

Our primary goal is to assist W.I.S.E U participants with placement into peer jobs and volunteer positions.

WISE University, or WISE U, offers a full-service peer support training and placement academy to assist peer professionals through each step in the process.

WISE U is a program of NorCal MHA, the oldest peer-run consumer advocacy agency in Northern California. For decades NorCal MHA has successfully hired, trained, supported, and advanced the careers of consumers, family members, parents/caregivers, and transition age youth working and volunteering in peer support roles in California's Public Mental Health System.

WISE U Program

Peer Support Training
and Placement

There is no cost to attend,
but registration is limited.

Submit Application
www.wiseup.work



Applicant Interview



Peer Training Academy
11 days in-class



On-the-Job/ Fieldwork
Training



Placement Assistance



Mentoring and
Support

New Training Academy starts
each quarter: Spring, Summer,
Fall, and Winter

We are located in Sacramento,
but training locations rotate
across northern California.

Need more info?

Contact WISE
wise@norcalmha.org
916.376.7736

www.wiseup.work/wise-u

W·I·S·E University

Peer Training Academy
& Placement Assistance



Education
Experience
Empowerment

W·I·S·E (Workforce Integration
Support and Education) is a program
of NorCal Mental Health America
Funded by OSHPD

PEER SUPPORT IS AN EVIDENCE-BASED PRACTICE

- SAMHSA

NorCal Mental Health America believes that peer support is a unique and essential element of recovery-oriented mental health and substance abuse systems.

What is a Peer?

A peer has personal lived experience as a consumer and/or family member whose duties include a peer support role and contributing to the recovery culture of a team.

Peer Support: Roles and the Research

Peer supporters are people who use their experience of recovery from mental health disorders to support others in recovery. Combined with skills learned in formal training, like WISE University (WISE U), their experience and institutional knowledge put them in a unique position to offer support.

Functions of a peer:

- Model recovery
- Offer support to help people experiencing mental health challenges lead meaningful lives in the community
- Promote recovery
- Teach skills
- Enhance hope and social networking
- Supplement existing treatment with education, empowerment, and aid in system navigation

Peers work in a variety of roles:

- Facilitating support groups
- Peer counseling
- Advocacy
- Personal plan creation
- WRAP® Workshops and Support
- Health education/navigation
- Cultural brokerage
- Service referrals
- Systems navigation
- Benefits/healthcare acquisition
- Crisis intervention

Benefits of Peer Support

Peer support is considered a best practice by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Research shows peer support services can have a big impact on the consumers they support by:

- **Reducing symptoms and hospitalizations**
- **Increasing social support and community participation**
- **Decreasing lengths of hospital stays and costs of services**
- **Improving well-being, self-esteem, and social functioning**
- **Encouraging more thorough and longer-lasting recoveries**

WISE U hosts four Peer Training Academies during the year. Designed for those new to the field or looking to start a career as a peer in the public Mental Health Field. There is no cost to attend, but registration is limited.

Submit Application

The first step is to complete the online application available at www.wiseup.work/wise-u

Applicant Interview

All applicants will be interviewed regarding their recovery experience, skills and qualifications and barriers/challenges to determine readiness for WISE U Peer Training Academy.

WISE U Peer Training Academy

The Peer Training Academy consists of 11 days of in-class training. The instructors are WISE staff with a vast collective experience in peer support and supervision. Participants who complete the training academy will gain a deep understanding of the Peer Support Core Competencies as outlined by SAMHSA.

On-the-Job/ Fieldwork Training

20 hours of supervised fieldwork pertaining to direct peer support services

Placement Assistance

Part-time or Full-time, paid or volunteer peer positions

Mentoring and Support

WISE U Participants receive placement assistance and on-the-job support for 6 months after completion of in-class training.

Contact Us

Workforce Integration Support & Education
a program of NorCal Mental Health America

916.376.7736 | wise@norcalmha.org
www.wiseup.work/wise-u

Acceptance to WISE U is NOT guaranteed. Applicants will be interviewed to determine eligibility before being registered.