



Consumer Network Times

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Trainings Funded By SAMHSA Have Impacted Lives



With the support of the Florida Department of Children and Families (DCF), WRAP® trainings began in 2006 in Miami-Dade County. The Fresh Start Consumer Network was established in 2006 and in

2009, the Fresh Start State-wide Consumer Network were developed with an award from the Substance Abuse and Mental Health Services Administration (SAMHSA).

WRAP® has been offered to consumers, families and behavioral health stakeholders in Miami-Dade, Monroe, Collier

and Broward counties as well as in Orlando and Tampa. Other trainings have also been offered such as Leadership trainings and Peer Specialist trainings. As a result of the Statewide Consumer Network grant awarded by SAMHSA, many lives have been impacted.

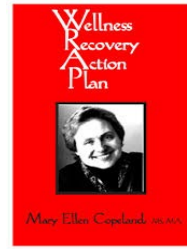
Testimonials from 3 Peer Specialists

I've taken WRAP and Peer Specialist training* and it's always a great experience! I really like the sharing of personal experiences!"
– **Derek Moore, LCSW, CRPS-A, Douglas Gardens CMHC**

"I was in the three day Peer Specialist Training* I had the time of my life learning things that I never knew. The class was very helpful for my Certifi-

cation. And the staff was very nice."
– **Leonarda Esposito, Aspire Health Partners**

"I have thoroughly enjoyed each and every unit of training that I have attended through the Fresh Start Consumer Net-



work program. From my first experience in Peer Support, to my latest venture which was WRAP FACILITATOR training*, I've benefited greatly from the classes offered and would highly recommend them to others. Thank you, and keep up the good work!"
– **Kevin W. Smith, Miami VA Hospital**

My Life & WRAP - by Alfonso J. Ruiz

"I am thrilled with how my life unfolded after attending WRAP trainings* last year. I am able to focus all of my energy, not on fighting old habits, but in building new ones. I have learned that my recovery is tied to hope and simple acts of self-care, that when combined create a lovely symbiosis. My life is filled with healthy energy due

in part to of the structure that WRAP offers. I am infinitely grateful to the persons who introduced me to WRAP and to the support system it helped to create."
– **Alfonso J Ruiz CRSS Consumer Relations Specialist Broward Behavioral Health Coalition**

**Trainings made possible by a grant from ...*



Don't Give Up! by Linda Osime

Trainings provided by Fresh Start Consumer Network have been one of many tools that I use on a daily basis in my life. WRAP has helped me and others to stay on a successful path of Wellness.

I consider myself blessed to have come in contact with such awesome information and the awesome trainers who shared their experiences. From them

I've learned that if you have hope and you don't give up -- no matter what your situation is -- life can happen again for you. And in turn, you can pay it forward.

Your success is awaiting you!

I recommend for any and every one, no matter who you are -- get these trainings! They could change your life!

Thank you to Fresh Start Consumer Network of Florida and all awesome people that make it happen.

Linda Osime, Peer Specialist
Magellan Healthcare



I Learned About Myself - by Genevieve Daniel-Hernandez

"Wrap trainings/wrap facilitation trainings were interactive, informative, fun and effective in providing a solid understanding of WRAP and how to use the plan both personally and professionally. I learned about myself, my feelings, my habits and used this knowledge to develop a simple plan that can be used each day to keep me functioning the best way possible. It is great that this experience and knowledge equipped me to help others do the same thing as well."

--- **Genevieve Daniel-Hernandez**,
Program Administrator/Clinical Director,
Multicultural Alliance Health Care
Solutions (M.A.H.C.S.)

