



# COURSE CATALOG

THE INSTITUTE @ MHP

# 2026

ENRICH YOUR FUTURE

EXPAND YOUR KNOWLEDGE

Dear Partner in Healing,

It is with deep respect and enthusiasm that I introduce this catalogue of professional learning opportunities for Certified Peer Specialists, mental health professionals, and organizations.

At Mental Health Partnerships, we believe that in the work of mental health recovery, the most powerful tools are not found in books or systems—but in people. Individuals with lived experience who show up every day to walk alongside others in their healing journeys, these individuals are the instruments of hope, trust, and transformation.

Learning is not a luxury in this work; it is a necessity. Whether holding space for someone in crisis, offering tools for self-advocacy, or modeling recovery in action, the effectiveness of peer specialists depends on the ongoing care and development of the peer provider, the greatest tool in this healing journey.

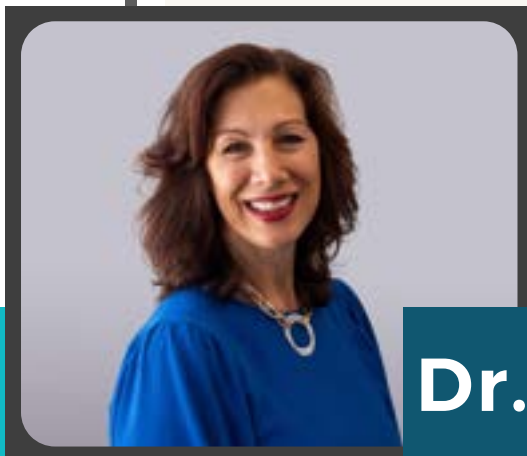
We are proud to share with you this catalogue of trainings designed to strengthen Certified Peer Specialists, the broader mental health professional workforce, and organizations. These offerings are rooted in the values of lived experience, cultural humility, mutuality, and professional excellence. They respond to real needs in the field—from navigating vicarious trauma to building inclusive, trauma-informed practices.

We want to extend our deepest thanks to the organizations, businesses, and partners who have already supported this work through funding, collaboration, and hosting opportunities. Your belief in the value of peer support and community-based mental health services is helping to build a more compassionate, person-centered system.

If you are a leader in a hospital system, behavioral health organization, foundation, or corporate social impact team, we invite you to consider partnering with us—by hosting a training, sponsoring learning cohorts, or investing in the development of the peer workforce that meets people where they are.

Together, we can expand access to high-quality, recovery-oriented care and support those who make healing possible. Please don't hesitate to reach out to explore ways we can collaborate to bring these trainings into your organization or community.

With gratitude and hope,



**Dr. Jeannine Lisitski**

**PRESIDENT AND C.E.O.  
OF MENTAL HEALTH PARTNERSHIPS**



# About the Institute

The Institute@MHP, established in 2002 through a partnership between MHP and community members, created the initial curriculum and certification process for peer specialists in Pennsylvania, working with the Pennsylvania Certification Board (PCB). This initiative led to the standardized 75-hour Certified Peer Specialist training and curriculum now utilized statewide, which The Institute@MHP continues to provide, delivered by certified peers.

Contact us:



Phone

267-503-3703

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recovery@mhphope.org



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# About Allied Family Network

At Allied Family Network (AFN), the goal is to providing education and support to families and adults with behavioral health challenges & training for providers and community groups. These programs aim to equip parents and loved ones with expert tools and resources to improve family relationships and outcomes.

## Training & Education Center (T.E.C.)

Since 1985, the Training & Education Center has promoted hope and recovery by providing support, training, and educational services to family members, friends, and support persons of those with mental health disorders. TEC has also championed the mission to engage in public education and advocacy for free for Philadelphians.

### Capstone Trainings

- Getting Off the Emotional Roller Coaster
- Moving Beyond the Addiction

### Additional Services

- Support Groups
- Phone Consultations

## ADHD Coaching

As Parent and Coach together, we will help your child become the best version of who they are meant to be. The key lies in recognizing their individual strengths, help them visualize what they are truly capable of becoming, and giving them the skills to achieve and thrive.

### What support does Parent Coaching provide?

- Goal Setting and Accountability
- Emotional Support and Validation
- Skill-Building and Practice
- Problem-Solving Techniques
- Mindset and Perspective Shifts
- Self-Care and Resilience-Building

## Parenting PLUS

Parenting Plus offers a series of twelve 2-hour sessions Free for Philadelphia parents navigating mental health diagnoses or issues. A highly trained and certified parenting educator delivers the program's topics within a trauma-informed environment.

### Session Topics

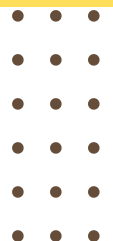
- Enhancing Your Parenting Style Anger Management
- Brain Development
- Setting Limits with Love
- Telling Your Child about Mental Illness & Other Difficult Conversations
- Supporting Your Child's Education & Being Your Child's Best Advocate



## Contact us:

**Phone**  
267-503-3874

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[tecinfo@mhphope.org](mailto:tecinfo@mhphope.org)





This PA Certification Board Approved course provides foundational knowledge, skills and values for working as a Certified Peer Specialist. CPS's represent the communities they serve. By utilizing lived experience they are in an amenable position to bridge gaps in mental health. Includes WRAP I certification.

