

## The Program Basics

**PREFER** is a comprehensive set of interactive courses & meetings designed to support your personal recovery and support you to enter or progress in the workforce as a peer recovery educator.

The package of recovery education programs includes:

- Wellness Recovery Action Plan (WRAP)
- Like Minds: Peer Support Education
- WRAP Facilitator Certification
- Pathways to Recovery
- Basic Short-Term Crisis Intervention
- Suicide Prevention
- Gaining Autonomy with my Medication
- Anti-Oppression Training

Additional education and support is provided using monthly network meetings for program participants, regular personal transformation tracking and program monitoring and a yearly summit that welcomes the broader recovery community.

To complete the full program, you must take all the courses. Previous experience may be considered. This process can take one to two years.



Collectively working to  
Building a Culture of Recovery

## **PREFER** Peer Recovery Education for Employment & Resilience

### Building a Culture of Recovery

#### Contact Information

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A Partnership Between

**Krasmancentre**

**Gerstein  
Centre**



**HOUSELINK**



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de l'Ontario

# PREFER

## Peer Recovery Education for Employment & Resilience

### Building a Culture of Recovery

➤➤➤ A comprehensive education strategy



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A Program of: **Krasmancentre**

## Background

The Peer Recovery Education for Employment & Resilience (PREFER) Program is a program of the Centre for Building a Culture of Recovery. The Centre is a project that not only advances a transformative recovery agenda for the mental health system, but also directly supports transformation for people. It represents a comprehensive education strategy that forms a new set of values and principles consistent with a recovery perspective: autonomy and empowerment; building hope; connecting with community, and learning to live from a position of wellness not illness.

Supporting recovery requires interactive education, to change beliefs and thinking, as well as experiential education to learn practical skills related to being well and exercising choice.

The PREFER Program is a four year project, administered by The Krasman Centre. It will build personal and system capacity and promote a workforce that is inclusive and supports recovery.



Learning to work through differing perspectives.

## Program Objectives:

- To support a personal foundation of recovery for program participants
- Nurture a critical perspective regarding personal and systemic factors that support recovery
- Develop skills and capacities to deliver wellness and recovery programs in the workplace
- Create recovery-supporting workplaces
- Initiate a support network for people in recovery

**The PREFER Program will prepare, co-ordinate and support a team of peer recovery educators who will facilitate a series of wellness recovery education programs with their peers in order to advance employment and skills development. Increasing employment capacity also involves strengthening the abilities of employers to support a peer workforce.**

The Program comprises a comprehensive curriculum of recognized wellness, recovery, and peer support education programs and it requires participation in a peer network of participants that supports learning and promotes leadership and advocacy.

## What Is Recovery?

Recovery challenges usual approaches to emotional, spiritual, or mental distress by promoting the belief that people can heal and get well from the most extreme emotional experiences or mental “illnesses”. People can and do rebuild and regain their lives through a journey of renewal or transformation. Rehabilitation and maintenance are not the end goal but instead reintegration and connection with community, friends, and a fulfilling and meaningful life.



Busting through prejudice & discrimination.

**Participants are provided with education and opportunities that prepare them to compete in the workforce. The Program is not an employer and participation in the program does not guarantee employment.**

People in recovery who are interested in participating should contact the co-ordinators or visit our website for more information and to apply.

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