

# **peer wellness specialist training oregon**

## **Peer Wellness Specialist Training Oregon: Your Path to a Rewarding Career**

Are you passionate about helping others thrive? Do you believe in the power of peer support and want to make a tangible difference in the lives of individuals facing challenges in Oregon? Then a career as a Peer Wellness Specialist might be the perfect fit for you. This comprehensive guide delves into the world of peer wellness specialist training in Oregon, outlining everything you need to know to embark on this rewarding journey. We'll explore training options, certification requirements, career paths, and the profound impact you can have on your community.

## **Understanding the Role of a Peer Wellness Specialist in Oregon**

Peer Wellness Specialists play a vital role in Oregon's mental health and wellness landscape. Unlike traditional therapists or counselors, they offer support based on their lived experience with mental health challenges or substance use. This shared experience fosters trust and understanding, making them uniquely positioned to connect with individuals navigating similar struggles. They provide encouragement, guidance, and resources, empowering individuals to take control of their own well-being. Their work contributes significantly to reducing stigma surrounding mental illness and addiction, creating a more supportive and inclusive community.

## **Finding the Right Peer Wellness Specialist Training in Oregon**

The path to becoming a Peer Wellness Specialist in Oregon typically involves completing a specialized training program. These programs vary in length, format (in-person, online, hybrid), and specific focus areas. Finding the right program requires careful consideration of your individual needs and learning style. Key factors to consider include:

**Accreditation:** Ensure the program is accredited or recognized by relevant Oregon state agencies or professional organizations. This ensures the quality of the training and increases your chances of securing employment.

**Curriculum:** Look for programs that cover essential topics such as trauma-informed care, motivational interviewing, crisis intervention, recovery principles, and self-care strategies. The curriculum should also address cultural competency and ethical considerations.

**Training Methods:** Consider whether you prefer in-person classes, online learning, or a blended approach. Some programs offer flexible scheduling options to accommodate busy lifestyles.

**Cost and Financial Aid:** Investigate the cost of the program and explore potential financial aid opportunities, including scholarships, grants, or payment plans.

Networking Opportunities: A strong program will offer opportunities to network with professionals in the field and build connections within the community.

## **Types of Peer Wellness Specialist Training Programs Available in Oregon**

Oregon offers a variety of peer wellness specialist training programs, catering to different learning styles and schedules. Some programs are specifically designed for individuals with lived experience, while others welcome individuals from diverse backgrounds interested in peer support. You'll find programs offered through:

Community Mental Health Organizations: Many non-profit organizations offering mental health services provide training programs for their peer support staff.

Colleges and Universities: Some colleges and universities may incorporate peer support training into their social work, psychology, or human services programs.

Private Training Providers: Independent organizations specializing in peer support training also offer various certification programs.

## **Certification and Licensing Requirements for Peer Wellness Specialists in Oregon**

While specific licensing requirements may vary depending on the type of setting and the tasks performed, many peer wellness specialist positions in Oregon benefit from recognized certifications. These certifications often validate the training received and demonstrate competency in providing peer support services. It's crucial to research the specific certification requirements of the programs you're considering and the organizations you wish to work with. Contact the Oregon Health Authority or relevant professional organizations for up-to-date information on licensing and certification.

## **Career Paths and Job Opportunities for Peer Wellness Specialists in Oregon**

A career as a Peer Wellness Specialist in Oregon offers diverse opportunities within various settings. Graduates often find employment in:

Community Mental Health Centers: Providing direct support to individuals and groups.

Hospitals and Healthcare Facilities: Working as part of a multidisciplinary team.

Schools and Educational Institutions: Supporting students facing mental health challenges.

Substance Abuse Treatment Programs: Guiding individuals on their recovery journey.

Non-profit Organizations: Working with diverse populations and advocating for peer support services.

## **The Impact of Peer Wellness Specialists in Oregon**

# Communities

The impact of Peer Wellness Specialists extends far beyond individual support. Their presence strengthens community resilience, reduces stigma, and promotes mental health awareness. By sharing their lived experiences and fostering a sense of belonging, they create a supportive environment where individuals feel empowered to seek help and recover. This ultimately leads to healthier, more vibrant communities throughout Oregon.

