



Oregon AMH Department-Recognized

PEER SUPPORT SPECIALIST TRAINING

Requirements for NAMI Multnomah's free training:

- Must be a Peer with mental illness who wants to support Peers with mental illness (or qualified Peer family member)
- Must be a resident of Multnomah County and/or work or volunteer for a Mental Health provider agency in the county
- Graduates must participate in a minimum of two "mentoring sessions" with NAMI and Project ABLE (available the first and third Tuesdays of each month)

The training is free; however, the actual cost is \$950/person, so please give full commitment to attending the entire 5-day training.

2013 Trainings

January 21-25 | April 22-26
July (dates tbd) | October (dates tbd)

To register, call 503-228-5692 or e-mail
nami.multnomah@gmail.com

REGISTER EARLY!

CLASS SIZE LIMITED TO 16 | ONLY 4 TRAININGS EACH YEAR

Facilitated by Project ABLE, Inc. (www.ProjectAbleOregon.org), this is an Oregon AMH-approved course for individuals to become Peer Support Specialists (PSS). The trainings are one-week intensive programs meeting Monday-Friday, 9am-4pm each day, with the exam given on the final day.

Continental breakfast, lunch, snacks, and beverages are provided. SE Portland location easily accessible by TriMet, bike, and car (once registered, orientation packet includes all details).

Classes are fun, interactive, and cover a variety of topics including:

- Mental Health "Recovery Model"
- Compassionate interactions
- Barriers to effective communication
- Understanding the impacts of trauma
- Boundaries and "Rescue Triangles"
- Ethics and confidentiality
- Documentation
- Wellness and self-care

Learn more about peer-delivered services and the growing role PSS play in mental health treatment at
www.oregon.gov/OHA/amh/peer.shtml