



The SPIRIT class will begin in January 2019 at
 Contra Costa Community College, San Pablo, CA

SPIRIT is a 9 unit college accredited course taught in collaboration with Contra Costa College. The course teaches students how to develop core skills to empower one's self by attaining and maintaining recovery and resiliency through self-awareness and peer/family support, while learning to assist others in doing the same. The completion of this class leads to a Certificate of Accomplishment in Peer Support.

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

___ A person who has self-identified as having lived experience of recovery from mental illness, substance use disorder, or both.

___ A transition-age youth or young adult 18 - 26 who has self-identified as having lived experience of recovery from mental illness, substance use disorder, or both.

___ A person with lived experience as a self-identified family member of an adult experiencing mental illness, substance use disorder, or both.

___ A person who is parenting or has parented a child or adult experiencing mental illness, substance use disorder, or both. This person may be a birth parent, adoptive parent, or family member standing in for an absent parent.

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 which includes, Mental Health Services, Housing and Homeless Services, Alcohol and Other Drug Services, and Health Services broadly, and recovery/resiliency oriented techniques and principles.
4. To identify, develop and sustain your personal support system, develop and use a personal Wellness Recovery Action Plan and to help others to incorporate these skills into their personal wellness process.
5. To become more aware of community resources which aid peers and their families, including 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 activity and to learn skills and participate in internship training in the behavioral health field.

The Behavioral Health Service Provider Individualized Recovery Intensive Training (SPIRIT) includes two components; the comprehensive classroom training and support program, followed by the individualized Work-Study placement. This program is a collaboration between Contra Costa Behavioral Health Services (CCBHS), Office for Consumer Empowerment (OCE), and Contra Costa College (CCC).

Application Deadline and Mailing Information

Application Process: This APPLICATION is due by October 12, 2018

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:

Quincy Slatten @ Quincy.Slatten@hsd.cccounty.us (925) 957-5113 or
Michael Petersen @ Michael.Petersen@hsd.cccounty.us (925) 957-5143

Training Components

- I. **Intensive Classroom Training (SPIRIT I and II):** The classroom training takes place during the Spring 2019 college semester (starting in January 2019) 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 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 portion of SPIRIT takes place during the summer 2019 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.



Anna M. Roth, RN, MS, MHP
Health Services Director
Matthew P. White, MD
Acting Behavioral Health Services Director

Contra Costa Behavioral Health
Administrative Offices
1340 Arnold Dr. Ste. 200
Martinez CA. 94553
Ph (925) 957-5150
Fax (925) 957-5156

Dear SPIRIT Applicant,

SPIRIT is a behavioral health peer and family driven and focused college accredited class. SPIRIT is facilitated by peers and family members 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 peer of behavioral health services or a family member of a person receiving services.

SPIRIT Application

Please print or type legibly. DO NOT USE CURSIVE HANDWRITING

- 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, please Contact:

Quincy Slatten @ Quincy.Slatten@hsd.cccounty.us (925) 957-5113 or
Michael Petersen @ Michael.Petersen@hsd.cccounty.us (925) 957-5143

**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

This program is intended for individuals who fit at least one of the following criteria: **Please check mark the box below that you identify with.**

___ A person who has self-identified as having lived experience of recovery from mental illness, substance use disorder, or both.

___ A transition-age youth or young adults 18 - 26 who has self-identified as having lived experience of recovery from mental illness, substance use disorder, or both.

___ A person with lived experience as a self-identified family member of an adult experiencing mental illness, substance use disorder, or both.

___ A person who is parenting or has parented a child or adult experiencing mental illness, substance use disorder, or both. This person may be a birth parent, adoptive parent, or family member standing in for an absent parent.

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 peer (**a person with a mental health condition or substance use disorder, or both**) or family member (**parent, caregiver or 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.

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, behavioral health diagnosis, ethnic background, or any combination of these*). Please include:

- a) How they were different from you
- b) Describe the experience
- c) What did you learn from the experience?

A. _____

B. _____

C. _____

12. Behavioral health providers must deal with potential conflict amongst co-workers and/or the peers 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?

A. _____

B. _____

C. _____

D. _____

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: 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** **Reading/ Writing**
- b. _____ fair good fluent fair good fluent
Language **Speaking** **Reading/ 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**

