

## Description of Curriculum and Training

**The Core Recovery Curriculum should give the trainees the following competencies:**

**They should have a working knowledge of:**

- the difference in focusing on the symptoms of the illness and the impact of the illness
- the basic structure of the provincial Mental Health System (MHS) and how it works
- the Peer Supporter's job description within the provincial MHS
- the difference in services that focus on stabilization and those that focus on recovery
- the meaning and role of peer support services
- the basic five stages in the recovery process and what is helpful and not helpful at each stage
- the role of peer support services at each stage of the recovery process
- the basic definition and dynamics of recovery
- the difference in an illness story and a recovery story
- the difference in agency environments that promote recovery and those that do not
- the meaning of Trauma Informed Services
- the five steps of PICBA as a problem solving process
- the five steps in Igniting the Spark of Hope
- the dynamics of power, conflict and integrity in the workplace
- the three steps in the Process of Effective Communication
- a process, with outlines and tools, of facilitating recovery groups

**They should be able to:**

- use their own recovery experience to help a peer recover
- articulate what has been helpful and what not helpful in their own recovery
- identify beliefs and values a peer holds that works against recovery
- discern when and how much of their recovery story to share with whom
- be able to discuss their own tools for taking care of themselves
- facilitate a Recovery Dialogues
- understand key concepts of Motivational Interviewing to engage a peer
- use questions to help a peer get in touch with the life that they want
- use a person's dissatisfaction as an avenue to setting recovery goals
- use the PICBA problem solving process with a peer
- use questions to help a peer identify and move through their fears
- use the Catch it! Check it! Change it! process to help a peer combat negative self-talk
- use the Shared Decision Making process to help a peer prepare for a doctor's visit
- use the weekly action planning process to teach effective action planning
- teach peers to advocate for the services that they want
- facilitate recovery groups

\*PSC (Peer Support Canada, formerly Peer Support Accreditation and Certification Canada) recommends that Peer Support Workers have their own written recovery action plan and be able to assist other consumers in writing one. Prairies to Peaks Consulting Inc. has developed a workbook for this purpose. For more information or purchase, please contact: [kathrine\\_b@telus.net](mailto:kathrine_b@telus.net).