## **CERTIFIED PEER SPECIALIST**

**75-Hour Training:** . . .

In-Person and  
Hybrid formats: . . .

**Facilitated in English and  
en Español** . . .

# Course List

## Wellness Recovery Action Plan Trainings

### WRAP 1

Wellness Recovery Action Plan® (WRAP) is an evidence-based practice that helps individuals, initially those with mental health challenges but also others facing various life challenges, create personalized plans for wellness. Participants in this introductory course identify personal wellness tools, learn recovery concepts, develop strategies to manage triggers and warning signs, and create crisis and post-crisis plans. Completing this seminar authorizes individuals to facilitate one-on-one WRAP sessions and serves as a prerequisite for the WRAP® Seminar II facilitator training.



**15 Credit Hours**

### WRAP 2: FACILITATOR

This in-person seminar gives participants the skills, knowledge, and materials to facilitate WRAP Seminar I in their community and organization. Participants will engage in interactive learning activities, give brief presentations with a partner and individually, learn how to facilitate the structure of WRAP, illustrate their personal experience with WRAP, and show an understanding of WRAP ethics and values. Participants who successfully complete the training will become Certified WRAP Facilitators and be able to lead WRAP Seminar I.



**40 Credit Hours**

# Course List

## Most Popular Trainings

### ETHICS AND BOUNDARIES



This training, specifically tailored for remote peer support staff, focuses on establishing and upholding appropriate boundaries in their work and understanding ethical dilemmas. Participants will examine power dynamics and privilege and their impact on service delivery. Through interactive exercises and a review of the Code of Ethical Conduct, they will practice evaluating boundary decisions and dual relationships.

**3 Credit Hours**



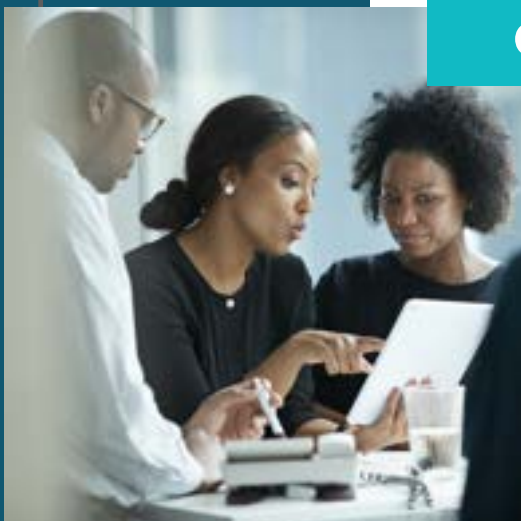
### DOCUMENTATION BASICS



This training delves into the reasons and importance of documentation in service settings, helping trainees identify essential information for various stakeholders and effective documentation strategies. Participants will learn to write objective and clear notes with opportunities for practice and feedback, and the course can be applied towards CPS continuing education requirements.

**3 Credit Hours**

### CPS SUPERVISORS



This training establishes the fundamentals of supervision within a peer support setting, emphasizing CPS roles and Recovery Values. It incorporates SAMHSA's Core Competencies, OMHSAS Standards, Kadushin's supervision model, reflective supervision basics, and trauma-informed principles. Approved for NASW-PA continuing education units, the course employs diverse virtual engagement techniques to foster an interactive and skill-building experience for participants.

**12 Credit Hours**

# Course List

## Serving Specialized Groups Trainings

### CPS TRAINING FOR OLDER ADULTS

This specialized training for Peers focuses on working with older adults, integrating recovery values and a strength-based approach. It addresses disparities among older adults in the U.S. regarding income, ethnicity, and vulnerable groups. The course also covers the impact of COVID-19 on older adults' mental health, mandated reporting, employee rights for CPS workers, motivational interviewing, and recovery values.



**12 Credit Hours**

### SUPPORTING YOUTH AND YOUNG ADULTS

This training provides the necessary knowledge and skills for Peer Work with young adults, utilizing learning strategies that promote critical thinking and self-directed, experiential learning to reflect recovery and peer support practices. The course emphasizes the recovery model of behavioral health and core values of peer-to-peer wellness, acknowledging the unique generational context and intersecting systems of care for young adults.



**16 Credit Hours**

### Q<sup>e</sup> - educate, empathy, equity, experience, evolve

This training for Certified Peer Specialists focuses on supporting LGBTQ+ individuals. Participants will learn to differentiate between sexual orientation, gender identity, and gender expression, and gain an understanding of the unique experiences of LGBTQ+ people, including how intersecting marginalized identities and minority stress affect health outcomes. The course also addresses considerations for those with serious mental health conditions and individuals involved in systems like the justice or child welfare systems. Finally, strategies for affirming LGBTQ+ people and supporting them through challenging discussions will be provided.