Plan de Acción para la Recuperación del Bienestar - Un Plan para las Crisis

La parte 1 es información que define cómo es usted cuando está bien. La parte 2 identifica esos síntomas que le indicarán a otros que necesitan hacerse cargo de su cuidado. La parte 3 nombra a esas personas que le servirán de apoyo y especifica sus papeles. La parte 4 identifica los medicamentos que en caso de ser necesarios, usted está de acuerdo en tomar y cuales no y las razones de ello. La parte 5 le da la opción de desarrollar un plan para usar los servicios de ciudadanos en el hogar, en la comunidad o en centros de alivio como preventivos o alternativos a la hospitalización. La parte 6 identifica los centros de tratamiento u hospitalización, en caso de que se llegaran a necesitar, que son de su preferencia y cuales no y el porqué de esto. La parte 7 identifica los tratamientos que en caso

de que se necesiten usted está de acuerdo en seguir y cuales no y el porqué de ello. La parte 8 es una descripción extensa de las cosas que usted espera o desea y de las que nó, de quienes le sirven de apoyo cuando los síntomas se vuelven agudos. La parte 9 da información a quienes le servirán de apoyo para determinar cuando ya no es necesario el uso de su plan de crisis.

*Excerpt from "Plan de Acción para la Recuperación del Bienestar", page 4-5
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Versión en Español 2001



Finding Value in Shared Experiences

Peer Support Recovery Movement Gains a Focus in Leadership Summit**

By Bryan Mingle

*Quality Improvement Specialist;
LSF Health Systems*

If a conference of mental healthcare brainstormers can claim success based on its level of enthusiasm and agenda-setting takeaways, then the 2014 Leadership Summit: Florida's Drop-In Centers is a bona-fide hit.

As the Peer Specialist movement in Florida began to pick up steam in many directions this year, the Peer Support Coalition, founded by Dana Foglesong, CRPS-A, quickly organized support for a summit in the wooded heartland of Circuit 5, Fruitland Park near Leesburg. The Life Enrichment Center's church rooms and housing units were filled with more than 80 individuals participating in 3 days of workshops and presentations. The keynote speaker and conference moderator was Charles Curie, a national leader in working for positive outcomes in mental healthcare. His rousing historical review and definition of Recovery and Resilience set the stage for a weekend of hope and faith that Florida decision-makers will recognize and utilize the resources of peer specialists, benefiting consumers of mental health drop-in centers and other program areas.

Provider staff from across the Northeast Region -- including Clay Behavioral Health, Community Rehabilitation Center, LSF Health Systems, River Region Human Services' drop-in centers, Mental Health America of East Central Florida and The Centers -- mingled with their counterparts from the Panhandle to Miami-Dade. The conference was financed by sponsors such as the SAMH Program Office of Florida, Disability Rights of Florida, Magellan Complete Care, most of Florida's Managing

Entities, Peer Recovery Solutions and, of course, the participants, 72 of whom self-identified as peers, 45 of whom were working as a peer specialist and 26 of whom were Certified Recovery Peer Specialists.

Peers bring a unique set of qualifications to the mental health field. Not only are they trained professionally, but they are able to relate to individuals served through their shared experiences and perspective; peer specialists must be a consumer of private or public mental health services. It is widely agreed upon that peer professionals are a powerful asset to a system burdened



Sandra McQueen-Baker (middle) gave a presentation on "Building A Peer Network".

with inadequate funding. With Certified Recovery Peer Specialist services billable through Medicaid, the demand for CRPS staffs has increased from drop-in centers to crisis stabilization units.

A CRPS is awarded by the Florida Certification board to individuals demonstrating competency in the field and by meeting minimum standards for professional certification, including education, experience, training and testing.

Peer leaders during summit weekend pooled their ideas and challenges together in smaller breakout sessions in order to formulate the top 50 takeaways by Sunday afternoon, when

representatives from DCF's SAMH Program Office attended and took notes. It wasn't all serious business: art and music therapy presented by innovative drop-in centers such as 9Muses Art center in Lauderhill, FL, broke up all the weekend workshops.

The Peer Support Coalition formed work groups that will meet by email and phone conference throughout the year before the next summit in 2015. Necessary on the list is the "legislative advocacy work group." One of the hottest topics discussed among attendees is the need for DCF to review its process to expedite exemptions for employment for those that qualify.

