



Depression and Bipolar
Support Alliance

Veteran Peer Specialist training curriculum

46 hours

(4 hr. webinar + 42 hrs. face-to-face + pre-training communications podcast)

1. Welcome, introductions, and training overview
2. Five stages in the recovery process: overview
3. Five stages in the recovery process: dangers
4. The role of peer support in the recovery process
5. Telling your recovery story
6. Creating program environments that promote recovery
7. Duties of VA peer support staff
8. Beliefs that promote and support recovery
9. Effective listening and the art of asking questions, Part 1
10. Dissatisfaction as an avenue for change
11. Facing one's fears
12. Combating negative self-talk
13. Problem solving with individuals
14. Effective peer-led mutual support groups
15. Recovery Dialogues
16. Effective listening and the art of asking questions, Part 2
17. Power, conflict and integrity in the workplace
18. Peer Specialist Ethics
19. Cultural competency
20. Five stages in the recovery process: interventions
21. Mental Health First Aid (*8 hrs.*)
22. Managing mental illness and addictive disorders
23. Creating the life you want: accomplishing recovery goals
24. Next steps and final reflections

Competency areas

Recovery Principles
Peer Support Principles
Recovery Tools
Addressing Stigma
Communication Skills
Group Facilitation Skills
Professional Development and Workplace Skills
Cultural Competency
Understanding Different Illnesses
Managing Crisis and Emergency Situations