



Interlink Self Help Center
1033 Fourth Street Santa Rosa, CA 95404
(707) 546-4481 Fax: (707) 546-4515

The role of Staff Supporter of participants in Interlink's Recovery Skills and Capacity Building Training

Thank you for considering supporting someone in taking this training. **Your role would be to support the participant's efforts to find other support people as part of the training.** In other words, you would help the participant figure out who they may want to approach, in order to find people with whom they'd likely feel safe enough to share the individualized recovery plan they will develop in the training, in order to practice getting support and feedback from a wider circle and improve their own planning efforts.

The training will be held at Interlink on this schedule:

Tuesday,	August 10,	10:30 a.m. to 1:30 p.m.
Friday,	August 13,	10:30 p.m. to 1:30 p.m.
Friday,	August 20,	10:30 a.m. to Noon
Friday,	August 27,	10:30 a.m. to Noon
Friday,	September 3,	10:30 a.m. to 1:30 p.m.

Each participant will be required to: **1)** Attend the all five sessions **2)** do the work they choose to do on their plan between sessions, including getting the support of other people, as suggested below, and **3)** before beginning the training, obtain your agreement, or the agreement of a staff member of a related agency to support them.

The specific support needed will likely depend on the person and the extent of their own social support network. In this training the participant will be offered opportunities to assess their own recovery skills and capacities and then to create an individualized plan to build specific recovery skills and capacities they feel are most needed. Part of the training is to take the plan, (developed in draft by the end of the second session), to others for support, guidance, and feedback. Envisioned is that the participant would find the following people, setting up two meetings with each person during the training period:

- **A Mentor:** someone the participant feels already has the emotional capacity or capacities they are especially seeking.
- **One or Two Peers:** someone who either has had similar challenges, or someone who has experienced some measure of successful recovery from severe emotional disability.
- **A Friend:** preferably someone NOT in the mental health system, and hopefully someone who knows the participant well, or someone the participant might feel comfortable developing as a friend.

Please contact Kevin Murphy (ext. 207/ kmurphy@gire.org) with questions or comments.