



# **TRAINING GUIDE**

**FOR CERTIFIED PEERS AND OTHER PEER STAFF**

March 2024

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## **CERTIFIED PEER RECOVERY SPECIALIST (CPRS) TRAINING**

### **What is a Certified Peer Recovery Specialist (CPRS)?**

A Certified Peer Recovery Specialist is a person who has lived experience of a mental illness, substance use disorder or co-occurring disorder, who has made the journey from illness to wellness, and who has specialized training to help others with their journey. Certified Peer Recovery Specialists can draw from their own journey of recovery and their training to inspire hope and provide support to others who are facing similar situations.

### **What are the requirements to take the CPRS Training?**

CPRS Trainings are open to Tennesseans ages 18 years and older who have lived experience of mental illness, substance use disorder, or co-occurring disorder and who have a minimum of 24 consecutive months of recovery and a high school diploma or equivalent. An extensive training application must be completed before acceptance into the training. For more information and additional requirements, see the CPRS Handbook at [cadre.tn.gov](http://cadre.tn.gov)

### **How long is the training?**

40 hours over one week, Monday through Friday, 8 am to 5 pm. The training is offered either in person at various locations throughout the state or via Zoom.

### **Do you have to be a peer?**

Yes. Additional requirements can be found in the CPRS Handbook at [cadre.tn.gov](http://cadre.tn.gov)

### **Can just one person teach it?**

No. CPRS Training Facilitators are trained and certified through the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS); each training requires two CPRS Training Facilitators. Only certified CPRS Trainers can facilitate CPRS trainings.

### **Is there a fee?**

No registration fee.

### **Is there a book? Where do I get it?**

All materials are provided during the training.

### **How often do you need a refresher?**

At this time no refresher course is offered or required.

### **Who do you contact for training?**

Apply online at: [cadre.tn.gov](http://cadre.tn.gov)

For questions contact:

Michelle Webster

Peer Recovery Coordinator

Tennessee Department of Mental Health and Substance Abuse Services

[CPRS.TDMHSAS@tn.gov](mailto:CPRS.TDMHSAS@tn.gov)

615-741-7693

800-560-5767

[cadre.tn.gov](http://cadre.tn.gov)

## **CERTIFIED YOUNG ADULT PEER SUPPORT SPECIALIST TRAINING**

### **What is a Certified Young Adult Peer Support Specialist?**

A Certified Young Adult Peer Support Specialist (CYAPSS) is a young adult who has overcome hardship and is ready to serve and support others. These young adults (ages 18-30) self-identify as being in recovery or on a path of wellness because of their mental health condition, substance use disorder, or co-occurring disorder. With CYAPSS training and additional guidance, CYAPSS can draw from their own journey of recovery and healing to inspire hope in those they serve.

### **What are the requirements to take the CYAPSS Training?**

CYAPSS Trainings are open to young adults between ages 18 and 30 who self-identify as being in recovery or on a path of wellness because of lived experience with a mental health condition, substance use disorder, or co-occurring disorder. A high school diploma or equivalent is required. If the young adult has lived experience of substance use disorder, 12 consecutive months of recovery is required.

### **How long is the training?**

40 hours over one week, Monday through Friday, 8 am to 5 pm

### **Do you have to be a peer?**

In order to participate in the training, one must be a peer between ages 18 and 30 with lived experience of a mental health condition, substance abuse, or co-occurring disorder.

### **Can just one person teach it?**

No. Two trainers who are certified by TDMHSAS as CYAPSS Trainers are needed. One trainer is certified as a CYAPSS (or on the path to becoming certified), and the other is a supportive adult. The supportive adult (30 and over) will ideally have lived experience of their own or have a close, personal connection to someone with lived experience.

### **Is there a fee?**

No registration fee.

### **Is there a book? Where do I get it?**

All training materials are provided during the training.

### **How often do you need a refresher?**

At this time no refresher course is offered or required.

### **Who do you contact for training?**

Apply online at [cadre.tn.gov](https://cadre.tn.gov)

For questions, contact:

Sabrina Fillers

Youth and Young Adult Coordinator

Tennessee Department of Mental Health and Substance Abuse Services

[Sabrina.Fillers@tn.gov](mailto:Sabrina.Fillers@tn.gov)

423-620-1929

## **CERTIFIED FAMILY SUPPORT SPECIALIST TRAINING**

### **What is a Certified Family Support Specialist?**

A Certified Family Support Specialist (CFSS) is a person who has self-identified as the biological parent, adoptive parent, foster parent, or relative caregiver with legal custody of a child or youth with a mental, emotional, behavioral and/or co-occurring disorder and who has successfully navigated the child-serving systems to access treatment and resources necessary to build resiliency and foster success in the home, school, and community. This individual has successfully completed training recognized by TDMHSAS on how to assist other caregivers in fostering resiliency in their child, based on the principles of resiliency and recovery.

