

Peer Support
Programs



EPI-NC

Early Psychosis Interventions
of North Carolina

EASTERN-CENTRAL

SHORE
Wilmington

Moss Goralski
Peer Support Specialist

Alabama Stone

OASIS
Chapel Hill

Bodi Bodenhammer
Lead Peer Support Specialist

Dashel Nance,
Peer Support Specialist

ENCOMPASS
Raleigh

Maxx Dempsey
Peer Support Specialist

WESTERN

EAGLE
Charlotte

Ashley Murdock
Peer Support Specialist

AEGIS
Asheville

Brianna Allen
Peer Support Specialist

WeCare
Burnsville

Ozzy Osmun
Peer Support Specialist

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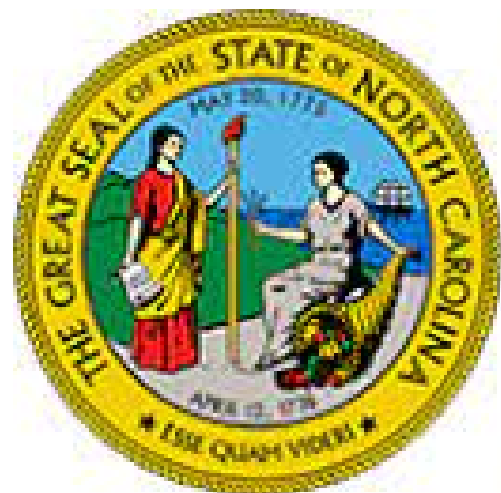
Professional
Development

PEER WORK IN NC



North Carolina's Certified Peer Support Specialist Program

*An Initiative of the NC Division of Mental
Health, Developmental Disabilities and
Substance Use Services*



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities
and Substance Abuse Services



**SCHOOL OF
SOCIAL WORK**

NCCPSS CERTIFICATIONS

Requirements

- Approved Course Training Certificate
- Additional Training (Training certificates must add up to 20 hours. Training such as, but not limited to, Wellness Recovery Action Planning, Person-Centered Thinking, Personal Assistance in Community Existence (PACE), and Crisis Prevention).

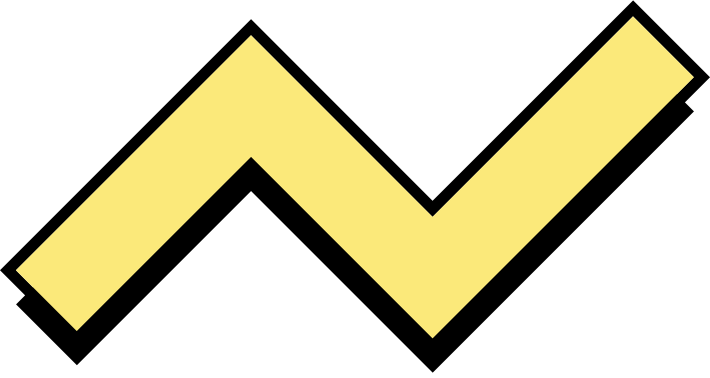
Core Concepts

1. Commitment to Personal Recovery
2. Relationship Building
3. Peer Support Interaction
4. Systems Competencies
5. Ethics and Boundaries
6. Substance Use Disorders
7. Trauma-Informed Practice
8. In Support of Service Members and Families
9. Cultural Competence/Awareness

40 hours total
20 hours every 2 years
*3 of which must be ethics

NCCPSS GUIDING VALUES

- Individuals with lived experience have an essential role to play in the public mental health/substance use disorder system and are considered peer supporters.
- The roles that are created for peers within the service system should fully utilize the lived experience of the peer supporter, viewing it as a credential that the individual brings to the work that they do.
- Lived experience is necessary and on-going skill development for peer supporters is essential.
- The recovery environment of the workplace is fundamental to the success of peer supporters and recovery for the individuals served.
- Peer supporters are highly valued members of an agency; therefore, are fully integrated members of the mental health/substance use disorder delivery system.
- Equality and respect between peer supporters and traditional professionals must be reciprocal.
- Choice and self-determination are important components in everyone's recovery, including individuals receiving and providing services.
- Self-directed recovery does happen, with or without professional help.