# Conclusion

Pursuing peer wellness specialist training in Oregon is an investment in both your career and your community. By becoming a Peer Wellness Specialist, you can contribute significantly to the well-being of others while embarking on a deeply rewarding and fulfilling professional journey. Take the time to research available programs, consider your individual needs, and connect with professionals in the field to discover the perfect path for you.

# FAQs

1. What is the average salary for a Peer Wellness Specialist in Oregon? Salaries vary depending on experience, education, and employer but are generally competitive with similar roles in the human services sector. Researching specific job postings can provide a clearer picture.
1. How long does it take to complete peer wellness specialist training? Program lengths vary. Some programs can be completed in a few months, while others may take a year or longer. Check individual program details for specific duration information.
1. Are there any scholarships or financial aid options available? Many organizations offer scholarships and grants for peer support training. Contact potential training providers and explore state and federal financial aid resources.
1. What are the essential qualities of a successful Peer Wellness Specialist? Empathy, patience, active listening skills, strong communication skills, resilience, and self-awareness are crucial qualities.
1. Where can I find a list of accredited peer wellness specialist training programs in

Oregon? Contact the Oregon Health Authority or search online using keywords like “peer support training Oregon” or “certified peer support specialist Oregon.” Review programs carefully to ensure they meet your needs and expectations.

**peer wellness specialist training oregon:** *Intentional Peer Support* Shery Mead, 2005-01-01  
Intentional Peer Support: An Alternative Approach is an innovative curriculum that explores ways to create mutually supportive relationships. It includes appendices for peer support warmlines, peer-run respite programs, and resources for peers working in the mental health system. Topics include: What is Peer Support? The Four Tasks and Three Principles First Contact and Language Listening Differently Building Trauma-Informed & Mutually Responsible Relationships Working with Challenging Situations and Negotiating Conflict Self-Care/Relational Care/Work Care Using Co-Reflection Peer Support Competencies and Values And More...

**peer wellness specialist training oregon: Rein In Your Brain** Cynthia Moreno Tuohy, BSW, NCAC II, Victoria Costello, 2014-05-06 Those in recovery learn to “rein in their brain,” ending compulsive behaviors while fostering a more thoughtful lifestyle that ensures long term emotional sobriety. Addiction—whether to mood-altering substances, gambling, sex, or food— stems in part from an over-reliance on the reward system of a primitive part of the brain that can push us to make poor choices based on an expectation of immediate gratification. Those of us in recovery often struggle with the compulsive thoughts and behaviors that are still programmed in our addictive brains well after the drinking and drugging has stopped. These often play out thoughtlessly in our interactions with others, damaging our relationships and growth as balanced human beings. Rein in Your Brain, by addiction expert Cynthia Moreno Tuohy, offers ten tools for breaking the cycle of impulsivity. These time-tested self-interventions include standing still in the moment, giving up control, not assuming the other person’s intent, tolerating differences, accepting emotions without giving them free reign, and differentiating between immediate fear-driven reactions and measured thoughts. By incorporating these tools in your daily interactions, your relationships can move from those of conflict to mutual respect and understanding.

