health Services/Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services through the National Association of State Mental Health Program Directors (August 2020).

For more Information:

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