NCCPSS CODE OF ETHICS

Attention to self-recovery is critical to the performance of duties as a Peer Support Specialist(s) (PSS). When changes in recovery occur, the Peer Support Specialist will take personal responsibility to seek support.

- PSS are honest in their interactions; keeping it simple, keeping it real.
- PSS relationships are mutual learning experiences.
- PSS have a responsibility to support people to use their own voices to advocate for the principles of human dignity, self-determination, and empowerment.
- PSS honor commitments made to peers. PSS strive to always explore and ask open ended questions rather than making assumptions. PSS explore alternatives and options with peers rather than giving advice.
- PSS support people to make their own choices, honoring self-determination. The PSS does not put his/her agenda ahead of the peer's agenda.
- PSS negotiate within the relationship with peers in order to facilitate peer choice and shared power. PSS avoid power struggles and favoritism.
- PSS will not exploit, devalue, manipulate, abuse, neglect, or ignore a peer.
- PSS and peers will not loan or borrow anything from each other; especially not money.
- PSS will not establish romantic relationships with peers and will refrain from intimate or sexual activities with peers
- PSS avoid dual relationships; when they are unavoidable, appropriate boundaries are established within the relationship with the support of the supervisor.
- PSS will not violate a peer's confidentiality except when required by law.
- PSS does not accept or give gifts, if allowed by the agency, must be clearly related to the peer's recovery process.
- PSS do not take peers to their homes; any exception to this must have written agency approval.
- PSS do not hire peers to work for them if they are currently receiving services from their agency.
- PSS's documentation in the agency record is person-centered, strength-based and done with the peer whenever possible.
- PSS take responsibility for their own professional development and are proactive about expanding their knowledge and honing their skills with continuing education and training.
- PSS have a responsibility to educate themselves about available community resources and to establish helpful contacts in the community.
- PSS do not make medical diagnoses.



PEER WORK IN NC

- Additional training requirements of 3 hours of Ethics training
- Establishing a Board
- Creating new designations

As of 03/15/2024, the number of Certified Peer Support Specialist in North Carolina is 4,854.

PEER WORK IN EPI-NC

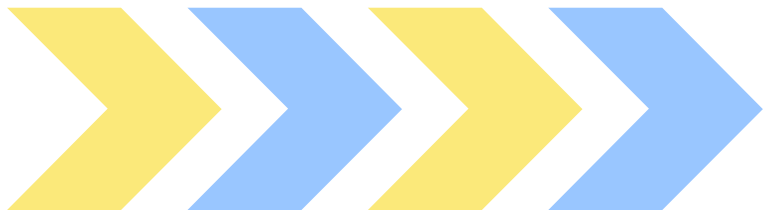
- OnTrackUSA, Sascha A. Dubruhl
- Bi weekly group
- Conferences
- Trainings



PROFESSIONAL DEVELOPMENT

- Bi weekly EPI-NC peer supports group meeting
- Alabama available for 1:1 support
- Monthly Training Calls with Sascha Altman Dubruhl

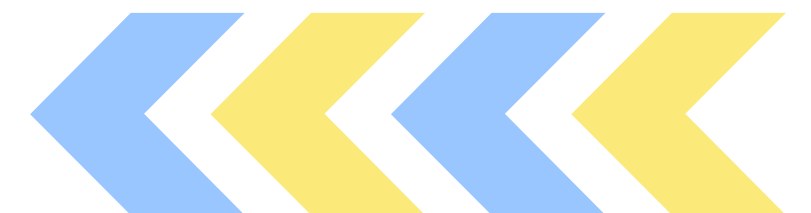
For 20 Recertification CE hours:

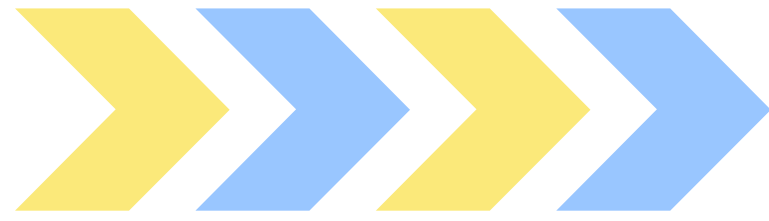
- Behavioral Health Springboard trainings + 3 hrs of Ethics trainings
 - Copeland Center webinars, WRAP trainings (Wellness and Recovery Action Planning)
 - NC One Community in Recovery Conference & others
 - WHAM trainings (Whole Health Action Management) through SAMHSA
 - Mental Health First Aid, NAMI Peer-to-peer trainings
- 



