



The training will begin in January 2015 at
 Contra Costa Community College, San Pablo, CA

Purpose of the Training

The purpose of the SPIRIT Training is to help you make an important contribution to the behavioral health system by preparing you to work in a consumer/family provider position in either a paid or volunteer capacity within an agency that provides behavioral health services. The SPIRIT Training helps you to develop core skills to empower yourself by attaining and maintaining recovery and resiliency through self-awareness and peer and family support, and learning to assist others in doing the same.

This program is intended for individuals who fit at least one of the following criteria:

- Individuals who are mental health consumers (receive services for mental health purposes) or have lived experience as mental health consumers, or**
- Family members or parents of adults and children receiving services in the mental health system.**

Goals

1. To become more empowered, explore potential and help others learn resiliency and empowerment skills.
2. To gain an understanding of the importance of peer and family support as an integral part of the recovery and resiliency journey, as well as to the overall behavioral health system of care.
3. To gain a working understanding of Contra Costa Behavioral Health's system of care, the Consumer/Survivor/Ex-Patient Movement, self-help, and recovery/resiliency oriented techniques and principles.
4. To identify, develop, and sustain your personal support system, develop and use a personal wellness plan, and to help others to incorporate these skills into their personal wellness process.
5. To become more aware of community resources which aid consumers, family members, young adults, and children in living successfully within the larger community.
6. To explore career options that will help you develop the skills enabling you to find meaningful work activity.
7. To learn skills and receive on the job training in the behavioral health field.

The Behavioral Health **S**ervice **P**rovider **I**ndividualized **R**ecovery **I**ntensive **T**raining (SPIRIT) includes two components: first, the comprehensive classroom training and support program followed by individualized Work-Study placement. The training is sponsored by Contra Costa Behavioral Health Services and Contra Costa College. This program is a collaboration between consumers, family members, young adults, and service providers to train, place, and support behavioral health clients as they transition into becoming service providers in the field.

Application Deadline and Mailing Information

Application Process: This APPLICATION is due by October 10, 2014

Please submit your completed application to:

Contra Costa Behavioral Health Services
Office for Consumer Empowerment
1340 Arnold Drive, Suite 200
Martinez, CA 94553
Fax (925)957-5156

For further information about the SPIRIT Training or application, please contact:
Emilse Faria @ (925) 957-5149 or Stephen Boyd @ (925) 957-5147

Training Components

- I. **Intensive Classroom Training (SPIRIT I and II):** The classroom training takes place during the Spring 2015 college semester (starting in January 2015) at Contra Costa College in San Pablo. It consists of two three unit college classes (six units total), SPIRIT I and SPIRIT II. Students take SPIRIT I for the first half of the fifteen week semester, and then SPIRIT II during the second half of the semester. Students may not participate in SPIRIT II without successful completion of SPIRIT I.
- II. **Work-Study/Summer Internship (SPIRIT III):** The work study part of SPIRIT (SPIRIT III) takes place during the summer 2015 college semester and includes a six week internship (for ten to fifteen hours per week) at a human service agency and once a week classroom instruction. Students must successfully complete both SPIRIT I and II to participate in SPIRIT III. Students receive three units of college credits for successfully completing SPIRIT III.
- III. **Allowance:** A limited number of students may be eligible for an allowance to assist with transportation and other expenses needed to complete the training. Allowance selection is based on where behavioral health services are received, application content, and an in-person interview.

WILLIAM B. WALKER, M.D.
Health Services Director
CYNTHIA BELON, L.C.S.W.
Behavioral Health Services Director



CONTRA COSTA
BEHAVIORAL HEALTH
SERVICES
ADMINISTRATION

1340 Arnold Drive, Suite 200
Martinez, CA 94553-4639
Ph 925/957-5201

Dear SPIRIT Applicant,

SPIRIT is a behavioral health consumer and family driven and focused college accredited class. SPIRIT is facilitated by peers for peers and family members. Because SPIRIT is a collaboration with Contra Costa College, some of your personal and identifying information may be shared and exchanged with the college. Additionally, the College may require some administrative information, such as attendance, grades, conduct, or other college related activities. Being an applicant or participant in SPIRIT may identify you as a consumer of behavioral health services or a family member of a person receiveing services.

