



Training Descriptions

Please contact Jessica Daggett, Education Program Director, for additional information: jessica@vocalvirginia.org | (804) 343 1777

Action Planning for Prevention and Recovery (APPR) Training of Trainers (ToT)

Description: APPR was originally developed in collaboration with Substance Abuse and Mental Health Services Administration (SAMHSA), Mary Ellen Copeland, and other leaders in the recovery community. With APPR, individuals, guided by a peer facilitator, can develop their own plan for relieving and preventing troublesome feelings and symptoms and plan how to stay well long-term.

This highly interactive and experiential Training of Trainers, led by experienced APPR trainers, will provide attendees with an opportunity to become an APPR-certified trainer of facilitators.

Length of Training: 11 hours, delivered over two days.

Action Planning for Prevention and Recovery (APPR) Facilitator Training.

This highly interactive and experiential facilitator training, led by experienced APPR ToT-certified trainers, will provide attendees with an opportunity to become an APPR-certified facilitator.

Length of Training: 15 hours, delivered over three days.

Advocacy Training

Description: Vocal Virginia's Advocacy Training takes participants through the major aspects of advocacy work in Virginia and in their own lives. Through a combination of presentation, discussion, and group work, participants will learn about the importance of advocacy throughout our lives, not just in the legislature.

Length of Training: This can be adjusted based on the requesting organization's needs/preferences. 2-3 hours is suggested.

Applying Anti-Racism to Trauma-Informed Care

Description: This training, facilitated by Chlo'e Edwards of Transformative Changes, is like no other trauma-informed care training, as it applies the Cultural ACES framework, in addition to an anti-racist lens, every step of the way while also providing participants with information on forming a trauma-informed community network to break silos in individual communities. **Length of Training:** 1.5 hours



Training Descriptions

Please contact Jessica Daggett, Education Program Director, for additional information: jessica@vocalvirginia.org | (804) 343 1777

Creating Safer Spaces: Examining the Intersection b/t Mental Health & LGBTQ+ Identities

Description: The goal of this workshop is to provide a safe and collaborative space for people to increase their understanding of many life experiences of their LGBTQ+ counterparts. Through this increased understanding, we hope to help establish more affirming spaces for LGBTQ+ individuals within the recovery community.

Length of Training: This can be adjusted based on the requesting organization's needs/preferences. 2-3 hours is suggested.

Trauma-Informed Peer Support (TIPS)

Description: Using a combination of presentation, discussion, and exercises, attendees will emerge with an understanding of how to effectively apply trauma-informed practices to peer support.

Length of Training: This training is 7 hours, delivered over two days.

Working with Hearing Voices

Description: Participants will learn how to better understand and support individuals in making meaning of their experiences with voice hearing. Facilitator Peter Bullimore, a founding member of the UK's Paranoia Network and a voice hearer, speaks from both lived experience and professional knowledge. *Working with Hearing Voices* helps PRS/CPRSs and other behavioral health professionals more effectively and empathically assist individuals who are voice hearers.

Length of Training: This training is 7 hours and delivered in one day.

Working with Paranoia and Unusual Beliefs

Description: Participants in *Working with Paranoia and Unusual Beliefs* will learn how to support someone with unusual beliefs, often called "paranoia." It will focus on exploring an individual's belief system so that a PRS or other behavioral health provider can better understand the individual's experience from the individual's perspective. The training also examines how a PRS/CPRS or behavioral health provider can reduce any negative impact on the individual's quality of life by being mindful of not detracting from what is meaningful or useful to them. **Length of Training:** This training is 7 hours and delivered in one day.