



Doors to Wellbeing Quarterly

Newsletter

CHANGES IN THE FIELD: YOUNG CERTIFIED PEER SPECIALISTS

Have you noticed changes in your work place as young certified peer specialists have joined your team? Temple University Collaborative on Community Inclusion has recently published a paper detailing these changes and opportunities.

"In 2016, Millennials surpassed both the Baby Boomers and Generation X to become the largest generation in the United States labor force. The Pew Research Center defines the Millennial generation as those born between 1981 – 1996. Generation Z, following behind Millennials, are those born between 1997 and 2010, meaning the oldest in this generation are currently 23-24 and are just beginning to enter the workforce. The Baby Boomer generation, once the largest generation to ever exist in the US work force, is now at retirement age and rapidly exiting the workforce, creating a palpable void in leadership positions across all industries. Together, both the Millennial and Gen Z generations are poised to develop professionally and ascend into these vacated positions, but employers must be prepared to meet the unique needs and perspectives of these younger generations.

Young certified "peer specialists are an important, and growing, part of the behavioral health workforce, but more needs to be done to maximize their contributions and engagement. This document offers young professional peer specialist perspectives on their experiences in the behavioral health system and what individuals, agencies, and systems can do to promote their impact, career development, and long-term connections."

"They associate age with power and they associate wealth with power...but that's not who we do this for, we do this for everybody...so our solutions should include everybody."

**DOORS TO
WELLBEING**

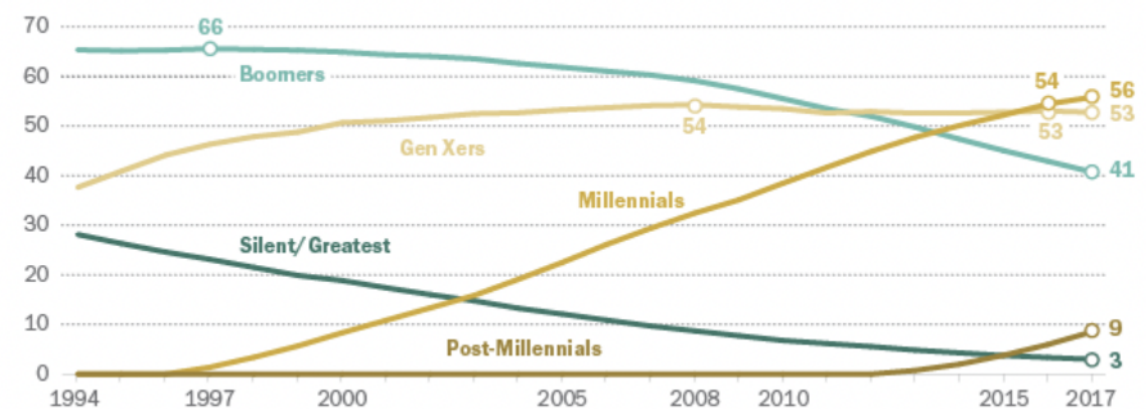
"Young professional Certified Peer Specialists wholeheartedly believe in the difference that inclusion can make to the behavioral health workforce, and to the behavioral health system at large. The peer inclusion movement is alive and well in the younger generations. Some have been influenced by the power of peer support services in their own experiences with behavioral health treatment. Millennials and Gen Z are not disillusioned or cynical about the tenets of peer support and are bought in to the benefit that their experience can offer the behavioral health system. It is crucial that organizations and the system at large value young professional certified peer specialists and encourage the passion that drive their career decisions."

Additionally, these generations are changing the way people think about mental health and wellbeing. In a report published November 2019, Blue Cross Blue Shield described millennials'

declining mental health as a "health shock," and compared its effects to those that the Vietnam War, recreational drug use, and the AIDS epidemic had on previous generations. Major-depression diagnoses are rising at a faster rate for Millennials and Gen Z than for any other age group. The same report found that Millennials have seen a 47% increase in major depression diagnoses. "Deaths of despair," or deaths related to suicide, drugs, or alcohol, are also claiming the lives of Millennials. Nearly half of Millennials have left a job for reasons related to mental health, indicating a "generational shift in awareness." And while Millennials are more likely to seek out treatment options for their mental health, the cost of health care is a burden plaguing Millennials. One in five Millennials diagnosed with major depression will not seek treatment because it is too costly."

Millennials became the largest generation in the labor force in 2016

U.S. labor force, in millions



Note: Labor force includes those ages 16 and older who are working or looking for work. Annual averages shown. Source: Pew Research Center analysis of monthly 1994-2017 Current Population Survey (IPUMS).

PEW RESEARCH CENTER

"Young Professional Peer Support: Strategies and Recommendations to Strengthen the Next Generation of Behavioral Health Leadership" (2021)
developed by Temple University Collaborative on Community Inclusion of
Individuals with Psychiatric Disabilities





CHECK OUT THE FIRST EVER PA PEER SUPPORT COALITION PODCAST FEATURING MIKE NELSON!

"You're either at the table or you're on the menu." In this episode of the PaPSC Podcast, listen to Mike Nelson talk about his experience navigating the Peer Specialist world and the continued stigma within the mental health community, the power of the language we use, plus more.

CLICK HERE TO LISTEN

NATIONAL SUPPORTED EDUCATION DATABASE SURVEY

Do you provide dedicated supported education services for individuals with psychiatric disabilities/mental illness? Want to strengthen dissemination of information about your supported education program to regional and national stakeholders?

With funding from the Substance Abuse and Mental Health Administration (SAMHSA), a coalition of national technical assistance centers—specifically the National Empowerment Center, Youth M.O.V.E National, Doors to Wellbeing, CAFÉ TA Center, and the Peer Support Coalition of Florida's Peer Experience National Technical Assistance Center--are developing a national database (program listing) of supported education programs. The coalition has developed a survey to collect program information and invites any mental health-focused supported education program, whether based in a university, mental health agency, state or county office, or other organization, to submit information about their program through the survey.

Click here for the survey link

Please email SEducDatabase@gmail.com with any questions or comments related to the project.

(This project is also a collaborative with the University of Pittsburgh and Temple University Collaborative on Community Inclusion.)

PEER SUPPORT CERTIFICATION RESOURCES

The **Peer Recovery Center of Excellence** released a Comparative Analysis of State Requirements for Peer Support Specialist Training and Certification in the United States. Doors to Wellbeing's Peer Specialist Certification Database was a key source in the compilation of the data.

This document is filled with content which includes;

- Overview of states offering certification that integrates mental health peer support and substance use Peer Support Certifications
- Analysis of Peer Support Certification Entities
- Analysis of Certification Requirements, including; types of lived experience, education, work history, and background checks
- Peer Support Supervisor qualifications and requirements
- Key findings and recommendations

Click here to view the Comparative Analysis

Click here to view D2W's Peer Specialists Certification Database

Click here to provide information to update D2W's Certification Database



**LOOK FORWARD
TO OUR NEXT
NEWSLETTER!
...APRIL 2022**

PEER FACILITATED PADS COURSE

The Copeland Center developed a 6-session interactive peer-supported advanced directive course in partnership with the PaPSC, PMHCA, and Youth Move PA.

Testimonials:

"I would like to say I have learned so much from this training and loved seeing everyone's perspectives."

"I am going to have a difficult discussion with my children about my MH wellness and difficulties and considering having a family time to do advanced directives together."

"This training opened my eyes to being on top of my mental health. I will be making an advanced directive and discussing it with my family."

Interested in attending or learning more about PADS?

Click here to fill out an interest form

Peer Specialist Webinar Series

Join us for 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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FOR WELLNESS AND RECOVERY



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