WHO ARE WE? STORYTELLING AND DISCLOSURE

- What traditional jobs tell us to leave at home, CPSS are expected to bring to work and unpack for the benefit of others.
- Disclosure serves to create a supportive space of mutual understanding.
- CPSS exercise their best professional judgement to choose what to disclose, where, when, and to whom based on the why of the situation.
- Storytelling and embracing creative narratives help to reinforce that we are people with lived experiences. We are not our diagnoses.





ROLE & RESPONSIBILITY

- Outreach & Engagement
- Relationship Building
- Embracing Creative Narratives
- Co-Creating Tools for Recovery
- Supporting & Partnering with Families
- Making EPI-NC Better
- Bridge Building
- Group Facilitation
- Community Mapping
- Influencing Team Culture
- Team Communication & Collaboration
- Ongoing Professional Development



ACTIVITES & PROJECTS



ACTIVITES & PROJECTS



ACTIVITIES EVENTS



**Game night!
Comic Swap!**

June 2nd
3:30-4:30
@
Encompass



**Putt
Putt
&
Peers!**

*Mini golf and hangs with the
homies*

**Friday, Dec 1st
12:30PM**



**5320 Oleander Dr.
Wilm, NC 28403**

LET'S GO BOWLING



**Wed
July 26
12-2ish**

Want more details?:
Need a ride?
Holler at Colin (910) 367-5095
or AL (910) 208-0686

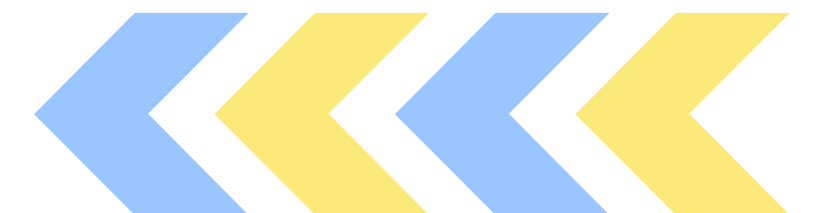
BEACH BOWL; 7026 MARKET ST.

