SPIRIT

Mental Health Service Provider Individualized Recovery Intensive Training

The training will be held in January 2013 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 mental health system by preparing you to work in a consumer-provider position in either a paid or volunteer capacity within an agency that provides mental health services. The SPIRIT Training helps you to develop core skills to empower yourself by attaining and maintaining recovery through self-awareness and peer support, and learning to assist others in doing the same.

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 support as an integral part of the recovery journey as well as to the overall mental health system of care.
3. To gain a working understanding of Contra Costa Behavioral Health services, the Consumer/Survivor/Ex-Patient Movement, self-help, and recovery-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 in living successfully in 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 Mental 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, Mental Health Consumer Concerns, Inc. and Contra Costa College. This program is a collaboration between consumers and service providers to train, place, and support mental health clients as service providers in the behavioral health field.

Training Components

I. **Application Process: This APPLICATION is due by October 12, 2012.**

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

II. **Intensive Classroom Training (SPIRIT I and II):** The classroom training takes place during the Spring 2013 college semester (starting in January 2013) 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.

III. **Work-Study/Summer Internship (SPIRIT III)**: The work study part of Spirit (SPIRIT III) takes place during the Summer 2013 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.

IV. **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 mental health services are received, application content, and an in-person interview.

For further information about the SPIRIT Training, please contact:
Jami Tussing @ (925) 957-5168

WILLIAM B. WALKER, M.D.
HEALTH SERVICES DIRECTOR
CYNTHIA BELON, LCSW
BEHAVIORAL HEALTH DIRECTOR

CONTRA COSTA
HEALTH SERVICES

CONTRA COSTA
BEHAVIORAL HEALTH
MENTAL HEALTH
1340 Arnold Drive, Ste. 200
Martinez, California
94553
PH (925) 957-5150
FAX (925) 957-5156

Dear SPIRIT applicant,

SPIRIT is a mental health consumer-driven and focused college accredited class. SPIRIT is facilitated by peers for peers. Because SPIRIT is 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 indentify you as a consumer of mental health services.

I have read and understand the above statement.

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

Print _____ Date _____

Sign _____ Date _____

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 Jami Tussing at (925) 957-5168
- Please return completed applications **by October 12, 2012** 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: _____ 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 mental health consumer (a person with a mental health condition), and if so are you willing to share this with others in your work as a Peer Provider?

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

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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. 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 and recovery in mental health and / or substance abuse?

7. Based on your experiences in mental health, are there particular types of positions that interest you the most?

   Please List here:

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

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9. Please specify the type of education and the highest grade completed. (There is no specific level of education required to apply for the training).

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

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11. Please describe an experience you have had working or interacting with someone or a group of people different from yourself. (Different from you in terms of language, social status, culture, race, religion, sexual orientation, mental health diagnosis, ethnic background, or any combination of these). Please include how they were different from you, what happened, and what you learned from the experience?

12. Mental health providers must deal with potential conflicts amongst co-workers or the populations they serve. Please describe a situation in your personal or professional life in which you experienced conflict. What steps did you take to resolve the situation? What would you do differently were a similar situation to occur again? Finally, what did you learn from this experience?

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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**