### **What are the requirements to take the Family Support Specialist Training?**

Self-identify as a person who has self-identified as the biological parent, adoptive parent, foster parent, or relative caregiver with legal custody of a child or youth with a mental, emotional, behavioral and/or co-occurring disorder and who has successfully navigated the child-serving systems to access treatment and resources necessary to build resiliency and foster success in the home, school, and community.

### **How long is the training?**

3 days

### **Do you have to be a peer?**

No. You do have to self-identify as the biological parent, adoptive parent, foster parent, or relative caregiver with legal custody of a child or youth with a mental, emotional, behavioral and/or co-occurring disorder and who has successfully navigated the child-serving systems to access treatment and resources necessary to build resiliency and foster success in the home, school, and community.

### **Can just one person teach it?**

The Family Support Specialist training is team-taught by NAMI Tennessee and TN Voices.

### **Is there a fee?**

\$500. Scholarships may be available. Contact Tennessee Voices for more information.

### **Is there a book? Where do I get it?**

All training materials are provided during the training.

### **How often do you need a refresher?**

Refreshers are offered periodically but are not required.

### **Who do you contact for training?**

Kathy Rogers  
Tennessee Voices for Children  
615-269-7751  
krogers@tnvoices.org  
[www.tnvoices.org](http://www.tnvoices.org)

## **WRAP® II FACILITATOR TRAINING**

### **What is WRAP®?**

The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. WRAP® is a wellness and recovery approach that helps people to 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life, and 4) achieve their own life goals and dreams. Working with a WRAP® can help individuals monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of themselves, and/or keep themselves safe. In Tennessee WRAP® I is the class itself where you create your own WRAP® plan and WRAP® II is the facilitator training where you can learn to teach WRAP® I to others. The WRAP® II Facilitator training is appropriate for anyone who would like to lead WRAP® groups, work with others to develop their own WRAP® and give presentations on mental health recovery related issues to groups or organizations. The WRAP® II Facilitator training provides an experiential learning environment based on mutuality. Participants in this course participate in interactive learning activities and demonstrate their own experience with WRAP®.

### **What are the requirements to take the WRAP® II Facilitator Training?**

Provide a WRAP® I certificate obtained in an individual WRAP® I training, in a 2- or 3-day Seminar I (WRAP® I) course or workshop, or an 8- or 12-week Seminar I (WRAP® I) group or workshop, any of which must have been taught by a WRAP® II Facilitator or Advanced Level WRAP® Facilitator.

### **How long is the facilitator training?**

5 days

### **Do you have to be a peer?**

No. The WRAP® II Facilitator Trainings provided in Tennessee by TMHCA are open to any Peer Support Center staff member, Certified Peer Recovery Specialist, or behavioral health agency staff member who has completed WRAP® I.

### **Can just one person teach it?**

No. Fidelity requires two trained WRAP® II Facilitators to teach each WRAP® class.

### **Is there a fee?**

If this facilitator training is taken with TMHCA, there is no registration fee.

### **Is there a book? Where do I get it?**

If this facilitator training is taken with TMHCA, WRAP® II Facilitator Manuals are provided at no cost; otherwise, manuals may be purchased here: [Facilitator Training Manual: Mental Health Recovery including Wellness Recovery Action Plan Curriculum - Wellness Recovery Action Plan](#)

**How often do you need a refresher?**

Every two to three years. WRAP® II Facilitator Refresher Trainings, per Copeland Center Standards, last three days and include one hour of ethics training. Any individual certified as a WRAP® Facilitator within the last two to three years is eligible to attend the WRAP® II Facilitator Refresher training.

**Who do you contact for training?**

Marsha Shrum  
Tennessee Mental Health Consumers' Association  
mshrum@tmhca-tn.org  
(615) 440-2922  
[www.tmhca-tn.org](http://www.tmhca-tn.org)

## **BRIDGES**

### **What Is BRIDGES?**

Building Recovery of Individual Dreams & Goals through Education & Support (BRIDGES) is a self-help program that provides education and support to people with lived experience of mental illness. There are two parts to the program:

1. A 10-week recovery education course taught by trained peer facilitators
2. Support groups facilitated by trained peer facilitators

The 10-week education component of the program includes classes of different lengths designed for people with lived experience of mental illness in either community or inpatient settings. BRIDGES classes offer detailed information on mental illness, mental health treatment, self-help skills and the philosophy of recovery. The goal is to empower students to take an active role in their treatment and recovery. Classes include discussions and exercises to help students apply the information.

