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## Newsletter Winter 2016



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### Welcome

Welcome to our re-designed newsletter. In this more accessible format, we'll be able to send these more regularly. 2016 looks to be a year of big change and progress for IPS, so we're excited to share the following news!

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## Upcoming Open Registration Trainings

*Please [contact us](#) if you want to arrange an IPS training at your organization or in your area.*



## Core Training

Atlanta, GA  
March 14th - 18th

[Learn More](#)



## Train-The-Trainer

Burlington, VT  
August 15th - 19th

[Learn More](#)



## Advanced Training

Burlington, VT  
October 25th - 28th

[Learn More](#)



## Refresher (for Trainers)

Burlington, VT  
July 13th - 15th

[Learn More](#)



### On Moving Towards

by Shery Mead

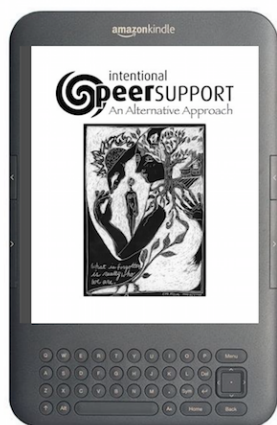
I will start off by saying that all of the tasks of IPS are interrelated (meaning that you can't have one without the others). This also applies to the principles. That said, moving towards is the culmination of connecting, figuring out worldviews, and building mutuality. In other words it is the result of a deepening conversation/relationship in which both people raise new possibilities. Maybe an example would help.

Suppose I came to you and said that I was depressed. You could start off by trying to problem solve with me about how to get out of my depression (moving away from), or you could spend some time with me trying to get to know me, understand where I was coming from, and at the same time introducing yourself and your understandings. You might say something like, "Feeling depressed is a rotten place to be. When I've felt depressed, this and that happened, is it like that for you?"

I'm not depressed. Without assumptions, you also might ask if that is a preferable place to be (if it was me, I might say something like, "I have to tell you that being depressed is a habit that i can get stuck in").

If that is something i can relate to, now we have changed the conversation from one about "getting out of depression" to one of the advantages and/or disadvantages of being "in depression." This leads us to moving towards, or having a conversation that neither one of us could have predicted and one in which we both come away with feeling like we have new options and even new ways of thinking.

So just to reiterate, moving towards is tied into connection, worldview and mutuality and should not be thought of as a separate entity.



[IPS An Alternative Approach](#)  
[is now available for Kindle!](#)



[New Website launched with](#)  
[tons of information on peer](#)  
[respite!](#)

## Introducing IPS Advanced Training



Intentional Peer Support requires an ongoing commitment to learning and growth. Once participants complete a Core Training and begin practicing IPS in their relationships, lots of questions emerge—most commonly, *“How do I make this stuff work in my particular environment?”*

#### **Deepen IPS Practice.**

We developed our 4-day Advanced Training to take IPS practice a step further, play out the principles and tasks using real-life scenarios, heighten self-reflection, enhance ways of building mutual connections, and sustain the practice. Our Advanced Trainings are for anyone who has completed a Core Training, and are tailored to fit your organization or community’s needs.

#### **Learn the Art of Co-Reflection.**

Co-reflection is a vital practice where people regularly come together to reflect on their relationships using the IPS framework. Here is an opportunity to examine relationships, look at assumptions, and sustain the tasks and principles. Our Core Training gets you started with Co-Reflection, and our Advanced Training helps you master it.

#### **Explore Crisis as an Opportunity.**

Traditionally, crisis in mental health has been viewed as something undesirable or harmful, and risk assessment has led to fear-based responses that keep people stuck. In the Advanced Training, we focus on using crisis instead as an opportunity to connect, maintain mutuality, and create a culture of healing. Respite programs will find particular use as we further explore what it means to be trauma-informed, work with conflict and challenging situations, develop flexible boundaries, use pro-active crisis planning, and prepare for program evaluation.

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### Tribute to Cheryl MacNeil

by Shery Mead

It was a huge loss when Cheryl MacNeil died last year. For those of you who did not know Cheryl, I'd like to take a couple of minutes to try to tell you about her.



Cheryl would always describe herself as a communitarian which to me epitomizes her values-in-action. She loved her home in the pottery district of Troy NY and was always growing things (plants, relationships, ideas, etc.)

Cheryl was one of those people who just exuded brilliance with humanity. Although I'm sure she worked very hard on her doctorate, she had the kind of mind that never quit, could always see around corners and at the same time, never took herself too seriously. On one of our trips together she informed me that it was her obligation as an evaluator to sample all local foods. She then asked if I had had local road kill in West Virginia, which she said she was determined to try.

I had the wonderful opportunity to work with Cheryl on several large projects, not the least of which was one that helped us develop some fidelity standards for peer support. It is my hope that as peer supports continue to evolve we can return to this dialogical process rather than having standards set for us.

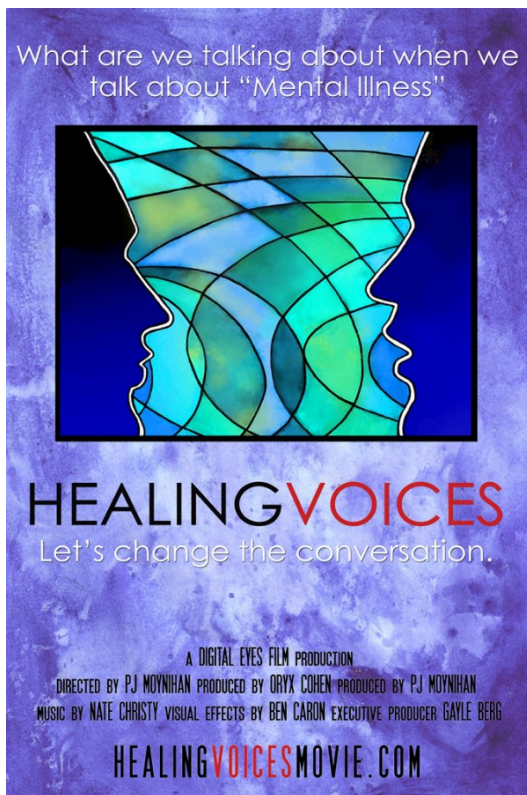
Cheryl will be sorely missed, not only by the peer support community, but by her students, family, and friends.

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## New Resource - 3 Steps To IPS

Information about how your organization can most effectively implement Intentional Peer Support. Click the picture below.





### Join One Night, One Voice!

The producers of "Healing Voices" – a new social action documentary about mental health – have announced an innovative plan to release the film via community screening partners in a coordinated one-night global event. Community screening partners will execute "Healing Voices" premieres in their local markets, which will be followed by audience discussion around structured dialogue topics relating to the content of the film. The documentary is ideal for individuals with lived experience in the mental health system, educators, peer counselors, advocates, researchers, psychiatrists, psychologists, healthcare workers, first responders, family members, or anyone who has been touched by mental health issues in their life.



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