



Doors to Wellbeing Quarterly

Newsletter

THE ADVOCATE'S MINDSET

Being an advocate, whether for yourself, for a peer, for a cause or a belief you need to have the right mindset in order to succeed, but more about that in a minute.

Typically, advocacy falls into one of three categories: self-advocacy, individual advocacy, and systems advocacy. A few minutes on Google can provide you with a variety of plans that give you step-by-step instructions on how to be a successful advocate. Some even begin with the need for self-confidence but establishing an *Advocate's Mindset* is more nuanced.

You obviously need to believe you are capable AND deserving of whatever goal you are seeking. However, you also need to recognize that advocating for something/anything is multi-layered and decide if you want to commit the time, energy and passion to achieving that goal.

And finally, you have to accept that you might not achieve that goal and then have something in place that allows you to carry on without achieving your original objective. Measuring your success should be about the process and not about the conclusion. This will allow you to regroup and start again tomorrow.

However, you do want to start believing you will succeed. You want to return a defective cell phone even though you bought it on "final sale." You want to support a peer in finding a different therapist. You want to work with your colleagues to have "mental health days" written into HR policy. You want to work with your community for broad changes in insurance parity.

This is when you ask yourself: is my mindset where it needs to be? Do I believe in this cause? Do I have time, energy and passion to invest in this? Do I have a contingency plan? If you can answer "Yes" to these questions, you have the *Advocate's Mindset* to begin your journey.

Now you can look at all the plans and steps for successful advocacy, such as gathering the facts, planning a strategy, knowing your rights and so on. Once you fully embrace the *Advocate's Mindset*, you can move forward in going after a working cell phone, a better therapist, an improved work environment, changing the entire system or anything you set your mind to.

Rachelle Weiss, M.S., C.P.S. is the Online Learning Development Director at the Copeland Center. She began her career in peer work as a consumer (peer) advocate at a State Hospital in Pennsylvania. This experience in seeing the power of the combined voices of peers has impacted and informed her life's work. She utilizes the "Advocate's Mindset" on a daily basis.

TEST OUT YOUR ETHICS KNOWLEDGE

Check "YES" if this is okay to do as a peer specialist. Check "NO" if this is not okay, must be a boundary.

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. When working with a peer, is it okay to give out your home address? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. When working with a peer, is it okay to date someone you're serving? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. When working with a peer, is it okay to give out your personal number? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. When working with a peer, is it okay to offer up your room for the night? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. When working with a peer, is it okay to chat all night with one individual, but refuse another? | <input type="checkbox"/> | <input type="checkbox"/> |

To find out how others responded, watch the recording of "Ethics in Peer Support" presented by Crystal Gery-Agee! You can find the recording **here**.

"LA RECUPERACIÓN Y NUESTRA CULTURA"

22 y 23 DE SEPTIEMBRE
16CEUs ¡GRATIS!
Nelson Zepeda, MC
Portland, Oregon
Locutor de Radio
Presentadora Principal Dia 2
Dr. Camila Gelpi-Acosta
New York
Tema: Diáspora Latinx: Hacia un empoderamiento narrativo y práctico de nuestra salud




Presentadora Principal Dia 1
Lic. Silvia Rebeca Navarro Meza
Guadalajara, Mexico
Tema: El Desarrollo de la Familia y Las Adicciones

  

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JOIN THE 20TH ANNUAL PEER CONFERENCE/ CONFERENCIA ANUAL!

NW Instituto Latino

Para ver más sobre esta conferencia en español, **haga clic aquí!**

To view more about this all Spanish conference in English, **click here!**

Spanish speaking peer specialist? Join our mailing list **here** to get more information on Spanish language resources and events.



9 REASONS TO HAVE A PAD

PAD = Psychiatric Advance Directive

- 1** For me, choice is important. Having a PAD in place ensures the quality of care I receive and improves the access to care. With these things considered, being able to strengthen my choice by preparing in advance is the best thing I can do for myself and my supporters/agent(s).
-Kevin Puskaric
- 2** For me, it is important to have a PAD because others have been left wondering what to do before when I was in crisis. My hope is that continuing to update my PAD with each new situation or difficulty, once I am well, will allow me to be in more control of my own wellness and offer guidance to those who support me when guidance is so sorely needed.
-Becky Shultz
- 3** For me, it's time for me to learn more about PADs. The importance of this is to be able to support myself and my supporters in developing and registering my own PAD, model this for peer support students, working peers and the individuals they support.
-Eve Ellsworth
- 4** A PAD is important because there are so many questions for my family and Dr's as to how to handle someone like me, in recovery from addiction and well as mental health concerns. If and when an event occurs, I will be more comfortable knowing that my family and medical providers will know exactly what I want and need to establish wellness. I do not want the uncertainties of my mental health and care to cause damage to those I love. Life is so very precious and fragile, never knowing what is around the next corner, I would rather be prepared than not.
-Leslie Earnest
- 5** For me, I want to have a PAD so that if I am unable to articulate or advocate for my wishes, they are clearly written out so that I get the care I want, rather than others making choices on what they believe is best for me.
-Ameiy Dettmer
- 6** For me the importance of a MHAD comes from having the ability to specifically identify who I would like to act as my voice if I am ever in a situation of not being able to advocate for myself. Knowing that I can specify this trusted person to act on my behalf helps to set my mind at ease.
-Dave Measel
- 7** For me, it is important to have a PAD because, it is a gathering of my wisdom put to its' best use, to share with my chosen supporters the decisions that I have made regarding treatment, providers, visitors. I have been actively telling others about its' importance. I will be proud when it is completed!
-Teri Joscak
- 8** A PAD is important to me for several reasons. I personally feel a PAD will provide valuable information to my doctors and family about what I truly need in the moment of crisis where I might not be able to voice my own opinion. A PAD also gives me control over how my care is handled by others. In addition, I have seen so many of my clients in crisis with no plan in place which leaves them vulnerable and stuck in a place where it is a more traumatic situation for them. I want to be able to provide essential information about a PAD to help them when they are in crisis as well. A PAD can do this for them.
-Danielle Frazier
- 9** For me, it is important to have a PAD because I want to support my supporters to know how to respect and honor my choices and make it easier on them during my crisis.
-Matthew Federici

PEER SUPPORT RESOURCES

Looking for peer support resources?

This website was created as a way to share resources with those interested in understanding, implementing or working in peer-to-peer support roles.

<https://www.psresources.info/>

"Part of what makes implementing 'peer' roles so very challenging is that they aren't very well understood by the providers who are trying to implement them, or even by the people who are applying to work in those newly created roles. All too often, positions that are getting called 'peer' end up being the same old positions with a new title, or marginalized in some way."

Check out the New Handbook about Peer Roles!

<https://www.psresources.info/peer-roles-handbook>



LOOK FORWARD
TO OUR NEXT
NEWSLETTER!
...OCTOBER 2022

N.A.P.S. SCHOLARSHIP OPPORTUNITY

N.A.P.S. is now offering a member benefit of a \$5,000 educational scholarship to Western Governors University!

Those applying for the scholarship need to be professional or ally members of N.A.P.S. for full eligibility,

We hope that peers will be able to access education if they have that as a goal with this partnership. Western Governors University offers a really flexible program, and pairs students with a mentor that they get personal support on throughout their time with the university.

Click Here for the webpage dedicated to information from the university about themselves and the scholarship they are offering.



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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