



2018 Recovery Trainings

Community Inclusion: presented by Richard Baron and Mark Salzer of Temple University, and Matthew Federici of the Copeland Center. The Temple University Collaborative on Community Inclusion a) targets obstacles that prevent people with mental illnesses from being full members of their communities; b) identifies the supports consumers and communities need to enhance the prospects for community integration; and c) expands the range of opportunities for people who have mental illnesses to participate in their communities as active and equal members. This two day training is designed to help peer recovery specialists facilitate inclusion of peers as full community members. The first half day will be especially for administrators, supervisors and providers, to learn about implementing this program. Six trainings will be offered.

Emotional CPR: presented by Dan Fisher of the National Empowerment Center, and other eCPR trainers. Emotional CPR (eCPR) is a public health education program designed to teach people to assist others through an emotional crisis by three simple steps: C = Connecting, P = emPowering, and R = Revitalizing. People who have been through the training consistently report that the skills they learned have helped them communicate better in all their relationships. Seven trainings will be offered in Virginia. Apprenticeship to become a trainer are available by application and involves participation in four trainings.

Pathways to Recovery Facilitator Training: Presenter Bonnie Neighbour will train facilitators on this eight-week, University of Kansas' School of Social Welfare's Pathways to Recovery based curriculum. A model of self-assessment, self-discovery and planning to help individuals set life goals. This two-day training will be repeated ten times throughout the state.

Peer Support Whole Health and Resiliency: presented by Larry Fricks or Ike Powell of the Appalachian Consulting Group and Bonnie Neighbour. A two-day training program designed to train peer recovery specialists to teach their peers to monitor and manage their overall health. It is based on the belief that people with a chronic illness who are working to manage that illness and working to improve their overall health are more effective in getting another person with the same chronic illness to make life-style changes than trained clinicians without that chronic illness. Eleven trainings will be offered throughout Virginia.

SMART Recovery: A nationally recognized program for recovery from various types of addiction; including but not limited to gambling, sexual activity, eating disorders, self-harm, smoking, alcohol, and drugs. SMART Recovery includes educational and support meetings, teaching techniques for self-directed change, and supporting scientifically informed use of psychological treatments and legally prescribed medication. VOCAL will pay for the on-line training of twenty-five facilitators across the state.

Trauma Informed Care: A National Center for Trauma Informed Care (NCTIC) program, presented by Leah Harris of NASMHPD and Malaina Poore of VOCAL. One day of information about how programs can be designed to welcome and support survivors of trauma, and a second day of training for a smaller number of peers to become trainers in trauma informed care. Six trainings will be offered throughout Virginia.

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