

What is Peer Employment Training?

Three introduction video modules are available for free on the Network of Care
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Introduction <http://meeting.networkofcare.org/prepet1> (22 minutes)

Recovery <http://meeting.networkofcare.org/prepet2> (15 minutes)

The Power of Peer Support <http://meeting.networkofcare.org/prepet3> (14 minutes)

Web Based Recovery Classes The Best Ways to Learn on Line

Hello!

I'm very pleased to inform you that the Recovery Opportunity Center has created a number of online classes you can take in order to further your understanding of the recovery process. We will be adding many more classes to our online library soon, since we want to be able to share what we've learned about wellness and recovery with anyone who is interested.

Many of our classes are free of charge while others will be offered at a very reasonable cost. You can find out more about the classes by going to our website at www.recoveryopportunity.com .

Our first attempt to offer online classes took place a couple of years ago, and we learned a lot from the mistakes we made in those early attempts to use this approach for sharing information.

One of our areas of learning had to do with the way people were taking the classes. Here are some of the points worth sharing with you since you may be interested in taking some:

- Taking a class with several other people increases the learning and level of retention of the material.
- Taking the class over a short period of time is better than taking it over long periods of time (within a few weeks instead of over the period of a year).
- Having a way to put the information into action right away seems to help people really “get it” and be able to put it to use in their work.
- Creating a “plan for action” is more effective than taking tests.

So, taking the above four points into consideration, here's the way we recommending taking our web classes:

Getting Ready

- Get in a small group with others who are interested in learning the material. If it's a class for peers, find three or four other peers who would like to take the class too. You may want to include at least one person who receives services from you to be in your small learning group and take the class along with you.
- Sign up for the class and order the material. In most cases we have a hard copy of a text that goes with the class.
- As a group, decide where you will access the class. With a small group of three to five, you can all get around the same computer screen, so no need for a lot of fancy equipment. Larger groups may be able to get a projector and project the class up on a screen for better viewing.
- As a group, decide when you will take the classes together. Try not to spread the classes over a long period of time, since it's easier to stay connected to the material if your classes are close together.
- Make an agreement to come to all the classes that you schedule. This is good practice for being accountable and keeping your word.

Taking the Class

- Read the corresponding part of the text before class. This way you are creating a space in your head to hold the information, and will be able to take your learning to a higher level in the class.
- Use the "Think Links" as an opportunity to talk with each other about what the instructor has to say. Make notes so you can go back and review later.
- Most classes conclude with an opportunity to plan further steps toward putting the learning into action. This is a chance to have some fun with your classmates. Help each other come up with plans and build in ways to be accountable. Support each other in sticking to your plans.