



Mental Health Service Provider Individualized Recovery Intensive Training

**The training will be held in January 2010 at
Contra Costa Community College, San Pablo, CA**

Purpose of the Training:

The purpose of the SPIRIT Training is to help you to make an important contribution to the mental health system by preparing you to work in a consumer-provider position in either a paid or volunteer capacity within an agency that provides mental health services. The SPIRIT Training helps you to develop core skills to empower yourself by attaining and maintaining recovery through self-awareness, self-actualization and peer support, and to learn to assist others in doing the same.

Goals

1. To become more empowered as a self-actualized person, and help others learn resiliency and empowerment skills
2. To gain an understanding of the importance of peer support as an integral part of the recovery journey as well as to the overall mental health system of care.
3. To gain a working understanding of Contra Costa Mental Health services, the Consumer/Survivor/Ex-Patient Movement, self-help, and recovery-oriented techniques and principles.
4. To identify, develop, and sustain your personal support system, develop and use a personal wellness plan, and to help others to incorporate these skills into their personal wellness process.
5. To become more aware of community resources which aid consumers in living successfully in the larger community.
6. To explore career options that will help you develop the skills enabling you to find meaningful work activity.
7. To learn skills and receive on the job training in the mental health field.

The Mental Health Service Provider Individualized Recovery Intensive Training (SPIRIT) includes two components: first, the comprehensive classroom training and support program followed by individualized Work-Study placement. The training is sponsored by Contra Costa Mental Health and by Mental Health Consumer Concerns, Inc. This program is collaboration between consumers and service providers to train, place, and support mental health clients as service providers in the mental health field.

Training Components

- I. **Application Process:** *This APPLICATION is due by September 30, 2009.
Please submit your completed application to:
Contra Costa Mental Health
Office for Consumer Empowerment
1340 Arnold Drive, Suite 200
Martinez, Ca 94553
Fax (925) 957-5156*
- II. **Intensive Classroom Training:** *The classroom training is one semester and will begin January 2010. Class meets Mondays, Wednesdays and Fridays, in the West region of Contra Costa County at Contra Costa College.*
- III. **Work-Study/ Summer internship:** *The work study takes place during the 2010 summer semester and includes 8-15 hours a week of hands on experience at a human service agency and a weekly classroom seminar (one must complete classroom training to participate in work study)*

***For further information about the SPIRIT Training, please contact:
Hillary Westbrook @ (925) 890-4044***

SPIRIT Application

- 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, Contact Hillary Westbrook (925) 890-4044
- Please return completed applications **by September 30, 2009** to:

Contra Costa Mental Health
Office for Consumer Empowerment
1340 Arnold Drive, Suite 200 Martinez, Ca 94553
Fax (925) 957-5156

1. **Name/Personal Information:**

Last: _____ First _____

Address _____ City _____ ZIP _____

Home Phone: (_____) _____ Message Phone: (_____) _____

E-Mail Address: _____

2. **References:**

1) Name: _____

Phone: _____ Agency: _____

2) Name: _____

Phone: _____ Agency: _____

