



# CommonGround Academy Catalog

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Pat Deegan has distilled a lifetime of thought leadership on recovery into a person-centered approach and suite of technologies to support recovery and wellness. We call it, The CommonGround Approach.

Academy classes teach students fundamental and advanced concepts of the CommonGround Approach. Academy can be customized for inpatient and outpatient services, integrated behavioral healthcare, co-occurring services, psychiatric rehabilitation programs, ACT teams and peer support.

## CommonGround Academy

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Designed to be pragmatic and hands-on:

- Take individual classes, mix and match, or take the whole series
- Classes last 75 minutes and take place on a schedule that works for your program, so there's **no need for off-site training**
- Students partake in **action periods** in between classes, where they apply what they're learning and get **personalized feedback** on their work
- Up to 25 students engage in discussion during each live webinar
- Students join our **online learning platform** to stay organized and connected

## Requirements

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Participants need access to:

- Broadband Internet connection
- Modern browser
- Speakerphone, if attended in groups
- Recovery Library (*sold separately*)

## Testimonials

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*From a wellness nurse:* "I am so grateful to have this arsenal of tools to use! And all the resources from Recovery Library. But more important it opened my eyes to the challenges our clients live with every day. It helped me to have greater insight into what it must be like for them, and gave me a practical way to help them."

*From a peer:* "I've attended many trainings and classes over the years but I've never participated in a class where I learned so many things I was able to put into practice immediately. This has been such a great experience! I would highly recommend this to anyone working in a Peer Support role."

*From a clinician:* "It is like having a guide or a template that then becomes a jumping off point for more discussion surrounding a client's success. It was helpful to see all the different ways that we can approach recovery and supporting a patient/client's recovery process where they are at, as opposed to where we want them to be."





# Academy and Class Overview

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The Hearing Voices Simulation is a groundbreaking empathy-building exercise that helps individuals, students, and professionals understand the challenges faced by people with psychiatric disabilities. The toolkit contains everything your program needs to run the simulation. The other preparatory classes help lay the foundation for recovery oriented practice.

*Code: HV: 00*

*Cost: Toolkit: \$350*

*Set of 10 pre-loaded mp3 players: \$100 (optional)*

Preparatory classes establish a solid foundation in recovery-oriented care, which helps students get ready to participate in an academy.

*Code: PRE: 01-03*

*Cost: Academy (all 3 PRE classes): \$3,750 + Recovery Library \$85/month*

*Single Class: \$1,250*

Core classes prepare clinical and peer practitioners with the skills and tools needed to incorporate the CommonGround Approach in everyday practice.

*Code: CORE: 100-600*

*Cost: Academy - (all 6 CORE classes): \$7,500 + Recovery Library \$85/month*

*Single Class: \$1,250*

Advanced classes deepen and expand peer and clinical practice skills in The CommonGround Approach and the use of Recovery Library.

*Code: ADV: 100-600*

*Cost: Academy (any 6 ADV classes): \$7,500 + Recovery Library \$85/month*

*Single Class: \$1,250*

Engage our expert trainers for ongoing care consultations, following an academy or series of classes. Your team presents care scenarios and we work with you to apply the CommonGround Approach to the challenge. Consultations take place over live webinar and last 60 minutes.

*Code: ADV: 700*

*Cost: \$1,000 each*

*Package of 6: \$5,400 (\$900 each, save 10%)*

*Package of 12: \$9,600 (\$800 each, save 20%)*



# Class Listing

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## Building the foundation for recovery oriented care

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### **HV-01: Developing Empathy for the lived experience of psychiatric disability: The hearing voices simulation**

*The challenge:* How do we counter staff burnout, compassion fatigue, low empathy and lack of understanding?

*The solution:* Helping staff develop empathy for the lived experience of psychiatric disability

*The method:* The hearing voices simulation

### **PRE-01: Practicing recovery leadership**

*The challenge:* How do we work through resistance to recovery-oriented practice?

