

## Providing Peer Based Recovery Support Services for Pregnant and Parenting Families

FREE Training & Technical Assistance | September 2020 – December 2020

The Mid-America Addiction Technology Transfer Center (Mid-America ATTC) and the Opioid Response Network (ORN) in Region 7 are sponsoring a 2-part training for peer specialists/recovery coaches or supervisors of peer specialists who want to develop expertise in serving pregnant and parenting families impacted by substance use and/or opioid dependence. Registration is limited to 30 total participants.

### **Eligibility** – *I am eligible to apply if . . .*

- ✓ I currently provide peer-based recovery support services in Iowa, Kansas, Missouri, or Nebraska and 1) am recognized as someone qualified to provide peer support services in my state or 2) someone who provides supervision to peers.
- ✓ I work in one or more of the following settings: 1) a substance use disorder treatment service; 2) a recovery care organization (RCO); 3) a child welfare or home visiting program; 4) a healthcare or emergency crisis service; and/or 5) provide supervision to peers who serve pregnant and parenting families with SUD.

### **Participant Commitment** – *What will be expected of me?*

- ✓ Participate in a four-month intensive learning experience to include:
  - Join and actively participate in two, full day virtual training sessions, September 22 and 23, 2020 for a total of 13 hours
  - Join six, 1.5-hour virtual Peer-to-Peer learning Collaborative sessions to be held twice monthly
  - Given the interactive nature of this training experience, I agree to turn on my smart device or computer camera

### **Sponsoring Organization Commitment** – *What will be expected of my employer?*

- ✓ Provide computer and internet access during daytime hours
- ✓ Allow time for you to fully participate in all trainings and extended Learning Collaborative sessions.

### **ATTC Commitment** – *How will Mid-America ATTC invest in my professional development?*

- ✓ Provide all trainings and Learning Collaborative sessions at no cost to the participant or participant's organization
- ✓ Offer Certificates of Completion

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Mid-America (HHS Region 7)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

## Part 1: Training Schedule – Day 1

<b>Providing Peer Based Recovery Support Services For Pregnant and Parenting Families</b>					
<b>Day 1: September 22, 2020 (6.5 hrs.)</b>					
<b>Modules</b> <small>am = 9:00 – 12:30</small> <small>pm = 1:30 – 4:30</small>	<b>Introduction</b>  <b>Module #1</b>	<b>Pregnancy</b>  <b>Module #2</b>	<b>Neonatal Opioid Withdrawal Syndrome/NAS</b>  <b>Module #3</b>	<b>Trauma History &amp; Impact on Parenting</b>  <b>Module #4</b>	<b>Parent/Child Relationships</b>  <b>Module #5</b>
<b>Topic Outline</b>	<ul style="list-style-type: none"> <li>Key features of a recovery-oriented and person-centered approach</li> <li>Recovery oriented values &amp; organizations</li> <li>Factors for PPF (pregnant/parenting families) in a recovery-oriented person-centered approach</li> <li>Benefits of a recovery-oriented and person-centered approach</li> </ul>	<ul style="list-style-type: none"> <li>Evidence Based treatment for pregnant women with OUD</li> <li>ACOG/ASAM recommendations</li> <li>FDA approved medication to treat addiction in pregnancy</li> <li>Additional considerations during pregnancy</li> <li>Preparing for labor, delivery and the possibility of NAS</li> </ul>	<ul style="list-style-type: none"> <li>Features/diagnosis</li> <li>Care/Treatment</li> <li>Non-Pharmacological supports</li> <li>Challenges for parents/supporting parents</li> <li>Understanding the hospital's role in child welfare reporting in your state</li> </ul>	<ul style="list-style-type: none"> <li>Delivery &amp; trauma history</li> <li>How early childhood experiences impact parenting</li> <li>Supporting parents when trauma is a factor</li> </ul>	<ul style="list-style-type: none"> <li>The brain SUDs and parenting</li> <li>The impact of early childhood relationships throughout life</li> <li>Strategies and approaches to support strong parent child relationships</li> <li>Engaging fathers</li> <li>Connecting parents with evidence based clinical interventions to support parenting</li> <li>Evidence based parenting curriculum</li> </ul>
<b>Estimated Time</b>	75 min.  (9 – 10:15)	40 min.  (10:30 – 11:10)	40 min.  (11:10 – 11:50)	40 min.  (11:50 – 12:30)	180 min.  (1:30 – 4:30)



