

Recovery Happens

M R N

MISSOURI RECOVERY NETWORK

The Statewide Voice for Recovery

www.morecovery.org 573.634.1029

2020 | FEBRUARY | Missouri Recovery Network Newsletter

Peer Leadership Summit

When: May 4 & 5, 2020

Where: Tan-Tar-A Resort, Osage Beach MO

You don't want to miss this opportunity to attend the 2020 Peer Leadership Summit. This summit was planned to unite peer specialists from across the state. We invite all peer specialists, those who are considering becoming a peer specialists, those who work with peer specialists and recovery and treatment team members to join on May 4 and 5 for some exciting learning and networking.

Peer support encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health conditions, substance use disorders, or both. This mutuality, often called "peerness" between a peer support specialist and person in/or seeking recovery promotes connection and inspires HOPE. Peer support offers a level of acceptance, understanding, and validation not found in other professional relationships. By peers sharing their own lived experience and practical guidance, peer support specialists help individuals they work with develop their own personal goals, create strategies for self-empowerment, and assist and encourage them to take concrete steps towards building fulfilling, self-determined lives.

There are many studies that validate the effectiveness of peer support. Research has proven that peer support helps improve individual recovery outcomes. Now more than ever, there is a great emphasis on recovery from mental illness and substance use disorders. Our goal is to help create a statewide network of certified peers where their unique skills are utilized, and their lived experience valued.

Summit Partners include: Missouri Recovery Network, Missouri Department of Health/Division of Behavioral Health, The ARCHway Institute, Mo Pros, Missouri Institute of Mental Health.

Cost is \$125 per person.

Inside This Issue

PG. 2 Trainings, Workshops, Events

PG. 3 The Value of Peer Support
Featured Articles

PG. 4 Show-Me ECHO
Our Choices Define Us

This Summit is being planned to:

- * Create a peer statewide network consisting of engagement, sharing, learning, and networking;
- * Support and empower peer specialists working in the behavioral health field;
- * Promote excellence in statewide peer support services through collaboration, support, on-going learning and strategizing;
- * Empower and engage peer support providers in becoming active recovery advocates and leaders.

Why Should All Peers Attend?

- * Increase your confidence, knowledge, and application of best practices
- * Enhance your ability as a peer to improve the quality of life in others
- * Collaborate and network with other statewide peers
- * Gain knowledge on the importance of your own self care
- * Acquire specific and practical tools to improve peer support statewide
- * Expand your understanding of ethical standards as it relates to your job as a peer specialist
- * Increase your knowledge of how peers are being utilized in various settings statewide
- * Increase your awareness of the need for peer advocacy

[TO REGISTER CLICK HERE](#)

TRAININGS, WORKSHOPS, EVENTS

Introduction to WRAP (Wellness Recovery Action Planning)
Wednesday, February 12, 2020 from 2:00-3:00 pm ET
[ROOM LINK](#) Call in: 1-888-407-5039, code 964-58-796#

Trauma-Informed Care in Addiction Treatment
Sponsored by The Missouri Coalition for Community Behavioral Healthcare.

February 13, 2020 12 p.m. – 1 p.m. CST

To Register [CLICK HERE](#)

Train the Trainer: Conducting Overdose Education and Naloxone Distribution with At-risk Populations: Training Clinicians and front-line Service Providers
Presented by Brandon Costerison at MO-HOPE Project

Monday, February 17, 2020 10:00 AM – 12:00 NOON
3501 Berrywood Drive Columbia, MO 65201
Unity Conference Room (upper level)
To Register [CLICK HERE](#)

Missouri Recovery Support Specialist (MRSS) Trainings

Feb. 17-19 – Sikeston

Feb. 26-28 – St. Louis

To Register [CLICK HERE](#)

Introduction to CRAFT (Community Reinforcement and Family Treatment)
Thursday, February 27, 2020 from 3:00-4:00 pm ET
[ROOM LINK](#) Call in: 1-888-407-5039, code 964-58-796#

Peer Supervision Trainings

Kansas City - April 21st

St. Louis - June 25th

Springfield - August 13th

Cape Girardeau - October 15th

2020 Certified Peer Specialist Trainings

February 17-21	Kansas City (NW)
February 24-28	St. Louis (E)
March 9-13	Springfield (SW)
April 6-10	Jefferson City (C)
May 11-15	Cape Girardeau (SE)
June 15-19	St. Louis (E)
July 20-24	Kansas City (NW)
August 24-28	Joplin (SW)
Sept 28-Oct 2	Columbia (C)
October 12-16	Sikeston (SE)
October 26-30	Springfield (SW)
Nov 30- Dec 4	St. Louis (E)
December 7-11	Kansas City (NW)

<https://mopeerspecialist.com/>

If you have any questions, please feel free to contact MCB at 573-616-2300 or help@missouricb.com

The Missouri Mental Health Foundation is honored to announce the 2020 Missouri Mental Health Champions' Award recipients & Lasting Legacy Award recipient!

CONGRATULATIONS to Tim Conroy (St. Louis), Candace Cunningham (Lee's Summit) and John Stuckey (St. Charles) – 2020 recipients of the Mental Health Champions' Award & Kathy Carter, Lasting Legacy Award recipient!

MARK YOU CALENDARS for Tuesday evening, June 23, 2020! The 2020 Mental Health Champions' Banquet will be held at the Capitol Plaza Hotel & Convention Center in Jefferson City where we will recognize and celebrate our 2020 award recipients. Joining us as the keynote speaker will be Ross Szabo.