*The solution:* Practicing recovery leadership

*The method:* Developing personal leadership stories

### **PRE-02: Professional boundaries – building relationships that support recovery**

*The challenge:* How do staff know their personal limits and establish professional boundaries that support recovery?

*The solution:* Building relationships that support recovery

*The method:* A 5-factor algorithm for establishing professional boundaries

### **PRE-03: Peer Specialists and micro-aggressions in the workplace (peer specific)**

*The challenge:* How do you manage the pressure to assimilate into the traditional mental health workforce?

*The solution:* Safeguarding the unique perspective and contribution of the peer workforce

*The method:* Identifying micro-aggression in the workplace, and practicing micro-resistance

## Helping people find hope for recovery

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### **CORE-100: Recovery**

*The challenge:* How do we move from the maintenance model to the recovery model?

*The solution:* Wisdom from the lived experience of recovery

*The method:* The CommonGround Approach

### **CORE-100: Communicating hope for recovery (peer specific)**

*The challenge:* How do we communicate hope when a prognosis of doom can be more disabling than a diagnosis itself?

*The solution:* Fostering hope for a full and meaningful life

*The method:* Communicating hope through disclosure

### **ADV-101: Coming to terms with a diagnosis**

*The challenge:* How do we support people when a diagnosis can disrupt the story of self?





*The solution:* Understanding the individual's perspective and the team's perspective  
*The method:* Finding common ground

## Supporting people in discovering the healer within

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### **CORE-200: Engaging our recovery partner**

*The challenge:* How do we engage people in treatment and recovery?  
*The solution:* Activating self-care and awakening the healer within  
*The method:* Personal Medicine

## Helping individuals find and use their voice

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### **CORE-300: Moving beyond compliance to alliance**

*The challenge:* How do we move beyond compliance to alliance?  
*The solution:* Understanding how people want treatment to help  
*The method:* Power Statements

## Supporting people in making choices that are right for them

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### **CORE-400: Supporting self-determination**

*The challenge:* How do we work with people who appear to be making choices that steer their lives away from recovery?  
*The solution:* Managing risk by embracing self-determination  
*The method:* The Duty to Care and the Dignity of Risk

### **CORE-500: Supporting choices on the journey of recovery**

*The challenge:* How do we support people in navigating the decisions they face in treatment and recovery?  
*The solution:* Explore options, beliefs, lived experience and information to support clients in making the decisions that are right for them  
*The method:* Decision Support

### **ADV-501: The journey to use medication optimally to support recovery**

*The challenge:* How can we support people in using medications optimally?  
*The solution:* Supporting people in the optimal use of medication to support recovery  
*The method:* Applying six principles to move past challenges to using meds optimally

## Helping people get the integrated care they need

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### **ADV-502: It's not all in my head**

*The challenge:* How do we help people manage stigma in medical settings?  
*The solution:* Effective self-advocacy with medical practitioners  
*The method:* "It's not all in my head" worksheet and non-medication centered Power Statements





### **ADV-503: Recovery and wellness**

*The challenge:* People with mental health conditions are dying decades younger than the general population. How do we help people get the medical care they need?

*The solution:* Supporting wellness and integrated care

*The method:* Helping individuals to build their capacity to follow through with treatment

## Pulling it all together

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### **CORE-600: Practicing the CommonGround Approach**

*The challenge:* How do we use the CommonGround Approach methods in our day to day work?

*The solution:* Practicing integration techniques

*The method:* Care consultation examples and practice

### **ADV-601: Supporting person-centered care**

*The challenge:* How do we engage in and deliver person-centered care?

*The solution:* Exploring choice talk, option talk, decision talk

*The method:* Shared Decision Making

### **ADV-602: Using Recovery Library**

*The challenge:* How do staff integrate recovery oriented resources into their daily work?

*The solution:* Teaching staff to use resources with individuals and in groups

*The method:* Recovery Library

## Applying the CommonGround Approach

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### **ADV-700: Care Consultations**

*The challenge:* How do you apply and further integrate the CommonGround Approach?

*The solution:* Coaching and walk-throughs of the CommonGround Approach in action

*The method:* Care consultation from the experts

