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Overview of Our Activities

Peer Specialist Training and Certification (CPS)

- People with lived experience of recovery play a unique role by building peer relationships in mental health or dual mental health & substance use recovery
- Learn the CPS role, skills, and resources to support people struggling with emotional distress or trauma
- 10 days of training and a certification examination

Massachusetts Leadership Academy (MLA)

- Learn multicultural leadership and advocacy skills
- Network and choose your role in 3 branches of our movement: peer support, paid peer roles, or grass roots activism
- Increase peer participation on policy Boards & Committees

Affinity and Ally Training

- A statewide initiative that brings people together to learn about each other and learn ways we can stand up in support and action to overcome oppression and heal historical trauma

Deaf and Hard of Hearing

- Deaf, Hard of Hearing and Deaf/Blind leaders explore and expand the recovery community
- Support Groups

Blacks United in Recovery

- Diverse black voices in the recovery movement share leadership skills as an affinity group

Provider Trainings on Recovery:

- Spread the word that wellness recovery is the goal
- Problem solve about how providers can best offer help
- Technical assistance for providers who employ Peer Specialists
- Technical assistance with Recovery Learning Communities and peer specialist supervisors

5K Flight: Peer Support for Mental Wellness

- Giving information and encouragement for “Couch to 5K” and movement leadership
- Hosting and annual race/walk/gentle movement celebration in Autumn

Recovery Out Loud!

- Training: We share the richness of our lived experience, learn from each other and explore best practices in Peer Support

TRANSCOM (The Transformation Committee)

- A subcommittee of the State Mental Health Planning Council
- The Transformation Center representative is one of 5 steering committee members
- Stakeholders include state agencies, providers, managed behavioral healthcare companies, Recovery Learning communities, educators, peer specialists, and others
- Focus on driving programs and systems toward practices that promote mental health recovery

Policy Issues:

- Promoting a “Culture of Respect” where discrimination is eliminated
- Healthcare reform in all sectors, ensuring inclusion of peer support and peer specialists
- Mental health wellness integrated as part of overall health that addresses social determinants of health described in SAMSHA’s Wellness Campaign
- Trauma-informed community and systems that eliminate restraint and seclusion, use empowering approaches to healing, and offer peer-led support and education in trauma recovery
- Person-driven peer support and services with access for all cultural identity groups and led by and for a community in which everyone is accepted and understood
- Employment, housing, and support for our colleagues in substance use peer recovery
- Constituent voice and person-driven research to improve programs and services

Central MA Recovery Learning Community

508-751-9600 - www.centralmassrlc.org

- Community support throughout Worcester County with a resource connection center, The Kiva Center, 209 Shrewsbury St, Worcester
- Calendar of local activities and trainings