

Training that Offers Opportunity

Nebraska's Peer Support and Wellness Specialist

Training give people in recovery an opportunity to gain communication, peer support, advocacy skills and networking opportunities. The week long training is open to people living with **mental health, substance abuse, or problem gambling conditions.**



**Tami Walden and
Kim Guy
Nebraska Statewide
Training**

Department of Health & Human Services



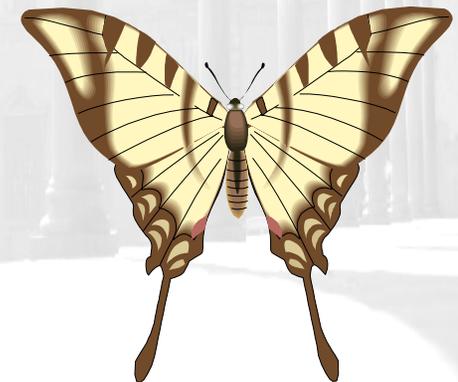
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Nebraska Peer Support & Wellness Specialist Training





Peer Support & Wellness Specialist Training

Nebraska's Peer Support and Wellness Specialist Training,

initially was purchased by a grant opportunity from the **National Association of Mental Health Program Administrators** called the Transformation Transfer Initiative. State General funds are used to fund trainings two times per year. The design includes the work of *Focus on Recovery United*, *Shery Mead Consulting*, and *Yale University*.

We host *Peer Support and Wellness Specialist Trainings* in Kearney, Omaha, and Lincoln. Two classes were given a survey and these are the results:

- **77% feel more in control over their life** since the training,
- **83% feel a greater sense of hope or discovery about their life's journey**,
- **67% changed their beliefs about mental illness**,
- **54% changed their beliefs about substance abuse**,

- **77% changed their beliefs about trauma**, and
- **100% that training provided tools that they can use to assist peers**.
- In 2010, the Office of Consumer Affairs found that there were **85 Peer Specialists Staff** employed in the state.



What is a Peer Support and Wellness Specialist?

Peer Support is a service that is provided by people living in recovery with **mental health, addictive disease, or problem gambling conditions**.

The peer utilizes their lived experience being in hospitals, taking medications, developing healthy communication skills, and healthy living skills to mentor others.

Most importantly participants learn **how crisis can become a learning opportunity** for those they serve and how to address tough topics like suicidal

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