



## An Invitation to Your Community of Practice Recovery to Practice / Next Steps

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### *What it is*

Recovery to Practice **Next Steps** brings together peer support providers from a variety of places (geography, philosophy, training, lived experiences, educational backgrounds, and perspectives) to share the richness of their stories of peer support, learn with and from each other, and come to a common understanding of best practices in peer support. This immersion experience is a seed that can grow into a thriving community of practice – of *support for the peer supporters*.

### *How it works*

Peer support as a recognized practice discipline is still evolving. The real ‘experts’ are those who give and receive peer support on a regular basis; those who are learning with each individual what works and what doesn’t work in supporting others.

Designed to create an environment that facilitates shared experiences, **Next Steps** is based on a cooperative learning model in which facilitators guide a process (rather than teach) and participants actively contribute (rather than passively listen). The whole group, including the facilitators, benefits from the wisdom of practical lessons from the field.

### *How it relates to WRAP Facilitators*

As a WRAP facilitator, you have been certified to facilitate a process rather than teach a subject. In WRAP seminars and workshops, you create a safe learning environment that helps people to discover their own strengths and find their own answers to wellness and recovery. **Next Steps** uses a similar process in which facilitators create a collaborative learning environment for peer specialists to reflect upon their practice, contribute ideas, and learn with and from each other.

**Next Steps** is a recognized option for continuing education in states that require peer specialists to complete a recertification process.

*Where to go for more information*

**Next Steps** was designed and created under the SAMHSA-funded Recovery to Practice project. For more about this innovative project, visit [www.samhsa.gov/recoverytopractice](http://www.samhsa.gov/recoverytopractice).

For more about **Next Steps** training for experienced peer support providers, including a video introduction and free download of the self-paced participant workbook, visit [www.rtp4ps.org](http://www.rtp4ps.org).

**Next Steps** was designed and developed by the International Association of Peer Supporters ([www.inaops.org](http://www.inaops.org)) in partnership with the Depression and Bipolar Support Alliance (DBSA).

**Next Steps** is currently being offered through DBSA. For more information, contact Lisa Goodale at (800) 826-3632, visit the DBSA site, [www.dbsalliance.org](http://www.dbsalliance.org) or email [training@dbsalliance.org](mailto:training@dbsalliance.org).

## Recovery is the Goal



*We are the evidence that recovery is real  
and our very presence scrambles decades of academic  
theories about the course of mental disorders.  
We are the evidence that it is possible to live our lives,  
not just our diagnoses.*

*Just by showing up at work  
we raise the bar on service outcomes.  
Mere maintenance in the community  
or a life in handicaptivity is not a good outcome  
and represents systemic failure, not success.*

*Recovery is the goal.*

**—Pat Deegan**

*Peer Staff: Disruptive Innovators.  
2012 Alternatives Keynote, Portland, OR  
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