**peer wellness specialist training oregon: Wellness Recovery Action Plan (WRAP)** Mary Ellen Copeland, 2003

**peer wellness specialist training oregon: Mental Health Self-Help** Louis D. Brown, Scott Wituk, 2010-08-05 Building on earlier patient-empowerment movements, consumer- and advocate-driven mental health self-help (MHSH) initiatives currently outnumber traditional mental health organizations. At the same time, this apparent success raises significant questions about their short-term efficacy and their value to lasting recovery. Mental Health Self-Help assembles the state of the evidence on the effectiveness of MHSH, beginning with the individual and larger social factors behind the expansion of consumer-directed services. Clearly organized and accessibly written, the book traces the development and evolution of MHSH as both alternative and adjunct to traditional mental health structures, offers research-based perspectives on the various forms of MHSH, and identifies potential areas for consumer initiatives to work with—and help improve—mental health systems. Contributors weigh strengths and limitations, raise research and methodology questions, and discuss funding and training issues to give readers a deeper understanding of the field and an informed look at its future impact on mental health treatment. Individual chapters cover the spectrum of contemporary self-help initiatives in mental health, including: • Online mutual aid groups. • Consumer-run drop-in centers. • Family and caregiver groups. • Certified peer support specialists. • Consumer advocacy initiatives. • Technical assistance organizations. • Professional/self-help collaborations. Mental Health Self-Help is a bedrock guide to an increasingly influential aspect of the mental health landscape. Researchers studying these initiatives from a

variety of fields including community and clinical psychology, and public health—as well as clinicians, counselors, social workers, case managers, and policymakers—will find it an indispensable reference.

**peer wellness specialist training oregon:** *Scenes of Compassion* Timothy W. Dietz, 2001  
Written by an emergency responder, this book offers the education and insight needed by emergency responders to become aware of the tremendous impact that they have during even the most brief encounters with people going through significant emotional events. It offers tools for scene compassion without becoming too wrapped up in someone else's emotions. The book discusses the nature of crisis response, the responsibility of emergency responders, and special considerations in dealing with children and the elderly as survivors. The subject of compassion fatigue and caring for oneself is also touched upon.

**peer wellness specialist training oregon:** *Occupational Therapy in Mental Health* Catana Brown, Virginia C Stoffel, Jaime Munoz, 2019-02-05 This revision of a well-loved text continues to embrace the confluence of person, environment, and occupation in mental health as its organizing theoretical model, emphasizing the lived experience of mental illness and recovery. Rely on this groundbreaking text to guide you through an evidence-based approach to helping clients with mental health disorders on their recovery journey by participating in meaningful occupations. Understand the recovery process for all areas of their lives—physical, emotional, spiritual, and mental—and know how to manage co-occurring conditions.

**peer wellness specialist training oregon:** *Well-Being and Higher Education* Sally Pingree, Julie Kidd, John Bronsteen, Carol Ryff, Barry Schwartz, Henry Giroux, William Sullivan, Kazi Joshua, Elizabeth Minnich, Jerzy Axer, Todd Gitlin, Alexander Astin, Corey Keyes, David Schoem, Sara Dahill-Brown, Eranda Jayawickreme, Laurie Schreiner, Tricia Seifert, Andrew Seligsohn, Elsa Nunez, Thia Wolf, Amalia Rodas, Brian Murphy, Mona Taylor-Phillips, Nance Lucas, Paul Rogers, Heidi Elmendorf, Joan Riley, James Pawelski, Jonathan Metzl, Amanda Hyberger, John Wilson, Theodore Long, Kevin Kruger, Stephanie Gordon, Robert Frank, Eric Lister, Peter Leyden, Carol Geary Schneider, Randall Bass, 2016-08-16 *Well-Being and Higher Education* explores the multiple connections of well-being to higher education and why those connections matter—for the individual lives of students and those who teach; for the institution; and for whether or not the unique promise of higher education to a democratic society can be advanced and realized. The publication's thirty-five original essays and provocations—by some of the most highly respected voices within and beyond the academy—address the theoretical underpinnings and practical expressions of these connections. *Well-Being and Higher Education* opens the discussion on learning's connection to well-being; responds to current challenges against the state of higher education today; and brings to the forefront a conversation considering the greater purposes of higher education and the need to preserve and revive the institution's role to look beyond itself to a greater good.