**e**ducation.  
**e**mpathy.  
**e**quity.  
**e**xpression.  
**e**xperience.  
**e**volve!

**16 Credit Hours**

# Course List

## Serving Specialized Groups Trainings



### SERVING JUSTICE INVOLVED PEERS

This training is designed for Certified Peer Specialists (CPS) working with individuals in the criminal justice system. It covers social determinants of health, the historic roots of trauma, and the Sequential Intercept Model in detail. Facilitators use various virtual engagement methods to ensure an interactive and skill-building learning experience.

**6 Credit Hours**



### UNLOCKING POTENTIAL: WORKING WITH ADULTS LIVING WITH ADHD/EXECUTIVE FUNCTION CHALLENGES

Adults with diagnosed or undiagnosed ADHD often face significant challenges with organization, time management, and balancing life responsibilities, leading to feelings of overwhelm and impacting career and relationships. If left unaddressed, these issues can result in higher divorce rates and increased depression. The "Understanding Adult ADHD" course helps individuals manage this neurobiological condition by focusing on building essential life skills like self-awareness, goal-setting, and time management, recognizing that learning specific strategies for Executive Function skills can lead to success.

**3 Credit Hours**



### SUPPORTING INDIVIDUALS IN THE AUTISM SPECTRUM DISORDER (ASD) COMMUNITY 101

This training is designed for Peers specializing in Autism Spectrum Disorder (ASD). Participants will learn to define and explore ASD characteristics, identify common signs and symptoms, and examine its causes and correlations. The course also provides an overview of the DSM-5 criteria for diagnostic evaluation, covers key historical figures and milestones in autism, and develops advocacy skills and appropriate language for discussing and supporting individuals on the spectrum.

**12 Credit Hours**

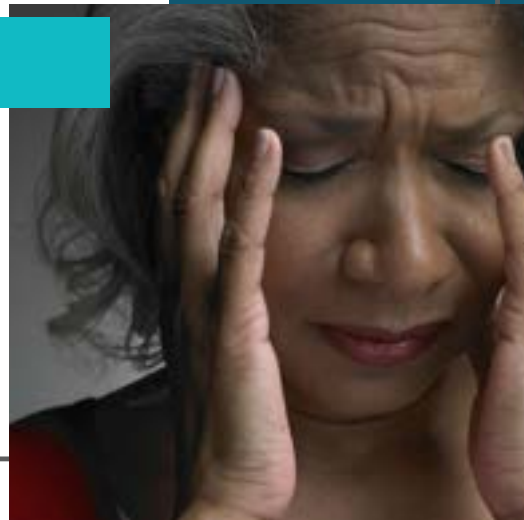


# Course List

## Trauma Trainings

### TRAUMA 101

This course provides an introduction to trauma theory, starting with the brain/body stress response. It then explores the short- and long-term impacts of adversity, toxic stress, and trauma. Key topics include the Adverse Childhood Experiences (ACEs) research, Historical Trauma, and the Social Determinants of distress, alongside discussions of buffering factors and resiliency.



**3 Credit Hours**

### TRAUMA 102

Building on a basic understanding of trauma, this course introduces the principles of trauma-informed care specifically within a Peer Support relationship. Participants will learn strategies and tools for supporting service recipients' recovery from trauma, as well as methods for managing vicarious trauma among peer service providers. The training also offers opportunities to practice relevant trauma-informed skills.



**3 Credit Hours**

### TRAUMA INFORMED DE-ESCALATION

This training provides participants with an understanding of the cycle of escalation and offers strategies for both preventing and defusing tension. By the end of the workshop, learners will be able to identify the causes of escalation, list safety maintenance strategies, and utilize verbal methods to de-escalate situations. Participants will also grasp the critical role of self-awareness in de-escalating tension.



**3 Credit Hours**

# Course List

## Mental Health Trainings



### STAGES OF CHANGE

This training will introduce participants to the six Stages of Change and outline appropriate service strategies for each stage. Participants will also practice recognizing and utilizing "participant statements" in their daily interactions with peers and in their own recovery journeys.

**2 Credit Hours**



### YOUTH SUICIDE PREVENTION: PART 1



This course offers an introductory understanding of youth suicidality within a community context, utilizing a recovery model lens that prioritizes lived experience and proactive, compassionate responses. Participants will learn about the current state of youth suicidality, challenge common myths, and explore how adverse experiences impact young people. The course aims to equip participants with the ability to identify risk and protective factors in their communities and understand their crucial role in suicide prevention and supporting youth well-being, serving as a prerequisite for "Part 2: Supporting Young People in Our Community."

