

Peer Support Specialist Times

"Recovery and healing happen in relationship." - PSL for the 21st Century

Grateful Gourmets: Cooking Up the Best Dish for Your Holiday Dinner

By Chris W. Martin



If your family is like mine, everyone has an assigned dish to prepare for the holiday dinner. Some dishes disappear quickly and others... well... not so much. So this holiday season, I thought I could help struggling chefs like me, cook up the most stand-out dish possible. In fact, this won't be a competition, but it will be a fun, engaging, and inspiring family activity.

The recipe for this delectable feast is divided into seven easy portions. That's right, all you and your guests will need to do is bring your answers to seven questions. You won't need to spend any money on the ingredients; they're stored right there in your hearts. It will just take a little time for you and them to prepare. And I can guarantee this serving will be the most memorable one at your dinner. Here are the seven questions to send ahead of time to your guests.

1. Affirm one strength in yourself and each invited guest.
2. Share one heart-felt memory that brought you joy.
3. Name three things you are most grateful for in your life.
4. Describe how each invited guest has made a positive difference in your life.

(Continued on page 2)

Inside

Page 3

Stepping Up While Stepping
Back

- *Gloriana Hunter*

Page 4

CRRS Update

- *Jim Ritchie*



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(Continued from page 1)

5. Go for one whole day without saying one negative thing about anything or anyone and then be prepared to share the outcome of that day at the dinner.
6. Name one positive trait you want people to see in you and one positive trait you see in each invited guest.
7. Describe one past difficulty in your life for which you are now grateful and one hope you have for the future.

To make it interesting, you could write these seven questions out on several paper plates and send one out to each invited guest. When it comes time for your dinner, your guests can pass around their seven answers, sharing their full servings of gratitude and good cheer. Bon Appetit!

Recovery Practices for Ethics and Law for Peer Support

6 hours [6 CES available upon request]

This fun six-hour dynamic, skill-based, and wholly interactive course will provide participants with an understanding of how the recovery movement and principles became the foundation for peer support ethical codes as well as many laws regulating behavior healthcare and psychiatric treatment.



CMPSS Specialization Training for Parent, Caregiver, Family Member Peers-Supporting Family Resilience

40 hours [32 CES available upon request]

The “Supporting Family Resilience” course is a fun, skill-based, and highly interactive workshop for individuals providing specialized peer-to-peer family member and caregiver support services. This 40-hour learning experience will prepare and equip participants with the latest generation of knowledge, skills, and tools for providing, promoting, and empowering family resilience.



CMPSS Specialization Training for Justice Involved Peers—Recovery, Resilience, and Reintegration

40 hours

This dynamic 40-hour, skill-based, and wholly interactive course will provide participants with an understanding of how to provide person-centered support to individuals with justice involvement experiences.



Stepping Up While Stepping Back

By Gloriana Hunter



Over my years facilitating peer support courses, I've engaged in many brilliant conversations about how peer support specialists can create mindful and sensitive engagements that best support a person's recovery and resilience. **How do we gauge the right amount of assistance a person will need from us at any moment, given their immediate need and circumstances?** These discussions inevitably land on finding the balance between stepping up to act on a person's behalf so that they can move forward with their recovery and resilience, while stepping back to allow the person to build self-empowerment, self-determination, and self-efficacy.

In the last few weeks, I was given the opportunity to define this foundational advanced peer support skill of Stepping Up While Stepping Back for an upcoming Recovery & Resilience Solutions training.

Stepping Up is a deliberate "peer-vention" with a person to aid them in navigating unseen or unattended interferences in their recovery journey. There may be moments when the person lacks understanding of how to harness their resilience or reach their recovery goals, and we move into the role of a mentor. Other times, we may have a great deal of concern about how a person responds to their circumstances, so we step up to express our concern and ask what other options could potentially bring them a better outcome.

Stepping Back, on the other hand, is the discretion we use that keeps us from pushing our agenda or hindering the person's growth. It keeps our approach mutual and collaborative, allowing the person to explore their ideas about how to recover and build resilience.

The "While" in Stepping Up While Stepping Back reminds us to engage in both advanced skills simultaneously. Stepping Up is not a complete takeover and Stepping Back is not abandonment. We don't Step Up to get things done because the person can't, hasn't, or won't do it for themselves, and Step Back does not mean "sit back" and wait for recovery to unfold. They are both activated when we are with a person. **In any given moment, we may lean into one, then naturally shift to another, depending on the person's needs.**

Stepping Up While Stepping Back is packed with perceptive vision and dynamic navigation tools. When it is fully engaged, we hear what people are saying while listening to what is left unsaid. We scan for moments when we must act on the person's behalf while we challenge our personal need to jump in and fix. When we have serious concerns about a person's recovery and resilience, we Step Up with compassionate and earnest appeals while we Step Back to protect mutuality and invite collaboration.

We'd love to hear from you! How do you use Stepping Up While Stepping Back in your peer support role?

Also please keep a look out for when we open enrollment for this course and several others in our fun, interactive, and skill-packed learning experience called Advanced Recovery & Resilience Services: Taking Peer Support to the Next Level!

CRRS Update



CRRS has been supporting our *Medi-Cal Peer Support Specialist Certification Training* events, both onsite and online, as well as supporting Crestwood's amazing PELC campuses of San Diego and Pleasant Hill. Of course, **all our program participants are community leaders for Recovery and Resilience** through our HCAI grant-partner agencies, who are, themselves supporting the full integration of Peer Support Specialists in their programs. Theresa was in Pleasant Hill facilitating the 80-hour *Peer Support Learning for the 21st Century* for John Carswell's dedicated Leadership Team at Pleasant Hill for the first 2 weeks of October, while Ryan and I supported the 4th PELC rollout at the San Diego Crestwood campuses for

the MHRC and Hummingbird Healing House, where **we graduated an amazing group of dedicated Peer Supporters** who are now working on their internship. A huge shout out to Robyn Gross and Nicole Tatumay and all the mentors who are supporting the 4th class of first class PELC graduates! Chris was in Pleasant Hill supporting the first PELC rollout for *Recovery Practices for Leaders* with John's team! And I just got back from facilitating three classes of *Recovery Practices for Crestwood Organization* with an amazing group of dedicated Pleasant Hill professionals who bring love, compassion, and accountability every day in their important roles in all aspects of service at Pleasant Hill. **We are so lucky to have such teams across Crestwood** and CRRS is honored to work alongside them! Theresa is heading back to Pleasant Hill in November to facilitate the 80-hour *Peer Support Learning for the 21st Century* with the first class of soon-to-be Peer Support Specialists from Pleasant Hill. In short, not only is there no moss growing on us, but **we're proud to be planting seeds of Recovery and Resilience through our work in our communities**. All the best!

- Jim Ritchie, CRRS Director of Operations

Viva La Evolution!

A podcast on Growth, Resilience, and Transformation



- ◆ Promote the recovery process with individuals and teams.
- ◆ Shift your organization's culture to a recovery focus that builds resilience.
- ◆ Listen to interviews with important leaders in the recovery field and hear from people who are in recovery and how they got there.
- ◆ Discover unique ways peer support specialists can support your team and enhance recovery service outcomes.

Join The Conversation!

