

# Workshops, Webinars & Keynotes

These presentations are designed specifically with peer supporters in mind

For over 30 years Patricia E. Deegan PhD has been a thought leader and disruptive innovator in the field of behavioral health recovery. She speaks around the world carrying a message of hope and recovery. Pat offers customizable presentations focused on Peer Support and Recovery-Oriented Practice.



## Available Topics for Peer Supporters:

- What does “lived experience” really mean and why is it important?
- Peer Support: A disruptive innovation
- What exactly does a Peer Supporter do on a clinical team?
- Supervisors: Helping Peer Supporters remain peer when working on clinical teams
- Peer Supporters and human dignity: How do you ROAR?
- Personal disclosure for Peer Supporters
- Microaggressions and the Peer Supporter: Handling co-workers who don't value our role
- Peer supporters, involuntary treatment and disclosure of personal experience with psych meds
- Medication Empowerment: The role of Peer Supporters when working with people who use psych meds – Part 1 & 2
- The Owl and Me: Recovery across the lifespan

## Workshop & Webinar Pricing

- \$2,500
- 60 – 75 minutes
- Best for small teams/programs
- Q&A available
- Virtual

## Keynote Pricing

- \$6,000
- Best for large organizations and events
- Q&A available
- Virtual
- Customizable to meet your group's specific needs

*\* In-person on a limited/by request basis (extra cost)*

## What does “lived experience” really mean and why is it important?

The phrase “lived experience” is widely used today. But what does it really mean and how did it come into mental health? In this interactive webinar, Pat Deegan explores what “lived experience” means, where it came from and how it helps to inform the unique, unduplicated role of peer supporters.

## Peer Support: A disruptive innovation

The introduction of peer supporters in clinical and rehabilitation programs sets into motion a culture shift. In this webinar, Pat Deegan describes specific challenges posed by this culture shift and offers practical suggestions for successfully navigating these growing pains.

## What exactly does a Peer Supporter do on a clinical team?

Peer supporters are not clinicians, yet work as members of clinical teams. What are the role responsibilities that clinical colleagues can expect peer supporters to fulfill? What are the signs of drift from the role of peer Supporter, and what does assimilation into the clinical world-view look like? In this webinar, Pat Deegan discusses the unique and unduplicated contribution of peer supporters working as members of clinical teams. The webinar is relevant for, not just peer supporters, but all members of the clinical team.

## Supervisors: helping Peer Supporters remain peer when working on clinical teams

Many peer supporters are supervised by clinicians who do not identify as having the lived experience of recovery. In this webinar, Pat Deegan describes best practices for supervisors of peer supporters and introduces tools to help keep peer work on track. The webinar will be of particular interest to supervisors and peer supporters, but all are welcome.

## Peer Supporters and human dignity: How do you ROAR?

An important part of the peer Supporter role is to help safeguard human dignity in behavioral health services. In this webinar, Pat Deegan explores what human dignity is and how it informs the work of peer supporters.

## Personal disclosure for Peer Supporters

It’s true that personal disclosure is an essential part of the peer supporter role. But does this mean peer supporters need to be willing to disclose anything if asked by a program participant or by a colleague? In this interactive webinar, Pat Deegan presents a new tool to support peer supporters in reflecting on their self-disclosure boundaries. We will actually work with the tool during the webinar.

## Microaggressions and the Peer Supporter: Handling co-workers who don’t value our role

Sometimes colleagues communicate disrespect for the work peer supporters do or even disrespect for people diagnosed with mental illness. In this webinar, Pat Deegan gives examples of common microaggressions directed at peer supporters. She outlines a method for responding when we are the target of microaggression, and then describes a pathway for personal healing after such experiences.

## Peer supporters, involuntary treatment and disclosure of personal experience with psych meds

In this webinar Pat Deegan explores the role of peer supporters working with people who are under involuntary court order to use meds. She will suggest guidelines for disclosing personal experience of using meds (or not) when working with peers. This is an interactive webinar with discussion.

## Medication Empowerment: The role of peer supporters when working with people who use psych meds – Part 1 & 2

In this two-part webinar Pat Deegan introduces an exciting new approach to supporting people in using meds to help get to the life we want. Part 1 explores the historical roots of peer support and psychiatric medications, as well as the foundations of Medication Empowerment. Part 2 explores specific strategies peer supporters can use to support people in navigating the challenges on their journey to use meds optimally to support recovery. Each webinar is 90 minutes and it is suggested that folks attend both sessions as they build upon each other.

## The Owl and Me: Recovery across the lifespan

Using the visual analogy of an owl, Pat Deegan discusses key themes in her recovery after being diagnosed with schizophrenia as a teenager. During this webinar, she shares the importance of developing personal agency in the face of challenges that may seem insurmountable. She also introduces the importance of Personal Medicine and shares practical tools to support people in their recovery.