**2 Credit Hours**



### YOUTH SUICIDE PREVENTION: PART 2 - UNDERSTANDING YOUTH SUICIDALITY



Building on "Understanding Youth Suicidality," this course for those working with young adults in community settings offers a deeper, recovery-oriented dive into youth suicide prevention. Participants will learn to foster supportive relationships, implement proactive strategies for healthy youth development, and move away from fear-based reactions. Through self-reflection and skill-building, learners will gain confidence to support young people and contribute to a resilient, well-being-focused community.

**3 Credit Hours**



# Course List

## Mental Health Trainings

### MENTAL HEALTH 101

This training introduces participants to common mental illnesses, their risk factors, signs, and symptoms, along with strategies for providing support.

Attendees will receive a list of local resources and engage in skill-building activities like group discussions and role-playing. The course is delivered within a recovery framework and is co-facilitated by a Certified Peer Specialist and a mental health clinician.

**3 Credit Hours**



### UNDERSTANDING DEPRESSION & ANXIETY

This training offers participants an in-depth understanding of depression and anxiety, including their risk factors, common signs, and symptoms, as well as how to provide support. Attendees will also receive a list of local resources and engage in skill-building activities such as group discussions and role-playing.

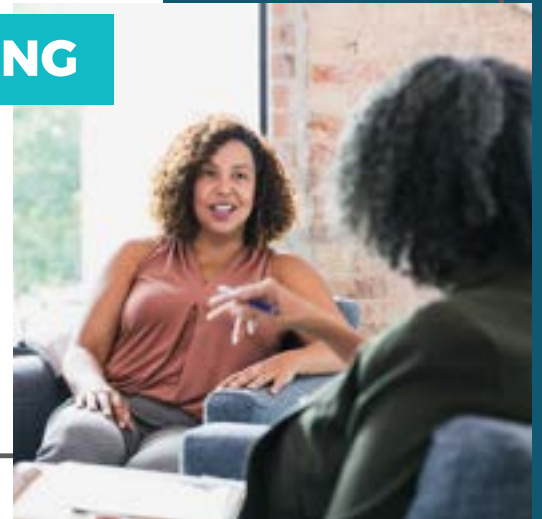
**3 Credit Hours**



### MOTIVATIONAL INTERVIEWING

This course establishes the basis for understanding motivation—the psychological drive behind actions and goal-directed behavior. Through presentations, group discussions, and virtual activities, participants will learn to apply Motivational Interviewing skills to their work with peer service recipients and in their daily interactions. These skills are broadly beneficial for everyone.

**3 Credit Hours**



# Course List

## Professional/Personal Development Trainings



### SUPPORTING PEER STAFF

This training aims to help participants understand the unique aspects of Peer staff compared to other employees. It will provide new tools and strategies for supporting Peers as they transition into their roles and clarify the responsibilities of supervisors in fostering inclusive and equitable workplaces for them.

**2 Credit Hours**



### IDENTIFYING AND ADDRESSING BARRIERS TO SUCCESS

"Identifying and Addressing Barriers to Peer Success" examines common challenges faced by peer supporters, including job-related stressors and obstacles within organizations that hinder full peer integration. The course offers practical strategies for agencies to proactively overcome these barriers, thereby enhancing the sustainability and effectiveness of their peer workforce.

**2 Credit Hours**



### SUPPORT FOR EMPLOYEES IN RECOVERY

This training focuses on strategies for organizations to effectively support their employees during times of health challenges, whether a peer supporter or any other employee. The course will explore the specific needs of peer supporters who integrate their lived experiences into their work and provide guidance on how supervisors can support their recovery and well being.

**3 Credit Hours**



# Course List

## Professional/Personal Development Trainings

### PREVENTING VICARIOUS TRAUMA

This interactive workshop for helping professionals uses images, demonstrations, and hands-on exercises to teach strategies for rewiring and rebuilding the brain, focusing on recovery and preventing vicarious and insidious trauma. The session will examine the causes of vicarious trauma in peer supporters and explore agency-level prevention strategies. Participants will gain practical methods for supporting peers post-trauma or crisis and develop effective response skills.

**3 Credit Hours**



### ESTEEMING PEER SUPPORT

"Esteeming Peer Support" is a course that explores the benefits and practical applications of peer support within various organizations. It delves into the historical development of peer support, its current integration into agency structures, and the implementation of the recovery model. The training aims to show participants how embracing the recovery model can significantly improve support for individuals receiving services and contribute positively to the overall organizational environment.

**3 Credit Hours**



### GOAL PLANNING FOR PEERS

This training focuses on goal planning, defining key terms like dream, goal, objective, action step, and intervention, and clarifying their relationships. The SMART system for writing goal plans is also introduced and practiced during the session.

**3 Credit Hours**



# Course List

## Professional/Personal Development Trainings



### PROVIDING SUPPORT THROUGH STORY TELLING

This resilience and recovery-oriented training teaches participants how to leverage personal stories, recovery processes, and family experiences to drive system transformation. The skill is developed through a blend of structured presentations, virtual role-playing activities, and group discussions.