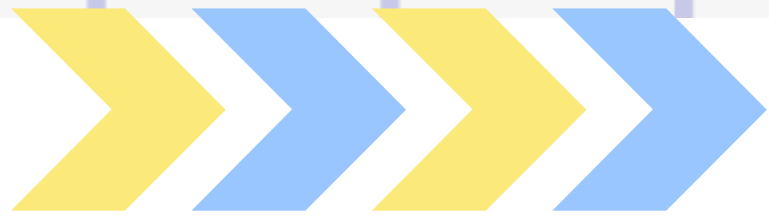


**PIEDMONT
WILDLIFE
CENTER
COME
VOLUNTEER!**

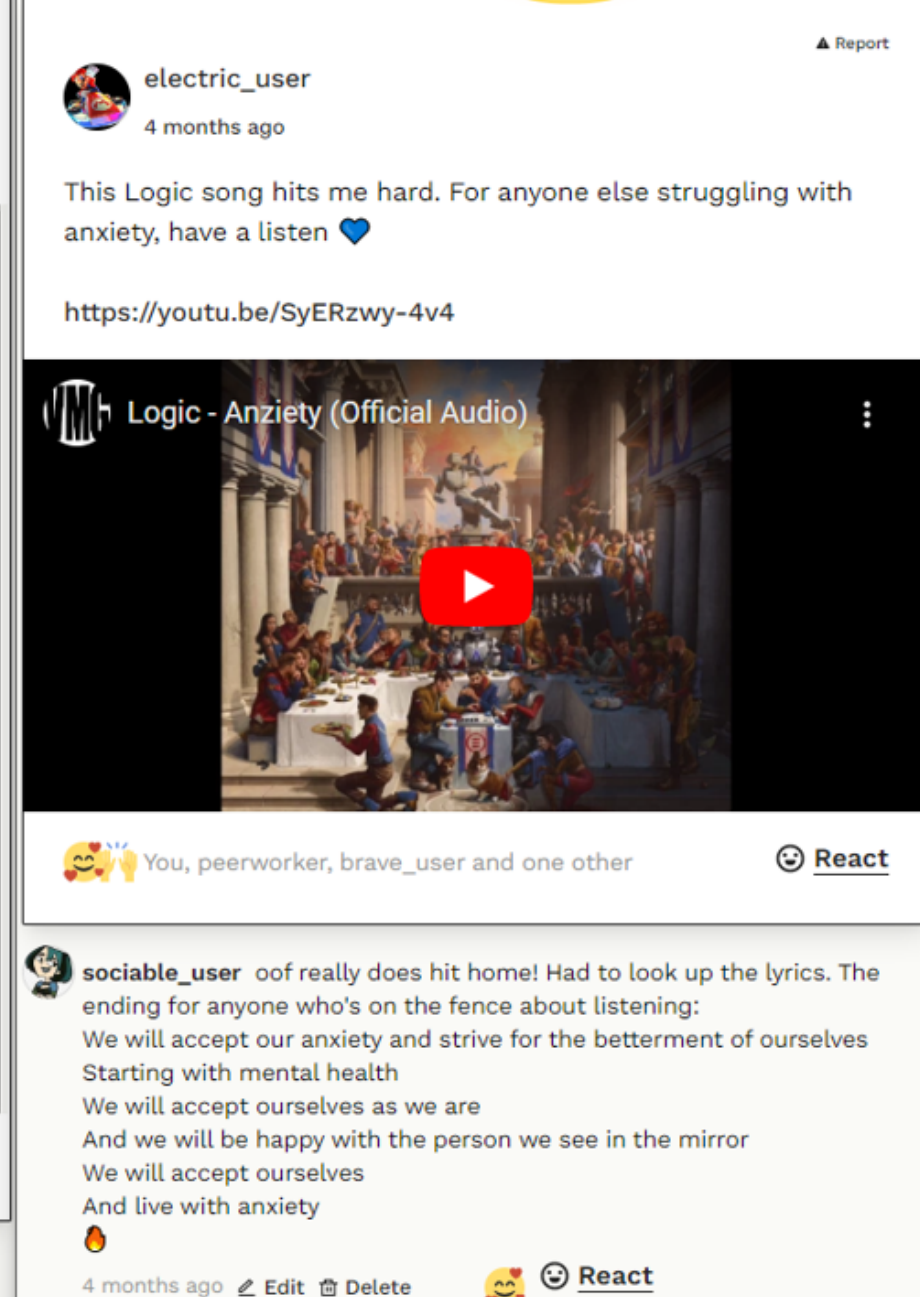
Come volunteer with us at the
Piedmont Wildlife Center! Help
conserve wildlife and build
community with OASIS. We will
help with on-going projects such
as animal care, constructing

**SEPTEMBER
19, 2019
@ 1-4 PM**

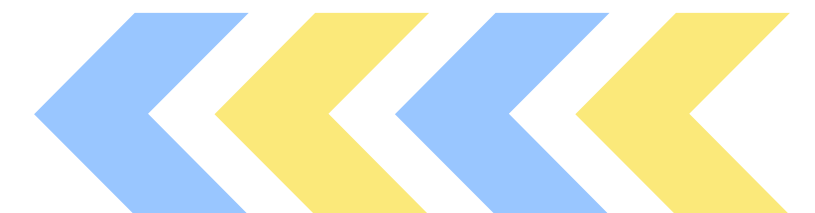




THE Horyzons PROJECT



-digital & in person
-community board (dog post)



CONTACT

Alabama Stone

EPI-NC Peer Support Program Director



alabama@unc.edu



SPECIAL THANKS

North Carolina Certified Peer Support Specialist Program

<https://pss.unc.edu/>

OnTrackUSA

<https://ontrackny.org/>