**peer wellness specialist training oregon:** *Master Addiction Counselor Exam Secrets Study Guide* Addiction Counselor Exam Secrets Test Pr, 2018-04-12 \*\*\*Includes Practice Test Questions\*\*\*  
*Master Addiction Counselor Exam Secrets* helps you ace the Master Addiction Counseling Exam without weeks and months of endless studying. Our comprehensive Master Addiction Counselor Exam Secrets study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. *Master Addiction Counselor Exam Secrets* includes: The 5 Secret Keys to Addiction Counselor Exam Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; A comprehensive

Content review including: Chemical Dependency, Substance Abuse, Cocaine, Attribution of Responsibility, Four Phases of Alcohol Addiction, E.M. Jellinek, R.L. George, Codependency, Alcoholics, DSM Manual, Michigan Alcoholism Screening Test (MAST), Adolescent Alcohol Involvement Scale, MacAndrew Alcoholism Scale, Action Counseling Model, Relaxation Training, AA's Twelve Steps, AA Slogans, Relapse, Counselor Burnout, Stereotyping, Heroin, Withdrawal Symptoms, Benzodiazepines, Formication, Flashback, Bad Trip, Neurotransmitters, Reward Deficiency Syndrome, and much more...

**peer wellness specialist training oregon: The Future of Nursing** Institute of Medicine, Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine, 2011-02-08 The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles-including limits on nurses' scope of practice-should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

**peer wellness specialist training oregon: Pain Management and the Opioid Epidemic** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

**peer wellness specialist training oregon: Social Isolation and Loneliness in Older Adults** National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-05-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and

loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. Social Isolation and Loneliness in Older Adults summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. Social Isolation and Loneliness in Older Adults considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

**peer wellness specialist training oregon:** *Investing in the Health and Well-Being of Young Adults* National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. *Investing in The Health and Well-Being of Young Adults* describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. *Investing in The Health and Well-Being of Young Adults* makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. *Investing in The Health and Well-Being of Young Adults* will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

**peer wellness specialist training oregon: TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019)** U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change. Counselors can support clients' movement toward positive changes in their substance use by identifying and enhancing motivation that already exists. Motivational approaches are based on the principles of person-centered counseling. Counselors' use of empathy, not authority and power, is key to enhancing clients' motivation to change. Clients are experts in their own recovery from SUDs.

Counselors should engage them in collaborative partnerships. Ambivalence about change is normal. Resistance to change is an expression of ambivalence about change, not a client trait or characteristic. Confrontational approaches increase client resistance and discord in the counseling relationship. Motivational approaches explore ambivalence in a nonjudgmental and compassionate way.

**peer wellness specialist training oregon: Telebehavioral Health** Marlene Maheu, Joanne Callan, Donald M. Hilty, Crystal Merrill, 2019-12-12 Telebehavioral Health: Foundations in Theory and Practice for Graduate Learners provides readers with a comprehensive overview of telebehavioral health, including definitions and concepts, the benefits and barriers associated with practice, and an interprofessional framework for telebehavioral health competencies. It is the first book to address telehealth competencies for behavioral professionals worldwide. The competencies outlined help readers develop an engaged, ethical, and effective telebehavioral health practice. The book discusses and provides examples of the knowledge, skills, and attitudes involved in the seven telebehavioral health competency domains. The chapters include differentiated content for novice, proficient, and authority practitioners throughout, allowing readers to adjust their exposure, in terms of depth and breadth, to each topical area. The text provides an overview of the characteristics and practices unique to telebehavioral health treatment, guidance for competent evaluation and care, review of legal and regulatory issues related to the use of technology, valuable insight for telepractice development, and more. Designed to help practitioners thoughtfully consider the use of technology to support optimal therapeutic experiences for their patients, Telebehavioral Health is an ideal text for students within the discipline. It can also serve as a beneficial reference for novice and seasoned practitioners.

**peer wellness specialist training oregon: Shadows in the Sun** Gayathri Ramprasad, 2014-10-13 As a young girl in Bangalore, Gayathri was surrounded by the fragrance of jasmine and flickering oil lamps, her family protected by gods and goddesses. But as she grew older, demons came forth from dark corners of her idyllic kingdom—with the scariest creatures lurking within her tortured mind. Shadows in the Sun traces Gayathri's courageous battle with debilitating depression that consumed her from adolescence through marriage and a move to the United States. Her inspiring memoir provides a first-of-its-kind cross-cultural view of mental illness—how it is regarded in India and in America, and how she drew on both her rich Hindu heritage and Western medicine to find healing.