**3 Credit Hours**



### PSYCHOLOGICAL SAFETY IN THE WORKPLACE

This training is designed for managers and directors to cultivate a workplace that fosters talent, innovation, and creativity. Learning objectives include defining psychological safety, identifying its absence in teams, proactively soliciting dissenting opinions, and providing leaders with tips for creating a psychologically safe environment and recognizing examples of effective leadership.

**5 Credit Hours**



### MANAGING VIRTUAL TEAMS

This training for managers and directors focuses on addressing evolving workforce expectations, particularly concerning remote work. Learning objectives include understanding the advantages of working from home, effectively managing remote staff, defining work systems, establishing diverse communication tools, scheduling regular meetings, setting clear deliverables, and prioritizing professional video calls over chat and email to maintain a professional work environment and foster community..

**1 Credit Hours**



# Course List

## Professional/Personal Development Trainings

### SELF CARE IN PEER SUPPORT

This training explores various self-care strategies specifically tailored for peer support work and recovery. Participants will gain an understanding of stress's impact and develop skills to thrive in their daily lives. The session provides an opportunity for individuals to identify and evaluate their current strategies, select specific tools from a list of activities, and create a personalized self-care plan.



**1.5 Credit Hours**

### FIRST AID / CPR / AED

This hands-on class provides essential training for responding confidently and effectively in emergency situations. Participants will learn vital skills such as performing CPR, using an AED, and administering basic first aid for various injuries and medical emergencies. The course aims to equip individuals with the knowledge and techniques to potentially save lives and provide critical support until professional help arrives, emphasizing practical demonstrations and quick, calm action.



**Red Cross Certification**



**Self Paced Trainings**



**Trainings Approved by the Florida Florida Certification Board**



# Course List

## Allied Family Network Trainings

### GETTING OFF THE EMOTIONAL ROLLERCOASTER

This is a free, 10-session online workshop for families and friends supporting individuals with Borderline Personality Disorder (BPD), Bipolar Disorder, or Major Depression, often co-occurring with substance use disorders, for Philadelphia residents. The live, instructor-led series provides a supportive and interactive learning environment through discussions, presentations, guest speakers, role-play, and practice exercises. It combines lived experience with evidence-based strategies to help participants cope, heal, and offer more effective support. Sessions are co-facilitated by a licensed clinician, a certified peer specialist, and a graduate-level facilitator.



### MOVING BEYOND THE ADDICTION: SUPPORTING AN ADULT CHILD

This three-week online workshop is for parents of adult children facing addiction and co-occurring mental health challenges. Led by a certified mental health professional with lived experience, the course provides evidence-based strategies, practical exercises, and supportive discussions. Participants will gain tools to offer effective support, foster hope, navigate recovery complexities, and access resources.



### EMOTIONAL WELLNESS FOR TEENS

This self-paced course helps young people understand and manage their emotions. It offers engaging lessons and practical tools to develop emotional awareness, healthy coping skills, and positive habits for overall well-being. The course aims to empower teens to take charge of their emotional health and build a strong foundation for resilience, confidence, and personal growth.



# Course List

## ADHD and Executive Function Trainings

### STUDENT GOAL SETTING: THE HOW AND WHY FOR PARENTS & TEACHERS®



This powerful seminar explores how meaningful goal setting can transform a student's motivation, focus, and well-being, especially for those with ADHD or Executive Function challenges. Goal setting is presented as a crucial strategy for building self-regulation, reducing stress, and increasing life satisfaction, going beyond traditional SMART goals. The session offers parents, educators, and students practical strategies to understand, teach, and apply goal setting effectively, including how to spark engaging conversations about goals, guide students in selecting realistic objectives, and establish a process for planning, tracking, and celebrating progress.

### SKILLS FOR SUCCESS: WHAT PARENTS NEED TO KNOW ABOUT DEVELOPING A GROWTH MINDSET®



This insightful presentation explores how mindset and Executive Function skills influence a child's motivation, confidence, and resilience, emphasizing that a child's perception of their own learning abilities impacts their willingness to take on challenges. Parents will learn the fundamentals of Growth Mindset and its connection to Executive Function, gaining practical tools to help their children see themselves as capable learners. The session covers strategies for nurturing perseverance, encouraging effort over perfection, and supporting students in building skills for both academic and personal success.

# Course List

## ADHD and Executive Function Trainings

### TOP TEN STRATEGIES FOR PARENTING KIDS WITH ADHD AND EXECUTIVE FUNCTION CHALLENGES®

This dynamic one-hour workshop provides parents with practical tools and insights for supporting a child with ADHD. Certified ADHD coach Lydia Cooper shares ten proven strategies to help children manage symptoms and thrive. Participants will gain a deeper understanding of ADHD beyond the diagnosis, explore Executive Function's core components, and discover how these challenges impact learning, behavior, and daily life, gaining guidance to navigate the journey with confidence.