### **What are the requirements to take the BRIDGES Facilitator Training?**

Currently, to register for the BRIDGES Facilitator Training you must be age 18 or older, have lived experience of mental illness, have basic writing/reading skills, and be willing to commit to teaching BRIDGES.

### **How long is the facilitator training?**

5 days

### **Do you have to be a peer?**

Yes, the BRIDGES Facilitator Training is for people who have lived experience of mental illness.

### **Once trained as a BRIDGES Facilitator, can just one person teach the BRIDGES classes?**

Yes, if they've taught BRIDGES in the past or have other experience such as teaching WRAP®. Single BRIDGES Facilitators are encouraged to plan ahead to make sure they have someone in the class or the building that could help out in a crisis, should one occur.

### **Is there a fee?**

No registration fee.

### **Is there a book? Where do I get it?**

Yes, there is a training manual for BRIDGES Facilitators that is provided during the BRIDGES Facilitator's training. There is also a BRIDGES book for students taking the BRIDGES class. Trained BRIDGES Facilitators can contact TMHCA for the materials needed to teach BRIDGES.

### **How often do you need a refresher?**

Every two years. The refresher course is a one-day training.



**Who do you contact for training?**

Marsha Shrum  
Tennessee Mental Health Consumers' Association  
mshrum@tmhca-tn.org  
(615) 440-2922  
[www.tmhca-tn.org](http://www.tmhca-tn.org)

## **INTRODUCTION TO PEER SUPPORT**

### **What Is Introduction to Peer Support? (formerly Peer Counseling)**

The Tennessee Mental Health Consumers' Association (TMHCA) provides Introduction to Peer Support trainings across the state of Tennessee. Peer Support gives nonjudgmental, non-directive support to a peer and is provided by a peer instead of a mental health professional. This course teaches those working in the peer-to-peer field how to support other peers using active listening and peer engagement skills. It is empowering for attendees and supports the peer model of recovery. Active role plays and feedback sessions allow attendees to learn new skills or polish existing skills to communicate with others in a deliberate, mindful manner.

### **What are the requirements to take Introduction to Peer Support?**

To register for the Introduction to Peer Support Training, you must be age 18 or older, have lived experience of mental illness and/or substance use disorder, and have basic writing/reading skills. As an introductory training, Introduction to Peer Support is not appropriate for Certified Peer Recovery Specialists, who have already completed advanced training to obtain certification. However, it is a recommended training to take as a steppingstone prior to the state CPRS certification training, if desired.

### **How long is the training?**

2 days (includes 1 hour of ethics training)

### **Do you have to be a peer?**

Yes, Introduction to Peer Support is for people who have lived experience of mental illness and/or substance use disorder.

### **Is there a fee?**

No registration fees.

### **Is there a book? Where do I get it?**

There is no book. All training materials are provided by TMHCA.

### **Who do you contact for training?**

Marsha Shrum  
Tennessee Mental Health Consumers' Association  
mshrum@tmhca-tn.org  
(615) 440-2922  
[www.tmhca-tn.org](http://www.tmhca-tn.org)



### **What is Emotional CPR (eCPR)?**

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 workshop consistently report that the skills they learned have helped them communicate better in all their relationships. Emotional CPR (eCPR) is a vital tool for empowering others through distress, and anyone can use it!

eCPR is based on the principles found to be shared by several support approaches: trauma-informed care, counseling after disasters, peer support to avoid continuing emotional despair, emotional intelligence, suicide prevention, and cultural attunement. It was developed with input from a diverse group of recognized leaders from across the United States, who themselves have learned how to recover and grow from emotional crises.

### **What are the requirements to take the eCPR workshop?**

None.

### **How long is the workshop?**

Two 6-hour days

### **Do you have to be a peer?**

No

### **Is there a fee?**

No registration fees.

### **Is there a book? Where do I get it?**

There is no book. All workshop materials are provided by TMHCA.

### **Who do you contact to enroll in the workshop?**

Jordan Young  
Tennessee Mental Health Consumers' Association  
Jyoung1@tmhca-tn.org  
(615) 920-2349  
[www.tmhca-tn.org](http://www.tmhca-tn.org)  
[www.emotional-cpr.org](http://www.emotional-cpr.org)  
[info@emotional-cpr.org](mailto:info@emotional-cpr.org)

## **IN OUR OWN VOICE**

### **What is In Our Own Voice?**

NAMI's In Our Own Voice presentations change attitudes, assumptions and stereotypes by describing the reality of living with mental illness. People with mental health conditions share their powerful personal stories in free 60- or 90-minute presentations.