**peer wellness specialist training oregon: Intuitive Eating, 2nd Edition** Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: \*How to reject diet mentality forever \*How our three Eating Personalities define our eating difficulties \*How to feel your feelings without using food \*How to honor hunger and feel fullness \*How to follow the ten principles of Intuitive Eating, step-by-step \*How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

**peer wellness specialist training oregon: ROAR** Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 “Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best.”—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full

potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

**peer wellness specialist training oregon: Males With Eating Disorders** Arnold E. Andersen, 2014-06-17 First published in 1990. The subject of anorexia nervosa and, more recently, bulimia nervosa in males has been a source of interest and controversy in the fields of psychiatry and medicine for more than 300 years. These disorders, sometimes called eating disorders, raise basic questions concerning the nature of abnormalities of the motivated behaviors: Are they subsets of more widely recognized illnesses such as mood disorders? Are they understandable by reference to underlying abnormalities of biochemistry or brain function? In what ways are they similar to and in what ways do they differ from anorexia nervosa and bulimia nervosa in females? This book will be of interest to a wide variety of people—physicians, psychologists, nurses, social workers, occupational therapists, nutritionists, educators, and all others who may be interested for personal or professional reasons.

**peer wellness specialist training oregon: Homelessness, Health, and Human Needs** Institute of Medicine, Committee on Health Care for Homeless People, 1988-02-01 There have always been homeless people in the United States, but their plight has only recently stirred widespread public reaction and concern. Part of this new recognition stems from the problem's prevalence: the number of homeless individuals, while hard to pin down exactly, is rising. In light of this, Congress asked the Institute of Medicine to find out whether existing health care programs were ignoring the homeless or delivering care to them inefficiently. This book is the report prepared by a committee of experts who examined these problems through visits to city slums and impoverished rural areas, and through an analysis of papers written by leading scholars in the field.

**peer wellness specialist training oregon: Telemedicine** Institute of Medicine, Committee on Evaluating Clinical Applications of Telemedicine, 1996-10-08 Telemedicine—the use of information and telecommunications technologies to provide and support health care when distance separates the participants—is receiving increasing attention not only in remote areas where health care access is troublesome but also in urban and suburban locations. Yet the benefits and costs of this blend of medicine and digital technologies must be better demonstrated before today's cautious decision-makers invest significant funds in its development. Telemedicine presents a framework for evaluating patient care applications of telemedicine. The book identifies managerial, technical, policy, legal, and human factors that must be taken into account in evaluating a telemedicine program. The committee reviews previous efforts to establish evaluation frameworks and reports on results from several completed studies of image transmission, consulting from remote locations, and other telemedicine programs. The committee also examines basic elements of an evaluation and considers relevant issues of quality, accessibility, and cost of health care. Telemedicine will be of immediate interest to anyone with interest in the clinical application of telemedicine.

**peer wellness specialist training oregon: Get Your Loved One Sober** Robert J Meyers, Brenda L. Wolfe, 2009-07-30 The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. Historically there have been few options available for individuals seeking help for

treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps concerned significant others both improve the quality of their lives and learn how to make treatment an attractive option for their partners who are substance abusers. *Get Your Loved One Sober* describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: --CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. --Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. --Proven successful for numerous addictions, not just alcoholism.

**peer wellness specialist training oregon: *The Eating Disorder Trap*** Rdn Cedrd-S Goldberg, Robyn L. Goldberg, 2020-03-30 Written by an expert with over twenty years of experience in the field of eating disorders, this book will give you the facts in a friendly and easy to read format. Get to know what you are dealing with and how it is taking a toll on your body and quality of life. Get rid of the myths diet culture has had you believe. Find out where to go and who to turn to for expert and compassionate care, maximizing your potential for recovery. On the other hand, you might be a treatment provider looking for sound knowledge regarding eating disorder screening tools, lab tests, online resources, and how to put together the most effective treatment team. If that is the case, then this book is for you. The journey with an eating disorder can seem like a dark maze with no way out. Allow the knowledge in this book to light the path. Recovery is possible with the right information, guidance, and treatment intervention.