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## Part 1: Training Schedule – Day 2

Providing Peer Based Recovery Support Services For Pregnant and Parenting Families					
Day 2: September 23, 2020 (6.5 hrs.)					
Modules am = 9:00 – 12:00 pm = 1:00 – 4:30	Person-Centered Recovery Planning  Module #6	Ethics & Boundaries  Module #7	Peer Support in Community Settings  Module #8	Engaging and Coordinating with Community Partners to Assure Support for PPF  Module #9	Child Welfare & Supporting Safety  Module #10
Topic Outline	<ul style="list-style-type: none"> <li>Recovery planning skills</li> <li>Being person centered and strengths based in the planning process</li> <li>Recovery Capital Assessment</li> <li>Identifying &amp; building on strengths</li> <li>Goal setting with parents</li> </ul>	<ul style="list-style-type: none"> <li>iNAPS Ethical &amp; Practice Guides</li> <li>Applying ethical and practice guides in working with PPF</li> <li>Difference between Clinical &amp; Peer Support boundaries Approaches to determining clear boundaries</li> </ul>	<ul style="list-style-type: none"> <li>Health Care</li> <li>Child Welfare</li> <li>Criminal Justice</li> <li>Challenges/Barriers</li> <li>Dealing with Stigma &amp; Discrimination</li> <li>Language of Recovery</li> <li>Considerations about sharing your story</li> </ul>	<ul style="list-style-type: none"> <li>Collaboration Basics</li> <li>WIC</li> <li>Evidence based home visiting</li> <li>Child Care</li> <li>Early Head Start/Head Start</li> <li>Early Intervention</li> <li>Plan of Safe Care</li> </ul>	<ul style="list-style-type: none"> <li>Child welfare basics</li> <li>Planning ahead to assure family support &amp; safety</li> <li>Strategies for maintaining relationship when a report is made</li> <li></li> </ul>
Estimated Time	180 min. (includes 15 min. break) (9 – 12:00)	60 min.  (1 – 2)	45min.  (2 – 2:45)	45 min.  (3:00 – 3:45)	45min.  (3:45 – 4:30)

## Part 1: Learning Objectives

By the end of the 2-day training, participants will:

1. Be able to list and describe 2-3 practices at their organization that they plan to change or adjust in result of what they learned from the training surrounding assisting clients with pregnancy and parenting family needs.
2. Be able to explain their perspectives around how peers can implement positive parenting education and skills in their work with clients.
3. Be able to least at least 3 skills or values they gained from the training.



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## Part 2: Peer-to-Peer Learning Collaborative

Beginning in October through December 2020, each participant will be assigned to one of two Learning Collaboratives of 15 participants each and meet for 90 minutes every other week for 6 sessions (12 weeks). Facilitated Peer-to-Peer Learning Collaborative sessions provide an opportunity to take a deeper dive into the application of practices and concepts presented in the training through short presentations, literature review and case presentations. The overarching goal of this Peer-to-Peer Learning Collaborative is to engage in a process of higher-level thinking associated with the challenges peers face in their day-to-day work.

### Part 2: Learning Objectives

By the end of the Peer-to-Peer Learning Collaborative, participants will:

1. Identify at least 3 concrete ideas of how themselves as peers, or peers at their organization will better address issues around pregnancy and parenting.
2. List at least 1 potential community organization their workplace would like to collaborate with, or strengthen collaboration, in order to serve the needs of their families with young children.

By 6-months post-training, participants will be able to:

1. Explain how they have started to implement pregnancy and positive parenting skills and education in their work with clients.

