



# Peer Workforce Well-Being in the Southeast

**Tuesday, July 27, 2021 | 12:00 PM (ET)**

## Description

Please join the Southeast Mental Health Technology Transfer Center (Southeast MHTTC) and the Georgia Mental Health Consumer Network (GMHCN) on **Tuesday, July 27, 2021 | 12:00 PM (ET)** as we focus on well-being within the Peer Support workforce.

A certified peer specialist is a person who self identifies as living with a behavioral health concern or diagnosis and who is in recovery. Peers work from the perspective of their lived experience to build connections and promote hope, recovery, and self-determination in the communities where they serve. Their ability to share their lived experience in a way that promotes hope for recovery and wellness in others is one of the talents of peer specialists that distinguishes them from other members of a care team. However, barriers to and support for their recovery and well-being are often overlooked.

Self-care is an important part of life for many peer specialists. What that looks like will vary from peer specialist to peer specialist (just as it differs from person to person). Learning from a peer specialist what self-care looks like for them is important in establishing and managing expectations for the peer specialist, their supervisor, and their organization. [Register Today!](#)

## Meet the Facilitators



**Roslind D. Hayes**, BS, CPS-AD, CARES, WHWC is the Statewide Coordinator of the GMHCN's Peer Support, Wellness, and Respite Centers. She is a trainer for the Certified Peer Specialist Project, Peer Zone, and Intentional Peer Support.

**Chris Johnson**, MFA, CPS, CPS-AD is GMHCN's Director of Communications. He is responsible for sharing information about recovery and wellness opportunities to behavioral health peers and providers across Georgia.