### EFFECTIVE COLLABORATION: PARENT, STUDENT, TEACHER®

This practical webinar aims to strengthen communication between families and educators, particularly for students with ADHD. It focuses on effective strategies for open and transparent collaboration, both in person and via email, to ensure a smooth and supportive school transition. By fostering strong partnerships among parents, students, and teachers, the session seeks to increase student success, understanding, and growth inside and outside the classroom.



### MANAGING HOMEWORK – PARENT EDITION

This engaging 2-hour live workshop is designed for parents seeking to help their children develop effective homework habits without conflict. It provides practical tips and proven strategies to reduce stress for both parents and children. Participants will learn how to help their child build Executive Function skills like organization, time management, and task initiation, and address motivation and independence without relying on rewards or punishments. The workshop also covers creating a calmer homework routine, improving daily interactions, fostering self-reliance, and collaborating with teachers for success.



# Course List

## ADHD and Executive Function Trainings

### ADHD AND EXECUTIVE FUNCTION CHALLENGES



This two-hour seminar, available both in-person and online, offers valuable insights from a certified ADHD parent coach on how ADHD and Executive Function challenges affect a child's behavior, learning, and daily routines. Designed to support overwhelmed parents, the session explores why children with ADHD struggle with expectations and consistency, and why traditional discipline often fails. Participants will learn empowering strategies to strengthen family relationships, as this workshop is the first in the "Calm and Connected" series, aiming to provide clarity, support, and practical tools for parents navigating the ADHD journey.

### CALM AND CONNECTED: PARENTING CHILDREN AND TEENS WITH ADHD/EXECUTIVE FUNCTION CHALLENGES



this 7-week live seminar series offers a fresh approach for parents of children and teens with ADHD, Oppositional Defiant Disorder, or Executive Function challenges. The program, Calm and Connected®, provides practical tools to help parents set effective boundaries, support their child's growth, and reduce family stress. It aims to help parents understand the root causes of challenging behavior and respond with empathy and structure, fostering better communication, cooperation, and lasting change.



# Meet the Team



## **LEIGH BRAIDEN, M.S.W.** **DIVISION DIRECTOR**

She brings over 25 years of nonprofit sector experience. Her background includes roles as a treatment case worker, program manager, and Executive Director of an LGBTQ youth shelter, alongside expertise in grant writing and business development through LTB Consulting LLC. Leigh is deeply committed to mental health advocacy, emphasizing psychological safety and empathy in her leadership.

*“At the Institute@MHP, we believe in teaching subjects with depth and intention. To do this effectively, our trainers must also engage in deep, ongoing learning. We recognize that the trainer-learner relationship is a symbiotic partnership—both parties enter into a mutual agreement that values the unique role each plays in the learning process. I cannot be a trainer without you as a learner, and you cannot be a learner without me as a trainer. With this understanding, all of our trainers are committed to upholding the core principles that guide our work”. - Leigh Braiden (She/Her)*



## **DANIEL MILLER, M.P.A., C.P.S.** **BUSINESS MANAGER**

With over 12 years of experience in mental health, he joined Mental Health Partnerships in February 2021. Since then, Dan has spearheaded the expansion of CPS Training across Pennsylvania, significantly increasing its accessibility. Recently obtaining his own CPS certification and board-certification, Dan's dedication to widespread CPS training has solidified the Institute's position as the state's preferred provider and fostered strong relationships with funders.

*“As the Business Manager for the Institute@MHP, this work is my passion because it gave me the opportunity to expand services and increase access to CPS Training across the state. The work I do helps individuals with mental health challenges get a second chance at employment—just like it did for me”. - Dan Miller (He/Him)*



## **SARAH BYERLEY, B.A.** **ADMINISTRATIVE ASSISTANT**

Her passion for Psychology and Education began in college, where she advocated for undergraduates to faculty and administration on curriculum requirements and standards. She enjoys applying her creativity to develop marketing materials for training and events. Sarah is dedicated to supporting and advising participants as they pursue their Peer Support Certification.

*“When leaning about what a Peer Specialist was I realized how many moments in my life I could have used that type of support. Many of us grow up feeling like we are alone. Feeling seen and understood is something so special and life changing. Having CPS's available would ensure everyone has that support “. - Sarah Byerley (She/Her)*

# Meet the Team



## **PATRICK MONTGOMERY, B.A., M.Ed., C.P.S.** **TRAINING OPERATIONS MANAGER**

He brings eight years of experience in social work and education in the Philadelphia and Lancaster County areas; previously he taught middle school in the Philadelphia school system before joining MHP. Patrick's background in education and work with neurodivergent individuals informs his goal of developing and leading meaningful learning opportunities for peer specialists.

*"Teaching individuals in a CPS class is incredibly rewarding; not only are you given an opportunity to help people develop their skills as a professional and change the trajectory of their lives, you are also able to see significant personal growth in individuals who are using their most difficult experiences to better the lives of others". - Pat Montgomery (He/Him)*



## **ANDREA BOFFICE, B.A., M.A., C.P.S.** **TRAINING AND CONTENT DEVELOPMENT SPECIALIST**

She has a background in youth advocacy in Pennsylvania and Massachusetts and ongoing involvement in Philadelphia systems advocacy and community education. Her focus at the Institute includes educating about the specific needs of young people, encouraging collaboration across generations, increasing access to peer support for young adults, and supporting their recovery journeys.

