



Oct 15, 2017

Attention: Community Members

**Subject: Peer Support Training Opportunity**

We wish to inform you that peer support training is being offered to community members (free of charge) by MHI(NS). This training opportunity is a part of the overall strategy to help build community based peer support capacity across the province of Nova Scotia.

The training consists of 4 in-class days (divided into 2 two-day sessions) and 1 or 2 teleconference sessions (details TBD). Applicants are required to attend all in-class time and teleconference sessions.

Applications are currently being accepted for the following trainings:

- **Northern Zone**

In-class sessions in **Truro** on **Nov 20, 21 and Jan 22, 23**. 9am to 4:30pm with an hour lunch (not provided).

Location: Colchester East Hants Health Centre 600 Abenaki Road, Truro, NS.

Willow Room (C2-501 A, B, C)

Teleconference Sessions will be 2 hours in mid-December (date & time to be confirmed)

- **Eastern Zone**

In-class sessions in **Sydney** on **Nov 23, 24 and Jan 25, 26**. 9am to 4:30pm with an hour lunch (not provided).

Location: Northside General Hospital 520 Purves St, North Sydney, NS B2A 3M4

Room 568, 5<sup>th</sup> floor.

Teleconference Sessions will be 2 hours in mid-December (date & time to be confirmed)

For an optimal learning experience, it is important that all participants are well-suited for peer support and peer support training. This training is intended for those who meet the following criteria:

- Lived experience with mental health and/or substance use challenges, and are now on a path of recovery;
- Have a desire to support others experiencing challenges related to mental health and/or addiction (note that this learning opportunity welcomes those with peer support experience as well as those who have not yet had an opportunity to practice formalized peer support).

- Meet the Competencies outlined in the Peer Support Standards of Practice published by Peer Support Accreditation and Certification Canada (PSACC). Please download the Certification Handbook and review the competency descriptions on pages 12 and 13 to self-assess if this training is well-suited for you.  
<https://psac-canada.com/certification-handbook/>
- Have a desire to support individuals in community, in particular those who transition back into the community after receiving in-patient care

The content of the training aligns with the National Standards of Practice, and follows the requirements of the PSACC Knowledge Matrix.

The course incorporates adult learning principles such as small group discussions, participatory exercises, and individual reflection. The insight and experience of each attendee will be valued and play a role in the development of greater awareness and skills by all. Community networking is also a valuable outcome of the training week.

Those who are interested in participating in the training must complete and email the attached application form to [k.sunderland@mhic-cism.com](mailto:k.sunderland@mhic-cism.com) by **Monday Oct 30<sup>th</sup>**. Participants will be informed of their acceptance into training by Nov 7. Please register early as space is limited.

Thank you for your interest in the Peer Support Training, we look forward to developing a rewarding partnership.

Sincerely,

Kim Sunderland  
Associate  
Mental Health Innovations

Lauren Scott  
Manager Peer Support Services  
Mental Health Innovations (NS) Inc.