### **What are the requirements to teach it?**

In Our Own Voice is taught by NAMI Tennessee trainers certified by NAMI National.

### **How long is the training?**

There is an initial online training plus an 8-hour group training in crafting your story and preparing your presentation.

### **Do you have to be a peer?**

Yes. In Our Own Voice teaches people with lived experience of mental illness how to tell their personal story of recovery.

### **Is there a fee?**

Although there is no cost to take the IOOV training, each participant agrees to give a minimum number of presentations. The standard is two, but four are required for Davidson County participants.

### **Is there a book? Where do I get it?**

No, there is not a book.

### **How often do you need a refresher?**

At this time no refresher course is offered or required.

### **Who do you contact for training?**

NAMI Tennessee  
615-361-6608  
[www.namitn.org](http://www.namitn.org)

## **WHOLE HEALTH ACTION MANAGEMENT (WHAM)**

### **What is Whole Health Action Management (WHAM)?**

WHAM is a peer-led program for people with chronic physical and behavioral health conditions that promotes self-management to create and sustain new health behavior. Though anyone can benefit from the WHAM process, the program is specifically designed to counter the high incidence of chronic physical health conditions – such as diabetes, heart disease, and obesity – among people living with behavioral health conditions. WHAM is a science-based program that teaches participants to set and achieve whole health goals through weekly action plans and 8-week support groups. The training prepares peers employed in behavioral health organizations to facilitate WHAM groups that help their peers reach whole health, wellness, and resiliency goals through effective self-management.

### **What are the requirements to teach WHAM?**

You must be trained, in-person or virtually, by the National Council for Mental Wellbeing: <https://www.thenationalcouncil.org/service/whole-health-action-management/>

### **How long is the WHAM Facilitator Training?**

The WHAM Facilitator Training is two days.

### **Do you have to be a peer?**

The training is designed for peer specialists who agree to:

- Create and work toward a whole health and resiliency goal
- Provide peer support to reach his/her whole health and resiliency goal
- Facilitate or participate in an 8-week whole health and resiliency peer group

### **Once trained as a WHAM Facilitator, can just one person teach it?**

Yes, the 8-week WHAM classes can be taught by one trained WHAM Facilitator.

### **Is there a fee?**

Yes, the National Council for Mental Wellbeing does charge a fee per participant.

### **Is there a book? Where do I get it?**

All training materials are provided by the National Council for Mental Wellbeing.

### **How often do you need a refresher?**

Refreshers are not required; however, it is recommended to retake the training after 5 years.

### **Who do you contact for training?**

Please visit: <https://www.thenationalcouncil.org/training-courses/whole-health-action-management/>

## **CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)**

### **What is the Chronic Disease Self-Management Program (CDSMP)?**

The CDSMP is an evidence-based program developed at Stanford University. Participants attend a 2½-hour interactive workshop once a week for 6 weeks to learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases. In a typical workshop, participants set a realistic goal for the upcoming week and develop an action plan for meeting that goal. They report on their progress at the following workshop and solicit feedback from the group to help address any challenges. The workshops are facilitated by a pair of trained leaders, one or both of whom have chronic diseases themselves.

The workshop topics include the following:

- How to deal with frustration, fatigue, pain, and isolation
- Ways to maintain and improve strength, flexibility, and endurance
- Managing medications
- How to communicate more effectively with family, friends, and health professionals
- Healthy eating

### **What are the requirements to teach it?**

The CDSMP must be taught by two trained leaders, one or both of whom have chronic diseases themselves. CDSMP Leaders must be trained by Certified Master Trainers or must be Master Trainers themselves.

### **How long is the facilitator training?**

Four days

### **Do you have to be a peer to teach it?**

No, you can be a person with a chronic health condition or have a family member or be a caretaker of someone with a chronic health condition.

### **Can just one person teach it?**

No. Fidelity to the evidence-based practice requires two trained facilitators.

### **Is there a fee?**

No

### **Is there a book? Where do I get it?**

Depending on the training, the book is sometimes provided. The book can be purchased at <https://www.bullpub.com/catalog/Living-a-Healthy-Life-with-Chronic-Conditions-4th-Edition>

### **How often do you need a refresher?**

Refresher trainings can be taken in person or online with the Self-Management Resource Center or taken in person or online from the Tennessee Peer Wellness Coaches who are

Master Trainers. From the Fidelity Manual on the Self-Management Resource Center website: If a year is passing by and the chances of offering a workshop are low, the Leader should take refresher training in person or online. If neither of these is done and the time expires, the Leader must be retrained. The online option costs \$50. Leader trainees will be asked to complete pre-webinar homework which can take up to four hours and attend one real time webinar with up to 25 other trainees. Trainees will meet at the webinar meeting for up to three hours. For more information, go to [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

Otherwise, the 4-day leader training can be retaken.

