



## Making a Plan – Thinking Ahead (MAP)

### Facilitators Training Program Detail

v.3.25.22

Prepared by Susan Keller working in concert with Carol West, PSS Pilot Assistant; and the Peer Pilot Leadership Council (PPLC)

### **Behavioral Health ACP/PC Integration Program – Peer Pilot Spring, 2022**

#### Course Overview:

This course will assist Peer Support Specialists gain the knowledge and skills needed to become proficient at assisting people with behavioral health challenges to make an advance care plan with a focus on mental health care needs and choices, and having wishes known and honored.

#### Class One: Orientation to Advance Care Planning with Mental Health in Mind.

**1.5 hours via Zoom 3/31/22 from 10 – 11:30 AM + 1.5 hours Homework**

Class Objectives: By the end of this class the participants will:

- a) learn about advance care planning with mental health in mind
- b) understand what the MAP Program is and how it can help peers
- c) review the Making A Plan Toolkit to learn what is in that and how to use
- d) consider homework requirements in preparation for Class Two

**Do pre-training survey received by email when Class Zoom Link is sent pre-class.**

**Handouts:** Making A Plan Toolkit : Contents - Cover Sheet; Workbook; Forms; and Mental Health Supportive Care Plan 2 version; Provided by Peer Centers.

Training Program Detail; CARE Court Fact Sheet; Class One Evaluation Form;

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10 – 10:15 Welcome & Class Introductions. Quick Overview of MAP Facilitators Training Pilot, who we are, what we will be doing, why PSS.

10:15 - 11:10 General Orientation to Advance Care Planning and MAP Toolkit  
Susan - Overview ACP Basics, Rights, MAP Toolkit Reviewed Briefly  
Carol - Introduce Mental Health Supportive Care Plan  
Susan & Carol Overview of MAP Toolkit with walk through of each of the documents  
(Susan - Workbook and AHCD) (Carol - Personal Request Form)

11:10 – 11:30 Q & A Susan wrap up tie together, review homework assignment, import of holding the focus. Complete Class One Evaluation via Email

**Homework to be done before next Class 4/7 on paid work time**

- **45 minutes** to *carefully* read the MAP Workbook and *briefly review forms* to understand what's all in there and how it works keeping in mind Class One training. Note questions to bring to next class.

- **45 minutes** *thoughtfully* go through the MAP forms (AHCD, MHSCP, Personal Request Form) *as if completing for yourself or with someone else in mind*. Note what things come up for you when doing that and come to Class Two prepared to raise those issues in class.

**Class Two: Exploring Need and Potential 1.5 hours via Zoom 4/7/22 from 10 – 11:30 AM**

Class Objectives: By the end of this class the participants will:

- a) learn what is required to be a MAP Facilitator
- b) explore the role of the MAP Facilitator
- c) consider challenges and opportunities
- d) experience role plays helpful for engaging peer members and drawing them in

**Handouts:** Bring MAP Toolkit to Class.

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10 – 10:20 Class discuss MAP Toolkit homework done, what came to mind, questions & concerns.  
Susan do quick overview of Class Two and Class Three and how all ties together.

10:20 – 10:40 MAP Facilitators Role, Challenges & Opportunities - Susan  
What's Required? What's the Role? Challenges? Opportunities?  
Q & A

10:40 – 10:45 5 minute Stretch Break

10:45 – 11:20 Three Role Plays: Engaging Peer Center Members – Drawing Them In  
Susan and Carol to do role plays with class discussion following each

Role plays scenarios including class discussion with each done:

- Drawing a person in, stirring interest, emphasizing import of self-advocacy
- Introducing the MAP Toolkit and how it works

- Beginning the ACP/MH conversation using the MAP Workbook including considering triggering issues and how to handle

11:20 – 11:30 Closing Remarks, Reminder Class 3, Complete Class Two Evaluation

**Class Three: MAP Facilitators Guidance and Logistics 2 hours via Zoom 4/14/22 from 10 – 12 noon**

By the end of this class the participants will:

- a) review PSS skills helpful for doing MAP Facilitation work
- b) learn how to hold the focus on MAP work, establish and maintain boundaries
- c) experience role plays helping a peer complete and distribute their MAP documents
- d) explore work flow considerations and technical support

**Handouts:** Guidelines for MAPF/Peer Work Session

Distribution Guidelines

MAP Frequently Asked Questions (FAQs)

MAP Facilitators Log

(Bring MAP Toolkit to Class)

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**A. Holding the Focus- Staying True to Course (1 hour)**

10 – 10:15 Susan: Brief recap of what we have done thus far, what we will do now to wrap up training. Any questions, concerns or issues to talk about before we proceed?

10:15 – 10:45 Carol: Building on Existing PSS skills & inroads – Working as a MAP Facilitator

- o Core peer support skills reviewed in lite of MAPF work; logistics for Peer Center engagement as MAP Facilitator
- o Working as A MAP Facilitator: staying focused on task at hand; strategies for staying focused; establishing and maintaining boundaries between peer support and MAP work; document considerations

10:45 – 10:55 Questions, comments, concerns

10:55 – 11 5 min Stretch Break

## **B. Holding the Focus – Making It All Work (1 hour)**

11 – 11:25 – Carol & Susan do role plays and discuss scenarios with class

Role plays scenarios including class discussion with each done:

- maintaining boundaries between peer support and MAP facilitation
- choosing a health agent and what to do if a person has no one
- my documents are all completed, Now What? making it all work

11:25 -11:50 Closing Segment: Peer Support Worker/MAP Facilitation in Peer Program - Susan

1. Work Flow Overview – Peer Center Program Implementation
2. Who Does What? Roles & Responsibilities: center management, MAPF, member
3. When & How to Engage Member in MAP work
4. Suggested Format for MAP Facilitation Work Sessions
5. Reminder re Sensitive Trigger Issues and How to Address
6. Scheduling and Documenting Time Spent/Outcomes per Member
7. Support & Assistance for MAP Facilitator
8. Q & A

11:50 – 12 noon - Evaluations Completed and Certificates of Completion Issued by CN & PPLC.

**END OF MAP Facilitators TRAINING**

## Training Program Addendum

**1. Sponsoring 501(c)3 Nonprofit:** Community Network for Appropriate Technologies (CNAT)

**2. Instructors:**

Susan Keller, MA, MLIS, ED, Community Network; Peer Pilot Facilitator  
Carol West, CHW, PSS, MBBCH, BSc OT; Peer Pilot Assistant

**3. Training Development Advisors:**

**Peer Pilot Leadership Council**

Kim Barnett, DBA, MS, RN,

Retired Director, Complex Care, the Permanente Medical Group, San Rafael

Erika Klohe, ASW, Community Behavioral Health Lead, Community Health Investment,  
Providence, Sonoma County

Teresa “Sid” McColley, RN, CNS, Acute & Forensic Section Manager,  
Sonoma County – Department of Health Services – Behavioral Health Division

Michael Reynolds, Peer Programs Coordinator, West County Community Services

Judy Thomas, JD, CEO, Coalition for Compassionate Care of California

Mary-Frances Walsh, MHS, Executive Director, NAMI Sonoma County

**Peer Programs Advisors**

Danette Alander, Assistant Manager, Wellness & Advocacy Center

Eric Boehm, Wellness & Advocacy Center, Peer Support Specialist,  
Peer Outreach & Mobile Support Team

Sean Bolan, Manager, Wellness & Advocacy Center

Sean Kelson, Manager, Interlink Self-Help Program

Christy Davila, Director of Counseling and Behavioral Health, West County Community Services

**4. Training Website:** [www.CaringCommunity.org](http://www.CaringCommunity.org)

**> Advance Care Planning with Mental Health in Mind**