**peer wellness specialist training oregon: *School Mental Health*** Stan Kutcher, Yifeng Wei, Mark D. Weist, 2015-05-05 This book provides vivid examples of school mental health innovations from 18 countries, addressing mental health promotion, prevention and interventions. These initiatives and innovations enable readers from different regions and disciplines to apply strategies to help students achieve and maintain mental health, enhance their learning outcomes and access services, worldwide.

**peer wellness specialist training oregon: *CranioSacral Therapy: Touchstone for Natural Healing*** John E. Upledger, 2001-05-31 In *CranioSacral Therapy: Touchstone for Natural Healing*, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

**peer wellness specialist training oregon: *You are Not Alone***, 1992

**peer wellness specialist training oregon: *Improving the Quality of Health Care for Mental and Substance-Use Conditions*** Institute of Medicine, Board on Health Care Services, Committee on Crossing the Quality Chasm: Adaptation to Mental Health and Addictive Disorders, 2006-03-29 Each year, more than 33 million Americans receive health care for mental or substance-use conditions, or both. Together, mental and substance-use illnesses are the leading cause of death and disability for women, the highest for men ages 15-44, and the second highest for all men. Effective treatments exist, but services are frequently fragmented and, as with general health care, there are barriers that prevent many from receiving these treatments as designed or at all. The consequences of this are serious—for these individuals and their families; their employers and the workforce; for the nation's economy; as well as the education, welfare, and justice systems. *Improving the Quality of Health Care for Mental and Substance-Use Conditions* examines the distinctive characteristics of health care for mental and substance-use conditions, including payment, benefit coverage, and regulatory issues, as well as health care organization and delivery issues. This new volume in the Quality Chasm series puts forth an agenda for improving the quality

of this care based on this analysis. Patients and their families, primary health care providers, specialty mental health and substance-use treatment providers, health care organizations, health plans, purchasers of group health care, and all involved in health care for mental and substance-use conditions will benefit from this guide to achieving better care.

**peer wellness specialist training oregon: *Slaying the Dragon: The History of Addiction Treatment and Recovery in America*** William L. White, 2014-07-01 This is the remarkable story of America's personal and institutional responses to alcoholism and other addictions. It is the story of mutual aid societies: the Washingtonians, the Blue Ribbon Reform Clubs, the Ollapod Club, the United Order of Ex-Boozers, the Jacoby Club, Alcoholics Anonymous and Women for Sobriety. It is a story of addiction treatment institutions from the inebriate asylums and Keeley Institutes to Hazelden and Parkside. It is the story of evolving treatment interventions that range from water cures and mandatory sterilization to aversion therapies and methadone maintenance. William White has provided a sweeping and engaging history of one of America's most enduring problems and the profession that was birthed to respond to it -- BACK COVER.

**peer wellness specialist training oregon: *The Addiction Counselor's Desk Reference*** Robert Holman Coombs, William A. Howatt, 2005-02-01 The Addiction Counselor's Desk Reference is a comprehensive compilation of information about the full spectrum of addictive disorders, their consequences, and treatment. This unique text includes detailed definitions and practical illustrations of addiction-related terminology, addictive disorders and behaviors, descriptions of treatment models and techniques, as well as lists of relevant websites, government resources, and treatment centers. Addiction professionals will find this information-packed guide to be an invaluable practice tool. The most up-to-date resource of its kind Contains detailed definitions, practical illustrations, relevant websites, government resources, and information about treatment centers Written by a leading authority on addiction research, prevention, and treatment

**peer wellness specialist training oregon: *CSAP, Center for Substance Abuse Prevention*** Center for Substance Abuse Prevention (U.S.), 1994