*"Most learners come to us already having the fundamental qualities of what make a Peer so special, and my favorite part of teaching is being along for the journey of watching them gain confidence in their strengths. Seeing them get excited when things "click" for them never gets old!". - Andrea Boffice (She/Her)*



## **EDWARD DRAGO, A.S., C.P.S.** **LEARNING & DEVELOPMENT SPECIALIST**

He has over 25 years of experience in human and professional services, passionately employing storytelling and peer support to build connections and facilitate healing. Edward is a servant-leader dedicated to educating, inspiring hope, and drawing on his varied professional and personal experiences, especially for those facing mental health challenges.

*"I love teaching in behavioral health spaces because of the mutual learning that unfolds—spaces where courage and vulnerability are not only welcomed but essential. There's a powerful sense of shared experience, where both facilitator and participants work together toward healing and growth. Sharing lived experience, while witnessing real-time transformation, is nothing short of magical". - Ed Drago (He/Him)*

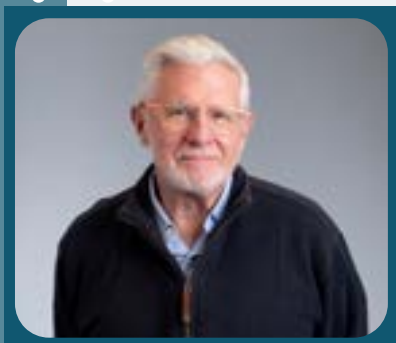
# Meet the Team



## **OTIS LAMBERT, B.S.W., M.S.W., C.P.S.** **LEARNING & DEVELOPMENT SPECIALIST**

They bring a background in direct service and community organizing. Otis holds a certification in UX Research and Design, which they used to improve service delivery by focusing on the lived experiences of participants. Their work is guided by the belief that wholeness is found through community care, and they aim to empower learners to bring their own experiences and open up connections and healing with others.

*"We have this incredible opportunity to learn in community - the best thing we can do is to show up vulnerably and offer what we have. You never know who will be impacted and what you will gain from the experience." Otis Lambert (They/Them)*



## **JAMES KLASSEN, B.A., C.O.A.P.S., C.P.S.** **LEARNING & DEVELOPMENT SPECIALIST**

As an Advanced Level WRAP Facilitator and a Certified Older Adult CPS trainer with over 35 years of experience in workforce development. He has worked with various groups, including youth, welfare recipients, and individuals affected by the justice system, trauma, mental health, and substance use. As a Certified Peer Specialist, Jim openly shares his personal recovery story to illustrate that recovery and wellness are attainable, which has naturally led him to his current position as the Institute's representative in Delaware County.

*"For me, it's not so much about teaching but about being with and connecting with others on this wellness and recovery journey. Having been in human services for 50 years, this is my happy place". - Jim Klasen (He/Him)*



## **MON OCAMPO, C.P.S.** **BI-LINGUAL LEARNING & DEVELOPMENT SPECIALIST**

Driven by their personal journey of immigrating from Honduras at age 11, Mon is committed to improving mental health services for the Latine community. Prior to their current role, they served as a mentor for young Latine migrants, connecting them with vital resources. Mon's ultimate goal is to expose systemic deficiencies in mental health systems by uplifting the voices of individuals within the recovery community.

*"Sharing information, education, and history not only give folks the power of knowledge but also the power to CHOOSE their own recovery path with their OWN knowledge, rather than how society deems how recovery should look like. The power of knowledge & information transforms individuals lives, and being able to witness said transformations is a privilege that facilitating has allowed me to be a part of". - Mon Ocampo (They/Them/Elle)*

# Meet the Team



## **JOHN ELBURN , A.S., C.P.S., C.L.S.** **LEARNING & DEVELOPMENT SPECIALIST**

Since receiving his Certified Peer Specialist (CPS) certification in 2017, John has been using his lived experience with mental health, substance use, and being unhoused in Philadelphia to help others. Most recently, at Unity Recovery, he led programs, supervised interns, and provided one-on-one supervision to peers. John holds an associate degree in Behavioral Health and Human Services from the Community College of Philadelphia and is a certified servant leader who plans to pursue a Master of Social Work.

*"I truly enjoy 'lightbulb' moment when you can see a person has got it, and the info has connected." - John Elburn (He/Him)*



## **JARVIS LI , B.S., C.P.S.** **LEARNING & DEVELOPMENT SPECIALIST**

Throughout his career, he has taught crisis management to a diverse range of professionals; from parents and teachers to program directors, clinical supervisors, and therapists. He has a strong foundation in behavioral science with 5 years' experience in Applied Behavior Analysis. Fluent in Cantonese, Jarvis has also served as a translator, bridging communication for immigrant families. Jarvis is committed to fostering growth and learning across diverse communities with a focus on both educational impact and enjoyment.

