

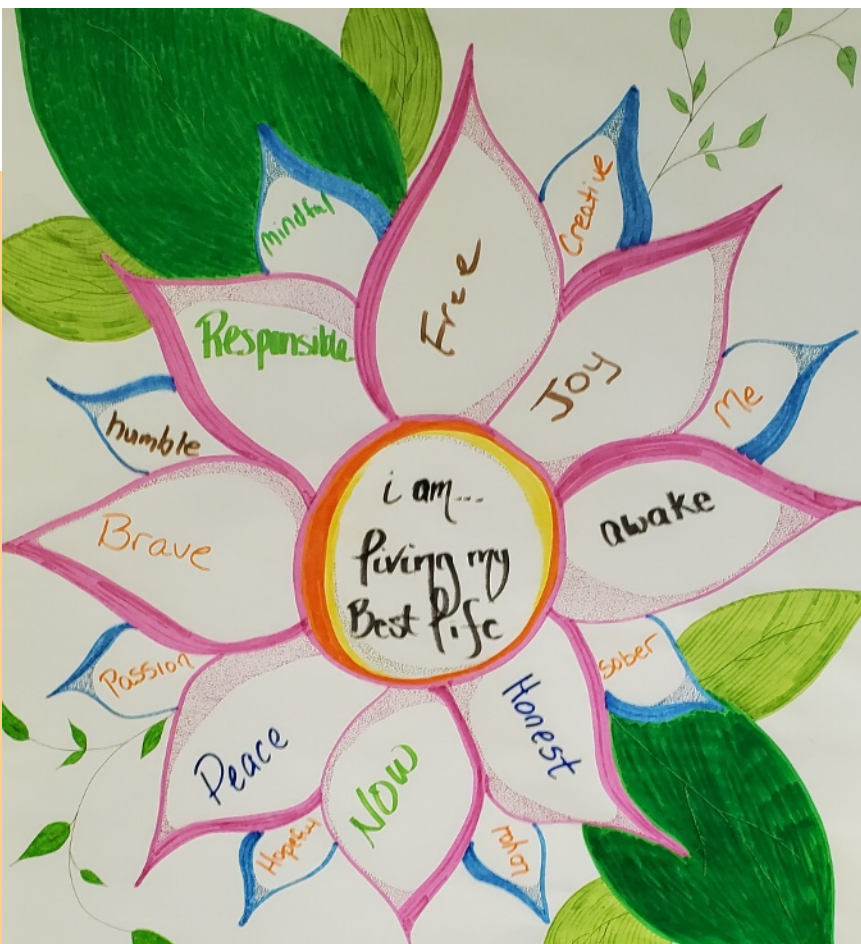
Doors to Wellbeing Quarterly

# Newsletter

## PEER SPECIALIST WEBINAR IMPACT

Peer Specialist Webinar Series is a highlight of D2W programming. The series focuses on enhancing skills for peer specialists. Varied topics provide listeners with 60 minutes of educational credits that many use to maintain peer specialist certification. In the past 5 years, the series has featured 74 presenters. The presenters are leaders in the peer specialist workforce: 13% have been Transition

Age Youth, 26% are African American, 15% are Latinx, and 1% are Native American. Attendees join the series from all U.S. states and the U.S. territories of PR, AS, and GU. In the past 5 years, more than 32,000 people have attended! In addition, each webinar is recorded and offered through D2W's website. The recordings have been watched nearly 20,000 times. In total, more than 51,000 individuals (and counting) have benefited from the series.



D2W currently has **57 recorded webinars** that you can find [here](#).

## "I AM...LIVING MY BEST LIFE"

# PSYCHIATRIC ADVANCED DIRECTIVES, PEER SUPPORT, AND WRAP®

Psychiatric Advanced Directives, Peer Support and the Wellness Recovery Action Plan (WRAP®) have been part of our national public mental health system for over a decade and are growing in application and interest. Although each are distinct resources for individual recovery, they can be combined and coordinated in new and innovative ways that may result in substantial benefits.