### SAMPLE SCHEDULE

Peer-to-Peer Group 1			Peer-to-Peer Group 2		
<i>Week of</i>	<i>Topic</i>	<i>Facilitator</i>	<i>Week of</i>	<i>Topic</i>	<i>Facilitator</i>
October 4		Sharon Hesseltine	October 11		Lonnetta Albright
October 18		Lonnetta Albright	October 25		Sharon Hesseltine
November 1	<b>TBD</b>	Sharon Hesseltine	November 8	<b>TBD</b>	Lonnetta Albright
November 15		Lonnetta Albright	November 22		Sharon Hesseltine
November 29		Sharon Hesseltine	December 6		Lonnetta Albright
December 13		Lonnetta Albright	December 20		Sharon Hesseltine



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## About Our Trainers



Sharon Hesseltine  
President & CEO  
Intentional Beginnings  
Louisville, KY



It was a cold and dreary day in early of 2004 when Sharon Hesseltine took the flight that would end up changing everything. Her seat was in the last row and after boarding from the gate at O'Hare, she slipped into the window seat, rested her head and truly slept for what seemed like the first time in a couple years. It felt like only minutes before the flight attendant announced "passengers, prepare for landing in Minneapolis/St. Paul" and from there her journey to recovery from many chaotic years in active addiction began.

Today, Sharon is the President and CEO of Intentional Beginnings Consulting & Training of Louisville, KY, a small non-profit with the mission of strengthening organizations and individuals serving those who experience substance use disorders, adverse childhood experiences (ACEs) and trauma. Sharon received her Bachelor of Science in Social Work from Southern Illinois University in 1981, and in 2011 completed a post-graduate Certificate in Infant and Early Childhood Mental Health from the University of Minnesota. For over 30 years Sharon has worked in Public Health and specialized in early childhood development, women's health and addiction.

Her career has ranged from providing direct services to women through managing two sober living residences to designing and facilitating statewide and local collaborative initiatives that call on her skills in public policy, strategic planning, cross sector collaboration, program assessment and marketing. She is a national trainer, Technology Transfer Specialist and facilitator for multiple organizations including the Hazelden Betty Ford Foundation, the Addiction Technology Transfer Centers (ATTC) and the Opioid Response Network. In 2018, Sharon took the lead in developing SUD specific training for Peer Support Specialists and Supervisors for the Commonwealth of Kentucky.

Sharon is passionate about reducing stigma associated with addiction and developing the capacity of communities, organizations and individuals to better meet the needs of individuals with substance use disorders. With her husband, Scott Hesseltine, she currently resides in Louisville, KY.



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Lonnetta Albright, CPEC  
President, Forward Movement, Inc.  
Executive Director, John Maxwell Team  
Principal Investigator, Great Lakes ATTC/UIC Jane Addams  
College of Social Work (retired)



*Lonnetta Albright*, Author, Radio Personality and Change Agent is one of the most dynamic and transformative speakers, facilitators and coaches working nationally and internationally (Africa, the Caribbean, and South America) adding value to and changing the lives of thousands. She is particularly focused on developing those she fondly calls the Next Generation. As President and Owner of Forward Movement Inc. a minority and female-owned company she offers Executive and Life Coaching for individuals and organizations; Personal and Professional growth; Organizational and Leadership development; Speaking, Consulting and Facilitation. She is a certified personal and executive coach; she is an Independent Executive Director with the John Maxwell Team. She also has a weekly Coaching segment on the Lonnie Hunter Show, Reach Gospel Radio airing each week.

For 17 years Lonnetta served as Executive Director of the Great Lakes Addiction Technology Transfer Center /University of Illinois /Jane Addams College of Social Work. Her regional ATTC led the ATTC Network in Recovery Management and Recovery-Oriented System (ROSC) Transformation efforts for the field and in Africa to train and build capacity for the substance abuse systems and recovery community in Tanzania and Zanzibar, Africa. She is currently faculty with the Center for Social Innovations (C4), a federally funded project and works with organizations, states and systems helping to build capacity, new leaders and change agents that guide transformation efforts. Other clients have included University of Illinois at Chicago/College of Business; the Florida Department of Children and Families, office of Substance Abuse and Mental Health; Peer Support Coalition of Florida; Southeast ATTC at Morehouse School of Medicine/National Center for Primary Care; South Southwest ATTC/University of Texas at Austin; and Kentucky's Seven Counties Services, Inc.