### **How often do I need to facilitate a training in order to stay Active?**

To remain “Active” as a Leader, after taking the training and completing one workshop within 12 months, you must facilitate at least one workshop per year. If you are certified in more than one program (CDSMP, DSMP, CPSMP) you must alternate each year and within two years, you must complete at least one workshop for each program you are certified in. If you do not facilitate at least one workshop per year, you will become “Inactive” and must complete a Refresher course online or in person if it has been one year since your last workshop. If you haven’t completed a workshop in more than one year, you must retake the 4-day facilitator training.

### **Who do you contact for training?**

Dina Savvenas  
Statewide Peer Wellness Coach  
Tennessee Association of Mental Health Organizations  
[csavvenas@tamho.org](mailto:csavvenas@tamho.org)  
615-707-0257

Additional Trainings may be offered in your area. Please go to [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

## **DIABETES SELF-MANAGEMENT PROGRAM (DSMP)**

### **What is the Diabetes Self-Management Program (DSMP)?**

The DSMP is an evidence-based program developed at Stanford University. Participants attend a 2½-hour interactive workshop once a week for 6 weeks to learn problem-solving, decision-making, and other techniques for managing problems common to people with diabetes. In a typical workshop, participants set a realistic goal for the upcoming week and develop an action plan for meeting that goal. They report on their progress at the following workshop and solicit feedback from the group to help address any challenges. The workshops are facilitated by a pair of leaders, one or both of whom are professionals with diabetes themselves.

The workshop topics include the following:

- How to deal with frustration, fatigue, pain, and hyper/hypoglycemia
- Appropriate exercise for maintaining and improving strength and endurance
- Managing medications
- How to communicate more effectively with family, friends, and health professionals
- Healthy eating

### **What are the requirements to teach it?**

The DSMP must be taught by two trained leaders, one or both of whom are professionals with diabetes themselves. Must be trained by certified Master Trainers or must be Master Trainers themselves.

### **How long is the facilitator training?**

Four days, unless the trainee has already been trained in the CDSMP, in which case the DSMP training is two days.

### **Do you have to be a peer?**

No, you can be a person with diabetes or have a family member or be a caretaker of someone with diabetes.

### **Can just one person teach it?**

No. Fidelity to the evidence-based practice requires two trained facilitators.

### **Is there a fee?**

No

### **Is there a book? Where do I get it?**

Depending on the training, the book is sometimes provided. The book can be purchased at [Living a Healthy Life with Chronic Conditions, 5th Edition \(bullpub.com\)](http://bullpub.com)

### **How often do you need a refresher?**

Refresher trainings can be taken in person or online with the Self-Management Resource Center or taken in person or online from the Tennessee Peer Wellness Coaches who are



Master Trainers. From the Fidelity Manual on the Self-Management Resource Center website: If a year is passing by and the chances of offering a workshop are low, the Leader should take refresher training in person or online. If neither of these is done and the time expires, the Leader must be retrained. The online option costs \$50. Leader trainees will be asked to complete pre-webinar homework which can take up to four hours and attend one real time webinar with up to 25 other trainees. Trainees will meet together at the webinar meeting for up to three hours. For more information, go to [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

Otherwise, the 4-day leader training can be retaken.

### **How often do I need to facilitate a training in order to stay Active?**

To remain “Active” as a Leader, after taking the training and completing one workshop within 12 months, you must facilitate at least one workshop per year. If you are certified in more than one program (CDSMP, DSMP, CPSMP) you must alternate each year and within two years, you must complete at least one workshop for each program you are certified in. If you do not facilitate at least one workshop per year, you will become “Inactive” and must complete a Refresher course online or in person if it has been one year since your last workshop. If you haven’t completed a workshop in more than one year, you must retake the 4-day facilitator training.

### **Who do you contact for training?**

Dina Savvenas  
Statewide Peer Wellness Coach  
Tennessee Association of Mental Health Organizations  
[csavvenas@tamho.org](mailto:csavvenas@tamho.org)  
615-707-0257

Additional Trainings may be offered in your area. Please go to [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

## **CHRONIC PAIN SELF-MANAGEMENT PROGRAM (CPSMP)**

### **What is the Chronic Pain Self-Management Program (CPSMP)?**

The CPSMP is an evidence-based program developed at Stanford University. Participants attend a 2½-hour interactive workshop once a week for 6 weeks to learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic pain. In a typical workshop, participants set a realistic goal for the upcoming week and develop an action plan for meeting that goal. They report on their progress at the following workshop, and solicit feedback from the group to help address any challenges. The workshops are facilitated by a pair of leaders, one or both of whom are professionals with chronic pain themselves.