A psychiatric or mental health advance directive (PAD) is a legal tool that allows a person to state their preferences for treatment in advance of a crisis. They can serve as a way to protect a person's autonomy and ability to self-direct care. They are similar to living wills and other medical advance planning documents used in palliative care (Substance Abuse and Mental Health Services Administration: A [Practical Guide to Psychiatric Advance Directives](#). Rockville, MD: Center for Mental Health Services. Substance Abuse and Mental Health Services Administration, 2019.)

**"ONE KEY CORE COMPETENCY OF A PEER SPECIALIST IS PERSON-CENTERED, MEANING SUPPORT RECEIVED BY THE PERSON IS ALWAYS DIRECTED BY THE PERSON RECEIVING SERVICES."**

A PAD is a way to improve access to care, quality of care and provide a voice for self-directed care. It is a legal document that the person develops indicating what works best and what does not work in their interests. Systems implementation of PAD is also a mechanism for coordination of care, feedback and holistic advocacy. PAD laws vary state-by-state. The [National Resource Center On Psychiatric Advanced Directives](#)

provides a directory of current state laws.

Peer Specialists are trained in a [core set of competencies](#) to be a peer worker. Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. One key core competency of a Peer Specialist is Person-Centered, meaning support received by the person is always directed by the person receiving services. This can be difficult to support when a person is in crisis. Peer Specialist can support the creation and implementation of a PAD with the person so that even during a crisis the response is still person-centered. Experts estimate that up to one quarter of the mental health workforce will be staffed by peer specialists by 2030 (Manderscheid, 2019).

There is also a dramatic expansion of the peer workforce in U.S. hospitals and medical systems (Center on Health Equity Action for System Transformation, 2019).

The Wellness Recovery Action Plan is an evidence-based practice where trained peers follow a curriculum-based peer-group model. Those groups support the development of individualized strategies to better recognize triggers, signs, and action plans using wellness tools and self-directed support systems. WRAP® includes a crisis plan and post crisis plan that can inform what one might want in their legal Advanced Directive but WRAP® is not an Advanced Directive. WRAP® can support people to avoid the type of crisis where-by a PAD becomes activated by a medical determination of incapacitation or incompetency to make decisions. Over 10,000 WRAP® Co-Facilitators have been trained, spanning every state and US territory.

Peer Specialists trained in the facilitation of WRAP® and PAD can provide a continuity of support and resources to better connect with and assist people to self-manage their recovery, reduce crisis, increase safety and overall quality of care. Combining PAD, Peers and WRAP® in a systemic way is an opportunity for real recovery innovation in our system of care!

**CHECK OUT OUR WEBINAR  
ON ENHANCING QUALITY OF  
CARE WITH PSYCHIATRIC  
ADVANCED DIRECTIVES  
(PAD) AND PEER SUPPORT  
HERE**

**CHECK OUT OUR  
WEBINAR ON WRAP: AN  
APPROACH TO  
PERSON-LED CRISIS AND  
POST-CRISIS PLANNING  
HERE**

#### *References:*

*Manderscheid, R. (2019) The National Association of County Behavioral Health and Developmental Disability Directors.*

*Center on Health Equity Action for System Transformation. (2019). "Advancing Health Equity through Community Health Workers and Peer Providers: Mounting Evidence and Policy Recommendations. "Families USA, November 2019 edition.*

# UPCOMING EVENTS AND PROJECTS

Join us for an **Orientation to WRAP: An Evidence Based Practice for Mental Health Recovery.**

This course is a 1.5-hour introduction to the Wellness Recovery Action Plan provided in an online environment that can be accessed remotely from wherever you are. Learn what the Wellness Recovery Action Plan is and how it can be used. These orientations are provided on the **4th Friday of each month** *February 26th, March 26th, April 23rd, May 28th, June 25th and July 22nd at Noon Pacific Time/ 3PM Eastern Time.* After you complete the registration you will receive a zoom invitation link to join the session.

If you are interested in joining a group please complete the [registration form](#).



**LOOK FORWARD  
TO OUR NEXT  
NEWSLETTER!  
...JULY 2021**

# FIND IN THE APP STORE!



## MY MENTAL HEALTH CRISIS PLAN

### Peer Specialist Webinar Series

**Check out our monthly  
webinars - last Tuesday of each  
month!**

**Click here to view our webinars**

*Doors to To Wellbeing is a Program of  
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