*"I'm passionate about helping others transform their past into a source of strength." - Jarvis Li (He/Him)*



## **ANGELA ELLISTON , C.P.S.** **LEARNING & DEVELOPMENT SPECIALIST**

She enjoys facilitating dynamic trainings that foster collaboration, skill-building, and practical application for professionals and community stakeholders. Drawing on her lived experience and years of service as a community based Certified Peer Support, Angela creates inclusive learning environments that empower others to advance recovery-oriented practices. She also brings extensive knowledge of recovery resources and systems in Allegheny County, ensuring her facilitation is grounded in local expertise. Angela earned her Bachelor of Science degree from Point Park University.

# Meet the Team



## **LYDIA COOPER, A.S., C.P.S., ADHD-PC PROGRAM MANAGER OF A.F.N.**

She has 38 years of experience in social services and over two decades in training and adult education, including roles in government benefits, hospital services, fundraising, and marketing. Her recent focus in child welfare involved Kinship Foster Care, addressing childhood trauma, and training caregivers for children with special behavioral health needs. She also spearheaded virtual learning for Philadelphia resource parents, leveraging her background as a corporate trainer and her certifications in Effective Black Parenting and Family Group Decision Making.

*"A CPS is the listening ear.....they are the guide that knows the way out because they have traveled the road before you; that completely understands, because they have experienced what you have experienced. They are the guide that knows the way you should go because they have traveled the road before you. There is no substitute for lived experience". - Lydia Cooper (She/Her)*



## **VICTORIA MOON, M.A., J.P.C. LEARNING & DEVELOPMENT SPECIALIST**

She is a dedicated professional passionate about serving vulnerable populations, equipped with a deep understanding of human behavior and social issues. She possesses the skills and knowledge necessary to make a meaningful difference in the lives of others, particularly in the realm of clinical mental health counseling.



## **BIANCA CORY, c.p.s. LEARNING & DEVELOPMENT SPECIALIST**

Known for her commitment to excellence, Bianca brings a thoughtful and collaborative approach to every project. She has experience in community outreach, one on one and group therapeutic work. She is passionate about making a positive impact through her work. Bianca consistently fosters strong relationships and delivers meaningful outcomes. While assisting with AFN Bianca is also completing her Masters in Social Work at LaSalle University.

*"I chose peer work because I believe in the unique ability that someone who walked a similar path to you can be a life changing tool in your healing journey". - Bianca Cruz (She/Her)*

# Words of Hope

*“CPS work is important to me because connecting with people not only helps others grow, it helps me too”.*

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*“The teachers have been very thorough and respectful of everyones learning ability ... I really like that there is never any judgement of people’s understanding”.*

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*“CPS[‘s are a] needed resource. .... We are capable to recover and help one another”.*

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*“This course was a super amazing experience! I feel like it could help anyone, even if they weren't planning on becoming a peer specialist. There were so many things learned that can benefit us and others”.*

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*“I appreciated [my] instructor greatly. He was engaging and caring. He made me feel my voice was heard ... and especially with my ADHD I never felt my attention wane. That is amazing!”.*

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*“This [training] is gonna make me into the person whom I would love to become”.*

QUOTES FROM OUR LEARNERS ABOUT CPS TRAINING  
AND OUR FACILITATORS

# Workshops for Professionals

Career Focused and  
Workplace Wellness in Mind

*Please review the following workshops that are curated for individuals looking to boost their confidence before entering the professional mental health field and/or cultivating an environment that ensures positive experiences for their employees in the workplace.*



**MENTAL HEALTH  
PARTNERSHIPS**  
*Together, we build hope.*

215-528-3916

| [edrago@mhphope.org](mailto:edrago@mhphope.org)

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# CAREER READY MINDS

*Start your CPS Career with Confidence*

Gain the Skills and Knowledge to Secure and Maintain Employment



## WHO IS THIS FOR?

This training is for individuals who have completed the Certified Peer Specialist (CPS) Training program and are seeking additional support to enhance their job readiness.

## DETAILS

The Training Program takes place over 12 days.

We are Proud to Share our Participants have a 80% Job Retention Rate



## Skills Training

- Computer Proficiency
- Written and Oral Communication
- Resume Writing
- Documentation Basics
- Interview Preparation

**Let us know if you are Intetested!**



# CONTACT US

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**FOR QUESTIONS ABOUT SCHEDULING A  
TRAINING AND PRICING PLEASE  
CONTACT OUR BUSINESS MANAGER  
DANIEL MILLER**

*267-507-3703*

*danielmiller@mhphope.org*

**FOR GENERAL INQUIRIES ABOUT  
TRAINING PLEASE CONTACT  
THE INSTITUTE TEAM**

*267-507-3339*

*recovery@mhphope.org*

*\*Prices for Trainings and Workshops  
may vary, please verify with our  
Business Manager for final pricing.\**