The workshop topics include the following:

- How to deal with frustration, fatigue, pain, and hyper/hypoglycemia
- Appropriate exercise for maintaining and improving strength and endurance
- Managing medications
- How to communicate more effectively with family, friends, and health professionals
- Nutrition
- How to evaluate new treatments

### **What are the requirements to teach it?**

The CPSMP must be taught by two trained leaders, one or both of whom are professionals with chronic pain themselves. Must be trained by certified Master Trainers or must be Master Trainers themselves.

### **How long is the training?**

Four days, unless the trainee has already been trained in the CDSMP, in which case the CPSMP training is two days.

### **Do you have to be a peer?**

No, you can be a person with chronic pain, have a family member with chronic pain, or be a caretaker of someone with chronic pain.

### **Can just one person teach it?**

No. Fidelity to the evidence-based practice requires two trained facilitators.

### **Is there a fee?**

No

### **Is there a book? Where do I get it?**

Depending on the training, the book is sometimes provided. The book can be purchased at <https://www.bullpub.com/catalog/Living-a-Healthy-Life-with-Chronic-Pain>

### **How often do you need a refresher?**

Refresher trainings can be taken in person or online with the Self-Management Resource Center or taken in person or online from the Tennessee Peer Wellness Coaches who are Master Trainers. From the Fidelity Manual on the Self-Management Resource Center website: If a year is passing by and the chances of offering a workshop are low, the Leader should take refresher training in person or online. If neither of these is done and the time expires, the Leader must be retrained. The online option costs \$50. Leader trainees will be asked to complete pre-webinar homework which can take up to four hours and attend one real time webinar with up to 25 other trainees. Trainees will meet together at the webinar meeting for up to three hours. For more information, go to [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

Otherwise, the 4-day leader training can be retaken.

### **How often do I need to facilitate a training in order to stay Active?**

To remain “Active” as a Leader, after taking the training and completing one workshop within 12 months, you must facilitate at least one workshop per year. If you are certified in more than one program (CDSMP, DSMP, CPSMP) you must alternate each year and within two years, you must complete at least one workshop for each program you are certified in. If you do not facilitate at least one workshop per year, you will become “Inactive” and must complete a Refresher course online or in person if it has been one year since your last workshop. If you haven’t completed a workshop in more than one year, you must retake the 4-day facilitator training.

### **Who do you contact for training?**

Dina Savvenas  
Statewide Peer Wellness Coach  
Tennessee Association of Mental Health Organizations  
[csavvenas@tamho.org](mailto:csavvenas@tamho.org)  
615-707-0257

Additional Trainings may be offered in your area. Please go to [www.selfmanagementresource.com](http://www.selfmanagementresource.com)

## ENHANCING YOUR IMMUNE HEALTH

### What is the Enhancing Your Immune Health Program?

Enhancing Your Immune Health teaches how the immune system works and how to apply practical skills for better immune health. Its central message is that people can lessen their vulnerability to colds, flu, and infections by adopting a healthier lifestyle that includes adequate sleep, less stress, and a well-balanced diet. Also covered are immunity aids backed by evidence and the role of vaccinations and annual screenings in enhancing immune health. People are encouraged to set goals to improve sleep, reduce stress, and choose foods and supplements that support immune function. The program is taught in five sessions.

### What are the requirements to teach it?

While medical or specialized training is not necessary to use this manual, it is advisable to have experience leading health education groups or teaching health-related content.

### How long is the facilitator training?

There is a 29-minute webinar on the website that explains how to use the manual provided on the website. Once you view that and review the Facilitator's Manual and the Participant Manual, you are good to go. You may also visit these two additional websites to gain foundational knowledge on immune health:

Harvard School of Public Health, Nutrition & Immunity  
Cleveland Clinic, The Immune System

### Do you have to be a peer?

The manual is designed for people in recovery from mental health conditions, but it can be used by anyone wanting to understand and enhance their immune health. Anyone taking medication and those with medical restrictions are advised to check with their health care provider before starting any new supplement, diet, or exercise.

### Can just one person teach it?

Yes

### Is there a fee?

No

### Is there a book? Where do I get it?

You can download the 5-session manual by clicking on the picture of the Facilitator's Guide on the website and the accompanying handouts by clicking on its picture. If you teach the content in one-on-one sessions, you can download the modules individually on the website by clicking the links to each module.

