



Peer Support Training

Mental Health Rights Coalition

Our mission is to encourage, enable and empower the voice of consumers in the mental health system

Who's eligible?

Any consumer/survivor of mental health who displays the ability to take charge of their own recovery from a mental illness and who expresses a desire to help others navigate the process of their recovery.

Certification

The MHRC offers a certificate of completion to all graduates of the program. This certificate is recognized by many mental health service providers in the Hamilton area and around the province of Ontario. It may be required for some peer support positions.

The program is proven through independent studies to be a valuable experience for those who take the training and for those who receive the service of peer support workers. It incorporates many approaches in adult learning and is flexible in accommodating special needs of students.

Available to Other Groups

Other Consumer Survivor Agencies, service providers and supportive environment groups who are interested in this training should contact MHRC.

905-545-2525 or

email mhrcprograms@bellnet.ca



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Intake: Candidates are required to submit a resume and letter of intent which states their reason for wanting to take the training and what they hope to achieve with it upon completion. There will be an interview prior to acceptance in the program.

There is an extensive waiting list for this training and seats cannot be guaranteed.

10 Group Training Sessions of 3 hours each (usually over a 10 week period) include:

- ◇ History and Purpose of Peer Support,
- ◇ Confidentiality
- ◇ Values and Beliefs
- ◇ Hope and Recovery
- ◇ Problem Solving
- ◇ Boundaries
- ◇ Communication and listening Skills
- ◇ Community Resources
- ◇ Crisis Intervention
- ◇ Suicide Intervention
- ◇ Abuse
- ◇ Addictions
- ◇ Self Care

Post Course Activities Include: A take home exam, 12 hours of practicum and a final interview

Ongoing Training

MHRC strives to offer ongoing training and support to graduates of the program. Topics vary and are reflective of the expressed and observed needs of those working as peer supporters.

Cost

The value of this training is \$1000.

It is offered to consumers **free** of charge though there may be some nominal fee for materials.

Other agencies and individuals should inquire about cost.

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