Her interest in positive psychology, human behavior, strength-based approaches, behavioral and public health; and the science that supports them all has not only increased her own understanding but means her clients and audiences experience meaningful and real changes that shift their mindsets and behavior in ways that can be applied immediately. Her expertise lies not only in connecting with clients and audiences; but also, her ability to take complex ideas and concepts, breaking them down into practical and thought-provoking blocks and presenting that very same information in an exciting, learnable and inspirational way. Her approaches and strategies are not just about personal and professional development – she helps her clients get results! Her popular “Heart-Mind-Time (HMT) program has impacted countless lives! Her books include: *Women Thriving Fearlessly, Volume 1: Inspirational stories of women who journeyed from fear to fearlessness* a collective project with 11 amazing women; *She Dreams in Real Life: Stories of Women Living Their Wildest Dreams*; and *Women Thriving Fearlessly Business: Rock Star Women Show You How to Build a Rock Star Business*. Lonnetta is a 2018 Hall of Fame Inductee, Museum of African American Addictions, Treatment and Recovery. Find her at

[lonnettaalbright.com](http://lonnettaalbright.com) or [www.johnmaxwellgroup.com/lonnettaalbright](http://www.johnmaxwellgroup.com/lonnettaalbright)



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**Providing Peer Based Recovery Support Services for Pregnant and Parenting Families**  
**REGISTRATION FORM**

**Instructions:**

- Enrollment will be limited to 30 eligible participants on a first come, first served basis.
- Limit of three registrations per organization.

**How to Register:**

1. Complete Registration Form (pp. 7 - 8)
2. Read and sign Participant and Sponsoring Organization agreements
3. Email completed registration pages 7 - 8 to Erika Holliday [hollidaye@umkc.edu](mailto:hollidaye@umkc.edu) by **Friday, September 11, 2020**
4. Mid-America ATTC will confirm receipt of registration

Organization Contact Information	
Organization	
Organizational Agent/Representative	
Address	
City / State / Zip	
Main Phone #	
Email Address	
Participant Contact Information	
Participant Name	
Work Address	<i>(if different than above)</i>
City / State / Zip	<i>(if different than above)</i>
Work Phone #	
Mobile Phone #	
Email Address	
Briefly describe your role and why you believe this training would benefit your professional development:	



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**REGISTRATION FORM**

**Please check here if you or your place of employment is affiliated with one or more of these groups (check all that apply):**

Kansas City Perinatal Recovery Collaborative  
Missouri Credentialing Board  
Missouri Hospital Association  
State Government (IA, KS, MO, or NE)

<b>Sponsoring Organization</b>
<b>Role &amp; Responsibilities:</b> <ul style="list-style-type: none"><li>• Our organization agrees to provide the participant a computer and internet access during daytime hours</li><li>• Our organization agrees to provide the participant time to complete: a) two, full-day virtual trainings, September 22 – 23, 2020, and 6 virtual 1.5 hour Learning Collaborative Meetings/coaching sessions twice monthly during the months of October, November, and December 2020.</li></ul>
<b>Name</b>
<b>Signature</b>

<b>Participant</b>
<b>Role &amp; Responsibilities:</b> <p>I agree to actively participate in a four-month training and learning experience to include:</p> <ul style="list-style-type: none"><li>• Two-day, virtual training (9:00 am – 4:30 pm), September 22 – 23, 2020.</li><li>• Six, virtual 1.5-hour Learning Community sessions twice monthly during the months of October, November, and December 2020.</li><li>• Given the interactive nature of this training experience, I agree to turn on my smart device or computer camera</li></ul>
<b>Name</b>
<b>Signature</b>

**Registration Confirmation Process:**

Mid-America ATTC will document and date the receipt of each agreement and insure all required contact information and signatures are completed. We will notify each participant and Sponsoring Organization Representative via email.

**Questions?**

Contact Erika Holliday [hollidaye@umkc.edu](mailto:hollidaye@umkc.edu)



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