### How often do you need a refresher?

No refreshers are needed at this time.

### Who do you contact for facilitator training?

<https://www.center4healthandsdc.org/enhancing-immune-health.html>

**Who do you contact with questions?**

Dina Savvenas  
Statewide Peer Wellness Coach  
Tennessee Association of Mental Health Organizations  
csavvenas@tamho.org  
615-707-0257

## **A MATTER OF BALANCE (MOB)**

### **What is the A Matter of Balance Program?**

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults and others. This nationally recognized program was developed at the Roybal Center at Boston University. A Matter of Balance classes can be offered both in-person or virtually. The in-person Matter of Balance includes 8 two-hour sessions, and the virtual Matter of Balance includes 9 two-hour sessions. Both the in-person and virtual sessions are led by two trained facilitators for a small group of 8-12 participants.

### **What are the requirements to teach it?**

Attend the eight-hour MOB Coach Training taught by the MOB Master Trainers to earn A Matter of Balance Coach Certification and agree to teach two A Matter of Balance classes within the first year of Certification.

### **How long is the training?**

The MOB Coach Training is 8 hours in person. You may then attend an additional 4 hours of training to lead virtual classes.

### **Do you have to be a peer?**

No.

### **Can just one person teach it?**

No. Two trained facilitators are required.

### **Is there a fee?**

No.

### **Is there a book? Where do I get it?**

A MOB Coach Manual is provided at the training.

### **How often do you need a refresher?**

2.5 hours of Coach training updates are required annually.

### **Who do you contact for training?**

Dina Savvenas  
Statewide Peer Wellness Coach  
Tennessee Association of Mental Health Organizations  
csavvenas@tamho.org  
615-707-0257

## **DIMENSIONS: TOBACCO FREE PROGRAM**

### **What is the DIMENSIONS: Tobacco Free Program?**

The DIMENSIONS: Tobacco Free Program is a 6-week, evidence-based tobacco cessation program that is designed to teach providers and peers the necessary information and skills they need to promote successful tobacco cessation within their organizations. Trainees learn motivational engagement strategies, community referrals, educational activities, individual and group treatments, and policy change strategies. The program teaches trainees the skills and resources to promote positive behavior change in individuals interested in living tobacco-free.

### **What are the requirements to teach it?**

The DIMENSIONS: Tobacco Free Program is designed to be led by persons trained to work in healthcare, mental health, addictions, public health, business and other community settings. Tobacco Free Program facilitators should have experience with training, group facilitation, and health behavior change prior to implanting this program. The education and training provided to Tobacco Free facilitators by the Behavioral Health and wellness program are intended to build upon already existing skills and experience facilitating groups. If you do not have this experience, you should seek out additional training and supervision before beginning the Tobacco Free Program at your organization.

### **How long is the facilitator training?**

For a group of trainees, Tobacco Free is a 1-day training. Limited one-on-one trainings that last 3-4 hours may be available by request.

### **Do you have to be a peer?**

No, but it is designed to be a peer-to-peer program.

### **Can just one person teach it?**

The 6-week DIMENSIONS: Tobacco Free Program can be taught by one trained facilitator only if teaching it to five people or less.

### **Is there a fee?**

No

### **Is there a book? Where do I get it?**

Training participants receive all necessary course materials.

### **How often do you need a refresher?**

If you were trained in the Tobacco Free 4.2 version, prior to July 1, 2019, you must be updated to the new 5.1 version. The 5.1 version should be good for at least 5 years.

### **Who do you contact for training?**

Dina Savvenas  
Statewide Peer Wellness Coach  
Tennessee Association of Mental Health Organizations  
csavvenas@tamho.org  
615-707-0257

## **NEW-R: NUTRITION & EXERCISE FOR WELLNESS & RECOVERY**

### **What is the NEW-R Program?**

The Nutrition and Exercise for Wellness and Recovery Program is an 8-week program that helps people gain new knowledge and skills for healthier eating and physical activity. Participants examine their eating and exercise habits to identify what they'd most like to change and set achievable goals each week to make these changes. NEW-R can help participants lose weight through nutritious meal planning, reduced portion sizes, and increased daily exercise. Peer support and intentionality are used to help participants stay on-track.

Each session is comprised of didactic teaching of nutritional and other health content, followed by active learning in which participants practice skills and make plans to apply the information in their own lives. This format allows the program to be highly individualized to each person's needs, strengths, interests, and personal situation. There is an exercise portion to each weekly session and participants follow along to a previously recorded video that is provided.