I have read and understand the above statement.

This acknowledgement is advisory only, and is not consent to release information.

Signature

Date

Print Name

Behavioral Health Service Provider Individualized Recovery Intensive Training

SPIRIT Application

- Please answer each question carefully. Be as direct and specific as possible.
- Use extra paper if necessary. Number answers on extra paper.

If you have questions about the application, Contact Emilse Faria at (925) 957-5149 or
Stephen Boyd at (925) 957-5147

- **Please return completed applications by October 10, 2014 to:**

Contra Costa Behavioral Health Services
Office for Consumer Empowerment
1340 Arnold Drive, Suite 200 Martinez, CA 94553
Fax (925) 957-5156

1. Name/Personal Information:

Last: _____

First: _____

Address: _____

City: _____ State: ____ ZIP : _____

Home Phone: () _____

Cell Phone: () _____

E-Mail Address: _____

2. Please list two references:

a. Name: _____

Phone: _____

Agency: _____

b. Name: _____

Phone: _____

Agency: _____

- 3. Do you identify as a behavioral health consumer (a person with a behavioral health condition) or family member (parent, care giver, family member of someone who receives behavioral health services)? If so, are you willing to share this with others in your work as a Peer/Family Provider?

- 4. **We value personal or lived experience in the behavioral health system.** This may include personal experience that gives insight into behavioral health, dual diagnosis, self-help, recovery/resiliency-based services, or experiences you've had helping peers and/or family members. Please describe what involvement or knowledge you have that will help you or add to your skills as a peer provider or family member in behavioral health.

5. In order to do well in this training, people who have had problems with drug and/or alcohol abuse need to be in recovery (abstaining from use of alcohol and other substances, especially within a professional/academic setting). If this applies to you, how long have you been active in the recovery process?

6. Why is it important to learn about and practice methods of wellness, recovery, and resiliency in behavioral health and/or substance abuse?

7. Based on your experiences in behavioral health or navigating services for a family member, are there particular types of positions that interest you the most?

Please List here:

8. Why do you want to participate in the SPIRIT Behavioral Health Service Provider Training?

9. Please specify the highest level of education completed. *There is no specific level of education required to apply for the training, however certain job classifications do require a minimum level of education, usually a HS diploma or GED.*

10. Do you have experience with peer or family support, wellness, recovery, and resiliency (working, living, assisting peers or family members or being assisted by people with behavioral health issues)? If so, please describe your experience:

12. Behavioral health providers must deal with potential conflict amongst co-workers and/or the consumers or family members they serve. Please describe: *(provide an answer for each question)*
- a) A situation in your personal or professional life where you've experienced conflict.
 - b) What steps did you take to resolve the situation?
 - c) What would you do differently were a similar situation to occur again?
 - d) What did you learn from this experience?

13. Computer Proficiency – Do you know how to do the following tasks on a computer? (circle yes or no for each)

- a. Send and receive email: ----- **yes** **no**
- b. Write and print documents on a word processor: ----- **yes** **no**
- c. Use the internet to do research and register for classes: **yes** **no**

14. If you speak or read and write in another language in addition to English, please specify the language and circle your level of ability with reading, writing and/or speaking.

- a. _____ fair good fluent fair good fluent
Language **Speaking** **Writing**

- b. _____ fair good fluent fair good fluent
Language **Speaking** **Writing**

15. Please list the most recent **volunteer work** you have done: (Begin with the most recent. Please use extra paper if needed).

- a. _____ _____ _____
Type of Work **Location/Agency** **Dates Worked**

- b. _____ _____ _____
Type of Work **Location/Agency** **Dates Worked**

- c. _____ _____ _____
Type of Work **Location/Agency** **Dates Worked**

16. Please list any **paid employment** experience that you have: (Begin with the most recent. Please use extra paper if needed).

| | | | |
|----|---------------------|------------------------|---------------------|
| a. | _____ | _____ | _____ |
| | Type of Work | Location/Agency | Dates Worked |
| b. | _____ | _____ | _____ |
| | Type of Work | Location/Agency | Dates Worked |
| c. | _____ | _____ | _____ |
| | Type of Work | Location/Agency | Dates Worked |