**“To have to GO through it
to GROW through it.”**



The Value of Peer Support

One of MRN's many areas of focus is advocating for sustainability, development, and employment of certified peer support specialists. We know that peers play a vital role and have an important voice in combating the disease of addiction and producing positive outcomes in treatment and recovery. As an MRN board member, I'm excited to see a lot of work and collaborations being accomplished in this area. Missouri is starting to see peers come together to share resources and to support one another in the significant work they are doing.

A prime example of this is the development of MO-PROS, a coalition in the St. Louis area comprised solely of peer support specialists. These individuals come with a variety of backgrounds and experiences, working in all areas of treatment: outreach, inpatient, outpatient, housing, recovery community centers, etc. The coalition is advocating and collaborating around barriers to recovery in order to best support clients voice and choice for long-term recovery. They are working towards further education and trainings as well as to support the sustainability and development of their work as peer support specialists. MRN is excited to be teaming up with like-minded coalitions in the recovery community.

ARCHway Institute is another organization that sees the value of peer support specialists. They have truly been a national and statewide leader in giving peers a voice and strengthening their role within the treatment system. In fact, their Advocates for Hope program has both peers and caregivers helping to connect people to resources and funding to eliminate barriers to recovery. ARCHway is a network of resources and support for individuals and families facing the effects of substance use disorder.

All that being said, MRN, MO-PROS, and ARCHway share common missions around peer advocacy, support and development, which is why MRN will be partnering with these organizations for the upcoming Peer Leadership Summit, May 4-5, 2020. We are excited to collaborate and plan an incredible event for peer support specialists across the state! MRN is excited to collaborate on this project and for the prospect of future collaborations with ARCHway and MO-PROS.

We see the importance in additional partnerships with similar organizations, coalitions, agencies, and communities across the state. We would like to encourage others to reach out to MRN, as we know we are stronger and can accomplish more when we come together to support recovery.

By John Stuckey



FEATURED ARTICLES

[2018 Annual National Survey on Drug Use and Health \(NSDUH\)](#)

[Skills to Help Your Child and Family Heal](#)

[What You Shouldn't Expect When Your Child is in Recovery from a Substance Use Disorder](#)

[Key Substance Use and Mental Health Indicators in the United States](#)

[Want to be happier this year? Mental health experts share their resolutions for a healthier 2020](#)

SHOW-ME ECHO (Extension for Community Healthcare Outcomes)

SUPPORTING AND EMPOWERING PEER SPECIALISTS IN BEHAVIORAL HEALTH

The Certified Peer Specialist ECHO connects a team of experts with participants who want to enhance their ability to assist peers in the recovery process. Together, they collaborate in a safe and secure learning environment to:

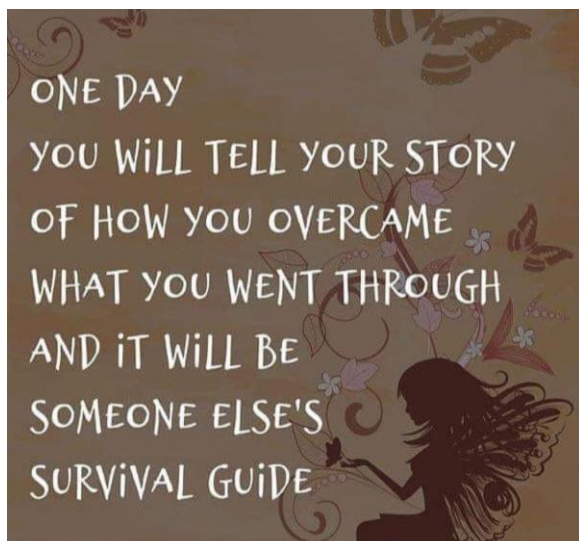
- Increase confidence, knowledge and application of best practices.
- Improve quality of life.
- Acquire specific and practical tools to improve peer support.
- Expand understanding of core competencies and ethical standards associated with certification

HOW DOES IT WORK?

Participants will join an interactive online video conference from 11 a.m. to noon the first and third Wednesdays of the month. They will share and discuss cases related to such topics as: wellness, goals, motivational interviewing, suicide prevention, boundaries, trauma-informed care and advocacy.

WHAT DOES ECHO OFFER?

- No cost continuing education for professionals
- Collaboration, support and ongoing learning with certified peer specialists and other experts
- Peers get better care in their community
- No cost to participating sites or individuals



OUR CHOICES DEFINE US

Once you make choices, your choices make you. It's easy to think your life is defined by what happens to you. But the truth is that your life is defined by the choices you make.

It's undeniable that bad things happen all the time. We live in a broken world. You don't always choose right. Other people don't always choose right. We all get hurt.

But what happens to you is not nearly as important as the way you choose to respond. Some people are built up through difficult situations. Other people are broken by them. For some people, a bad experience is a stumbling block. For others, it's a stepping-stone.

If you take two people and put them in the exact same pain, one may succeed while the other fails. Why? Because of the choices they make.

You cannot control many of your life circumstances, but you can control how you decide to respond. You can choose whether things make you bitter or better.

Think about your future. Where do you want to be in 10 years? In 20 years?

The choices you make today determine where you will be tomorrow. Wise people are always asking: What do I need to do today to get me where I need to be tomorrow?

Choices are put in front of you every day. What you do with your choices will determine the person you become.

BY Rick Warren
www.pastorrick.com