### **What are the requirements to teach it?**

While specialized training is not necessary to run a NEW-R class, it is advisable for at least one of the teachers to have experience leading health education groups (such as previous training in teaching CDSMP, DSMP, or CPSMP, for example).

Helpful preparation also includes:

- Reading the entire leader and participant manuals before running a class
- Regularly visiting ChooseMyPlate.gov for current dietary guidelines, fact sheets, recipes, and other educational resources.
- Learning about the role of food in various cultures
- NEW-R works best when both facilitators also set healthy eating and exercise goals, along with the class participants. This will help build empathy for the struggles many people face when seeking to change their health habits.

NEW-R is taught using a leader manual (42 pages) and a participant manual (70 pages). Both can be downloaded for free and should be printed and bound for use.

### **How long is the facilitator training?**

The training, via webinar, is an hour long. Trainees must view the webinar and download and review the Participant and Leader Manuals, and the exercise videos. Everything you need can be found here: <https://www.center4healthandsdc.org/new-r.html>

### **Do you have to be a peer?**

Ideally, at least one of the two co-facilitators is a peer.

### **Is there a fee?**

No



**Is there a book? Where do I get it?**

Yes, there is a leader manual (42 pages) and a participant manual (70 pages). Both can be downloaded for free and should be printed and bound for use. You may find these at:

<https://www.center4healthandsdc.org/new-r.html>

**How often do you need a refresher?**

No refreshers are needed at this time.

**Who do you contact for training?**

<https://www.center4healthandsdc.org/new-r.html>

**Who do you contact with questions?**

Dina Savvenas  
Statewide Peer Wellness Coach  
Tennessee Association of Mental Health Organizations  
csavvenas@tamho.org  
615-707-0257

## **QPR (QUESTION, PERSUADE, REFER)**

### **What is QPR?**

QPR stands for Question, Persuade, and Refer—the 3 simple steps anyone can learn to help prevent suicide. The most widely taught gatekeeper training in the world, QPR is designed to help any and everyone learn how to recognize the warning signs of suicide, offer hope, and help save lives. Participants will learn how to intervene with an individual at-risk, persuade them to get help and guide them to the appropriate resources. The QPR mission is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training.

### **What are the requirements to take the QPR training in Tennessee?**

There are no requirements to take the training.

### **How long is the QPR training?**

Two hours.

### **Do you have to be a peer?**

No

### **After taking the QPR training in Tennessee, can you teach the QPR training to others?**

No. After taking the QPR training in Tennessee, you can recognize the signs of suicide, intervene with an individual at-risk, persuade them to get help and guide them to the appropriate resources. To become a QPR trainer, go to <https://qprinstitute.com/become-an-instructor>

### **Is there a fee to take QPR?**

No

### **Is there a book? Where do I get it?**

All materials are provided at the training.

### **Who do you contact for training?**

Tennessee Suicide Prevention Network (TSPN)  
www.tspn.org  
(615) 297-1077

## **APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)**

### **What is Applied Suicide Intervention Skills Training (ASIST)?**

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

### **What are the requirements to take the ASIST Training?**

Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

### **How long is the ASIST Training?**

Two days

### **Do you have to be a peer?**

No

### **After taking the ASIST training in Tennessee, can you teach the ASIST Training to others?**

No. After taking the ASIST training, participants can recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. To become an ASIST Registered Trainer, go to <https://www.livingworks.net/training-and-trainers/become-a-trainer/>

### **Is there a fee?**

No

### **Is there a book? Where do I get it?**

No

### **Who do you contact for training?**

Tennessee Suicide Prevention Network (TSPN)  
www.tspn.org  
(615) 297-1077

## **ADDITIONAL TRAINING RESOURCES**

### **Recovery within Reach**

[www.recoverywithinreach.org](http://www.recoverywithinreach.org)

A variety of trainings, including webinars

### **Tennessee Mental Health Consumers' Association (TMHCA):**

[www.tmhca-tn.org](http://www.tmhca-tn.org)

Introduction to Peer Support, Mental Health First Aid, WRAP® II Facilitator Training and Refresher and BRIDGES Facilitator Training

### **Tennessee Association of Alcohol, Drug and other Addiction Services (TAADAS)**

[www.taadas.org](http://www.taadas.org)

A variety of trainings, including WRAP® I, motivational interviewing, etc.

### **National Association of Peer Supporters (NAPS)**

[www.peersupportworks.org](http://www.peersupportworks.org)

### **Tennessee Suicide Prevention Network (TSPN):**

[www.tspn.org](http://www.tspn.org)

Question, Persuade, Refer (QPR), Applied Suicide Intervention Skills Training (ASIST)

### **Relias Learning**

<https://airs.academy.reliaslearning.com/>