



**Family/Peer Coaches-
No Longer on the Sidelines**

Introduction

Presenters:

- Michelle Westfall -Mid Columbia Regional Director
- Nicki Webb – Peer Coach Coordinator
- Dani Moore – Youth Leadership Committee
Founding Member- Lane County
- Debra Depew- Family Support Specialist-Lane
County

What is a Peer/Family Coach?

- Peer/Family Coaches serve as a role model, educator, companions, aides, and advocates.
- Peer/Family Coaches have personal or family members who have had experience with a mental health diagnosis.
- Or are personally familiar with the needs of a person with a mental health diagnosis.
- Or are a youth living with mental health issues.

How to get certification?

- To get certification from your local community college:
 - Contact the Continuing Education and Educational Outreach Coordinator at your local Community College.
- Mid Columbia's process

Recruiting Family/ Peer Coaches

- Advertising the first meeting
- Create an informational flier
- Fliers - what information you need
- Location of the meeting (near bus lines)
- Time – Hold meeting at a family friendly time
- Child Care if needed
- Create a calendar of dates and times of the class

Sample Flier

Announcing...

Peer/Family Coach Training

Informational Meeting

November 14, 2005

11:30-1:00

Eugene Public Library, Tykeson Room

So what is a peer/family coach?

A person who has or is working to overcome life obstacles including living with a mental illness or supporting family members with mental illness, or parenting children with behavioral issues.

A person who wants to help others be successful in recovery and enjoys learning.

What are the benefits for a peer/family coach?

Earn a certificate of completion to add to a resume'

Gain real experience through an internship

Feel great about helping others overcome obstacles that you have faced and lived to talk about!

What would I do?

Attend a free non-credit course offered through LCC

January 14- March 11

Participate in an internship to practice newly learned skills with adults and families in recovery

Please attend the informational meeting November 14th to find out more!

Sponsored by Oregon Family Support Network, Laurel Hill Center, and LaneCare

FOR INFORMATION CALL 342-2876

Criminal Background check

- In the mental health field our participants are required to pass a criminal background check from the state.
- Distribute forms and applications at the informational meeting.
- Application must be completed and turned in to the sponsoring agency and individual must be cleared prior to first class.

Structure of the classes

- Location of classes is key
 - Near bus lines – Free parking
- Saturday 9 a.m. to 4 p.m.
 - Two Saturday's during the month
 - One three hour meeting on a Saturday after the internships 9 am- 12 noon
- Provide food for breaks and lunch
- Child Care Options

Training for Schedule for Day One

- Introductions
- Role of the Peer/ Family Support Coaches
- What is resiliency and recovery?
- Relationships and “Building on Strengths”
- Communication: Developing the five types of listening skills
- Communication: How to use to “encouragers”
- Communication: Practicing communication and listening skills

Training Schedule for Day Two

- Client Rights and Responsibilities
- Ethics and Boundaries
- Suspected Abuse reporting (youth and adults)
- Crisis Planning
- Medication and It's Side Effects
- Handling Differences
- Self Care
- Mental Health Lingo
- Wrap-up and Discussion of Placements
- Homework: Community resources

Training Schedule for Day Three

- Introduction and intern placement information sharing
- DSM –IV-TR
- What is it ?
- How is it used?
- Diagnostic categories
- Recognizing strengths and goal planning
- Why are they important
- Developing a plan

Supervision of Family/Peer Coaches

- Coaches will be supervised by both trainer agency and agency for the internship
- Supervision meetings once a week for four weeks, one hour per meeting
- One four hour meeting for make-up of any missed meetings-must complete to graduate
- Check in time
- Questions and problem solving
- Being available during work hours to assist in placement of interns as TA

Supervision continued

■ Exercise-

- What were your favorite activities of the internship?
- What was your least enjoyed activities of the internship?
- If you could have any job in the agency you interned at ,whose job would it be? Why?
- Story scenarios of families and real issues to problem solve with group

Scenarios sample of supervision

- Break into groups of four



Acronyms

- What are they?
 - Omgnbd
 - Who uses them?
 - Agencies, Schools, Government, Families



Graduation Day

- Send invitation to families
 - Invite other professional members
 - Invite MHO director or City Mayor
 - Provide food and drinks



Questions?

- Questions?

Contact Information

- Debra Depew- Family Support Specialist
- Oregon Family Support Network
- 2411 Martin Luther King Jr. Blvd. # 274
- Eugene Or, 97402
- debradepew05@yahoo.com

Contact information

- Michelle Westfall

OFSN Mid Columbia Regional Director

OFSN Cell 541-980-9980

michelle_westfall@class.oregonvos.net

- Nikki Webb

Peer Coach Coordinator

541-354-3335