**peer wellness specialist training oregon: *Introduction to the Counseling Profession*** David Capuzzi, Douglas R. Gross, 2017-06-26 Designed for students who are taking a preliminary course in the counseling field, *Introduction to the Counseling Profession*, 7th Edition, provides a comprehensive overview of the history and foundational concepts of counseling, offering the most current and relevant breadth of coverage available from experts in their respective fields. This edition includes topics rarely discussed in introductory texts, such as self-care and self-growth and the use of technology in counseling, as well as a new chapter on crisis counseling. Chapters also reflect updates to the 2016 Council for the Accreditation of Counseling and Related Educational Programs (CACREP) standards, and a chapter on each CACREP specialization is included. Students will gain insight into the myriad issues that surround not only the process of counseling and its many populations but also the personal dynamics that have an impact on this process. Furthermore, a collection of supplemental resources is available online to benefit both instructors and students. Instructors will find PowerPoint slides and test banks to aid in conducting their courses, and students can access chapter summaries, exercises, and other tools to supplement their review of the material in the text.

**peer wellness specialist training oregon: *Recovery Coaching*** Melissa Killeen, 2020-07-15 80% of people leaving a substance misuse treatment center will relapse within the first year of discharge. 9 out of 10 of this 80% relapse within the first ninety days after discharge. Working with a recovery coach or a peer recovery support specialist can significantly reduce the likelihood of relapse during this crucial period. Recovery coaching and peer recovery support is the missing link, bridging the gap between an individual leaving a treatment center and maintaining long term sobriety. *RECOVERY COACHING- A Guide to Coaching People in Recovery from Addictions* gives readers something that hasn't been done before: a thorough explanation of recovery coaching and peer recovery support. First published in 2013, it was the first book on Recovery Coaching, since the field's inception in the 1990s. In this second edition, 100 new pages of information have been added.

New ideas are presented that are aligned with the most up to date, state-of-the-art research on substance misuse models, examples of new recovery support practitioner jobs that are now available for those with recovery coaching experience, discussions about situations that a coach encounters with a patient revived from an opioid overdose and very important information on the medications used in medication-assisted treatment used in the battle against alcohol, opioid or methamphetamine misuse. The second edition of RECOVERY COACHING- A Guide to Coaching People in Recovery from Addictions demonstrates how using multiple contemporary treatment perspectives, including Motivational Interviewing, Harm Reduction, and the Recovery Management Model can be integrated to inform effective recovery coaching. Readers receive sobriety tools that can be used as a guide for the coach to truly support the person in their recovery process. Poignant, personal stories from recovery coaches pinpoint their struggles and solutions filling the book with additional information. This second edition includes the Adverse Childhood Experiences (ACE) survey as well as a list of what a recovery coach should anticipate from a recovery coach supervisor. However, the resources do not stop there, the book gives practical business advice about how to set up a successful recovery coaching practice. This book will be an indispensable resource for the recovery coach or peer support specialist just starting out, the coaching veteran, and any addiction treatment professional.

**peer wellness specialist training oregon:** Annual Report of Progress Transit Cooperative Research Program, 2010

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**peer wellness specialist training oregon:** Labor-based Grading Contracts Asao B. Inoue, 2019 Asao B. Inoue argues for the use of labor-based grading contracts along with compassionate practices to determine course grades as a way to do social justice work with students.

**peer wellness specialist training oregon:** Facing Addiction in America Office of the Surgeon General, U.S. Department of Health and Human Services, 2017-08-15 All across the United States, individuals, families, communities, and health care systems are struggling to cope with substance use, misuse, and substance use disorders. Substance misuse and substance use disorders have devastating effects, disrupt the future plans of too many young people, and all too often, end lives prematurely and tragically. Substance misuse is a major public health challenge and a priority for our nation to address. The effects of substance use are cumulative and costly for our society, placing burdens on workplaces, the health care system, families, states, and communities. The Report discusses opportunities to bring substance use disorder treatment and mainstream health care systems into alignment so that they can address a person's overall health, rather than a substance misuse or a physical health condition alone or in isolation. It also provides suggestions and recommendations for action that everyone-individuals, families, community leaders, law enforcement, health care professionals, policymakers, and researchers-can take to prevent substance misuse and reduce its consequences.

