

Searching for tools that truly engage and activate clients?

Looking for recovery-oriented training that will really stick?

Ready for an innovative solution that involves no new workflows or tasks?



PAT DEEGAN'S
COMMONGROUND



ACADEMY

WE LIKE IT SIMPLE AND FLEXIBLE.

Since 2015, we have engaged with dozens of partners to deliver **150+** classes to **600+** students. That's **800+** instruction hours, all delivered via live webinar (no travel!), according to each partner's needs, time and budget.

CLASS LISTING

Preparatory classes establish a solid foundation in recovery-oriented care.
Code: PRE: 01-04

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

Advanced classes deepen and expand peer and clinical practice skills in The CommonGround Approach and the use of Recovery Library.
Code: ADV: 100-700

Building the foundation for recovery oriented care

PRE-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-02: 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-03: 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-04: 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

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

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

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

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

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

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

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



RATES

LEVEL	PREPARATORY		CORE	ADVANCED	
Code	PRE-01	PRE-02 to 04	CORE-100 to 600	ADV101 to 602	ADV700
Students	Up to 40 participants	Up to 25 students (Contact us if extra seats are needed)		Contact Us	
Duration	~3 hours	75 minutes		60 minutes	
Delivery	Self-service Toolkit	Live Webinar Learning Management System		Live Webinar	
Base Rate	Toolkit: \$350	Classes: \$1,250 each Recovery Library: Starting at \$85/month		Consultations: \$1,000 each	
Options	Set of 10 pre-loaded mp3 players: \$100	Preparatory Academy: \$3,750 Core or Advanced Academy: \$7,500 Pre and Post Evaluation Assessment: \$500		Package of 6 (save 10%): \$5,400 Package of 12 (save 20%): \$9,600	
Requirements	Headphones	Recovery Library membership Internet connection Modern browser Speakerphone if attended in groups		Speaker phone (if attended in groups)	

- Take one class at a time
- Take pre-designed Preparatory, Core and/or Advanced Academies
- Mix and match classes for a custom Academy that meets your goals
- Engage us for hands-on care consultations and put our Approach to practice now

WE LIKE RESULTS.

Join dozens of teams – from inpatient and outpatient services, integrated behavioral healthcare, co-occurring services, psychiatric rehabilitation programs, ACT and peer support – who have turned to us for pragmatic solutions to their toughest day-to-day care challenges:

Wellness nurse: “I am so grateful to have this arsenal of tools to use! And all the resources from Recovery Library. But more important(ly) [your training] 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.”

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.”

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 support a patient/client’s recovery process [from] where they are at, as opposed to where we want them to be.”



LET’S TAKE YOUR SERVICES TO THE NEXT LEVEL: INFO@PATDEEGAN.COM