Here are some of the top agenda items (needs and wants) that are being taken back to provider agencies, LSF Health Systems and other Managing Entities:

- Peer support specialists need to be utilized in delivery of services
- Development of a database of peer specialists and training resources
- Community outreach in drop-in centers is essential
- An informal process for ensuring and monitoring best practices and standards (e.g., SAMHSA Fact Kit model for NOMS) would benefit drop-in center services
- More education for providers about what peer specialists do and their value.
- More communication between clinicians and peer specialists
- Spread the word of WRAP trainings (Wellness Recovery Action Plan)
- Give consumers more say in planned drop-in activities
- Report abuse that is happening in group homes
- Greater communication about legislative issues affecting recovery and resilience.

***Reprinted with permission from the LSFHS Newsletter Clinical Peer Support, August 2014*

Recovery In The Arts Painting Workshops



Affirmation for the Mighty

By Brando Danielle

Hi. I'm Brando and I'm an addict – as well as an artist, visionary and social activist. The world will remember me! Hi, I'm Brando. And, I am so much more than an addict .

I am adamantium, for I am unbreakable.
 I am radioactive; because I glow with such intensity it is fatal to those around me.
 Albert Einstein rolls over in his grave rotting with envy at my intellect.
 Liberace graduated second in charm school superseded only by me.
 In World War Two, the Japanese pleaded with me to join their forces, for my sheer power alone triples that of the atom bomb.
 Like a deadly virus I am infectious, and contaminate all who venture into radius, with my sunny disposition.
 With the posh demeanor of the Queen of England, and the legs of a Persian horse, I trample through any and all obstacles that my lie in my way.
 I am Brando,
 And I am awesome.

THINGS EMPLOYERS NOTICE MOST!

APPEARANCE:

- Hygiene
- Dress
- Body language

APPLICATION:

- No blanks
- Spelling
- Neatness
- Clarity

GREETINGS:

- Hand shake
- Eye contact
- Smile

INTERVIEW:

- Eye contact
- Direct answers
- Criminal history

I'm dependable, reliable, flexible, honest and I WANT this job.

Recovery is Possible!

By Filiberto Rodriguez

Going to Day Treatment I experienced a lot.
 A lot of case managers moving on.
 Being discharged from Day Treatment Program.
 Released from Vocational Rehabilitation services.
 Something about me not complying with my goals.
 I had a lot of schooling at Miami Lakes.
 After my stepfather passed away, my whole life was changed forever.
 Imagine being hit with all this at once.
 Thank God for the services I could still get.
 It was hard for my mother to move away to save the family business.
 Fresh Start Drop-In Center gave me a place to call a second home.
 My first published poems were in the Consumer Network Times.
 All the things that I have learned about independent living skills.
 The responsibility of handling a lot all these years is hard.
 Took community school by my house seriously.
 Graduated after the last retake test with my GED.
 Today I am at Fresh Start and Day Treatment Program.
 Thank you to all my supporters, family and friends everywhere.

My Walk Today by Linda Sands

Linda Sands is a member of The Consumer Network. She also attends Fresh Start Drop-in Center. Here Linda shares one of her wellness tools – walking.

I went walking today. The walk was very nice.
 I walked around the parking lot. I saw beautiful cars in the parking lot and I saw beautiful trees too. I love to walk.
 I could see people going to work and people catching the bus. Police cars were passing by. People were going to the store to buy things. The phone company truck was in the parking lot. Birds were flying in the sky and cats were running around the parking lot.
 Today, I enjoyed my walk.

**SUBSTANCE ABUSE
 DETOXIFICATION**

Community Health of South Florida (CHI)
 305-253-5100G

Guidance Care Center (Monroe County)
 305-434-7660

Jackson North Community Health Center
 786-466-2800

Miami Behavioral Health Center (Adults & Children)
 305-398-6100

Public Health Trust (PHT)/ Jackson Health System
 305-355-7148

**Everyone has their own ways of expression. I believe we all have a lot to say, but finding ways to say it is more than half the battle.
 -- Criss Jami**