**peer wellness specialist training oregon:** The Nia Technique Debbie Rosas, Carlos Rosas, 2005-01-25 the strength of Pilates, the flexibility of yoga, the muscle tone of strength training, and top-notch aerobic fitness—all through the revolutionary pleasure-based fitness program that gets you in shape from the inside out! The hottest new trend in mind-body wellness, Nia—which stands for Neuromuscular Integrative Action—is the most advanced form of fusion fitness, blending martial arts, healing arts, dance, and spiritual self-healing to create a high-powered, synergistic workout that no isolated exercise technique can match. Created by fitness pioneers Debbie Rosas and Carlos Rosas, Nia presents an entirely new philosophy of exercise—one that will not only keep you in fantastic shape, but will also help you rediscover the joy of movement and being at home in your body. The Nia Technique is the first and only book to share the workouts so popular at gyms and spas across the country, outlining the basic Nia moves—or katas—that can be performed easily at home and adapted to your own level of fitness. With moves drawn from nine fitness disciplines, including tae kwan do, tai chi, yoga, Feldenkrais™, jazz dance, and modern dance, Nia promotes strength and muscle definition without the use of weights, and its freeing, dance-like regimen

provides a medium for self-healing. You'll tighten, tone, lengthen, strengthen, and lose pounds and inches—and have fun doing it! You'll learn to follow “the body's way”—a breakthrough fitness concept that teaches you to move in the way that most benefits your individual body; and you'll learn to use visualizations and vocalizations that enhance the benefits of each workout. The overall regimen is phenomenally effective because its holistic approach unites the body and the mind, and creates an exhilarating path that anyone can follow toward a healthy, fit physique, lasting weight loss, and an unlimited sense of your fitness potential. With simple, step-by-step instructions, The Nia Technique also shares the inspiring stories of people whose lives have been transformed by the practice of Nia. With Nia, a new body is just the beginning—the ultimate goal is a new life!

**peer wellness specialist training oregon:** Trying Differently Rather Than Harder Diane Malbin, Oregon. Department of Human Services, Oregon. Department of Human Services. Children, Adults and Families, 2002 This booklet was written to provide an overview of current information regarding FAS/ARND, introduce neurobehavioral symptoms, and to provide examples of practical techniques for supporting people with this condition.--Page 3.

**peer wellness specialist training oregon: Redefining Roles** Megan Swihart Jewell, Joseph Cheatle, 2021-07-12 Redefining Roles is the first book to recognize and provide sustained focus on the presence of professional, faculty, and graduate student consultants in writing centers. A significant number of writing centers employ non-peer consultants, yet most major training manuals are geared toward undergraduate tutoring practices or administrators. This collection systematically addresses this gap in the literature while initiating new conversations regarding writing center staffing. Thirty-two authors, consultants, and administrators from diverse centers—from large public four-year institutions to a private, online for-profit university—provide both theoretical frameworks and practical applications in eighteen chapters. Ten chapters focus on graduate consultants and address issues of authority, training, professional development, and mentoring, and eight focus on professional and faculty consultant training as well as specific issues of identity and authority. By sharing these voices, Redefining Roles broadens the very idea of writing centers while opening the door to more dialogue on the important role these practitioners play. Redefining Roles is designed for writing center practitioners, scholars, and staff. It is also a necessary addition to help campus administrators in the ongoing struggle to validate the intellectually complex work that such staff performs. Contributors: Fallon N. Allison, Vicki Behrens, Cassie J. Brownell, Matt Burchanoski, Megan Boeshart Burelle, Danielle Clapham, Steffani Dambruch, Elise Dixon, Elizabeth Festa, Will Fitzsimmons, Alex Frissell, Alex Funt, Genie Gaimo, Amanda Gomez, Lisa Lamson, Miriam E. Laufer, Kristin Messuri, Rebecca Nowacek, Kimberly Fahle Peck, Mark Pedretti, Irina Rupp, Arundhati Sanyal, Anna Scanlon, Matthew Sharkey-Smith, Kelly A. Shea, Anne Shiell, Anna Sicari, Catherine Siemann, Meagan Thompson, Lisa Nicole Tyson, Marcus Weakley, Alex Wulff

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