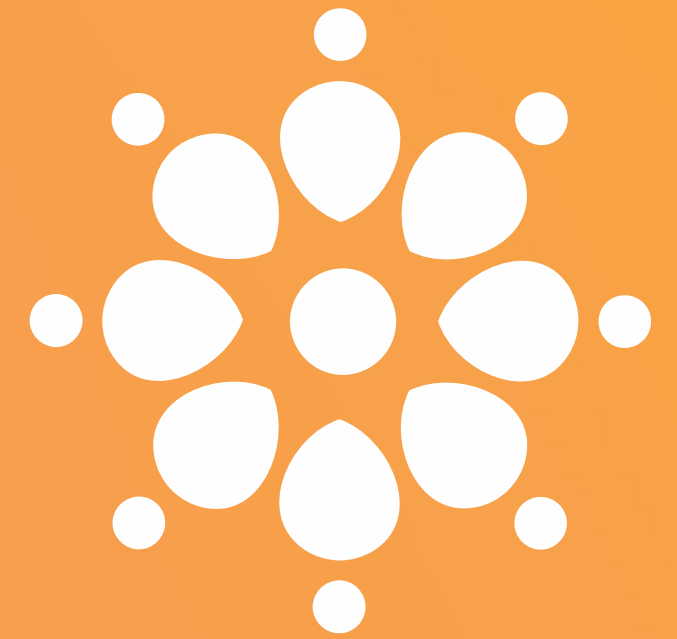


CONTRA COSTA
HEALTH



SPIRIT Outreach Presentation

What is SPIRIT?

SPIRIT stands for **Service Provider Individualized Recovery Intensive Training**.

It is a **9-unit college course** offered in collaboration between:
Contra Costa Behavioral Health's Office for Peer and Family Empowerment
and
Contra Costa College

SPIRIT welcomes:

- Peers with lived experience
- Family members
- Parents and caregivers
- Young adults engaged in the behavioral health system

Goals of SPIRIT

- Understand the role of peer and family support in recovery and the behavioral health system
- Gain insight into Contra Costa Behavioral Health's system of care:
 - Mental Health Services
 - Alcohol and Other Drug Services
 - Housing and Homeless Services
 - Health Services
- Learn about community resources that support recovery and resiliency
- Explore career paths in behavioral health through skill-building and internships
- Build personal wellness plans and support systems
- Encourage hope, resiliency, and empowerment

What You'll Learn

Students will receive instruction on:

- Peer Support
- Group Facilitation
- Ethics & Professional Boundaries
- Cultural Responsiveness
- Patients' Rights & Advocacy
- Resume Writing
- Interviewing Skills
- Conflict Resolution

Guest Presenters from:

- Contra Costa Behavioral Health Services
- Community-Based Organizations
- College Professors (for academic support and guidance)

SPIRIT Vocational Specialists

- Peer Vocational Specialists actively partner with community-based organizations and county programs to connect graduates with open peer positions.
- We provide ongoing support to students and alumni in pursuing paid roles, volunteer opportunities, and vocational training.
- Our commitment is to promote long-term career growth, professional development, and success.

Internship Overview

Internship Experience

- Students participate in a 6-week work-study internship within a behavioral health agency.
- The internship provides practical, hands-on training, allowing students to apply classroom learning directly in real-world settings.
- Students gain valuable experience working alongside professionals, peers, and multidisciplinary teams, strengthening both skills and confidence.

Course Schedule

Duration: January – July (6 months)

Units: 9 total

Structure:

SPIRIT I & II (Spring Semester):

- Mondays & Wednesdays, 11:00 AM – 2:00 PM
- Held at Contra Costa College, San Pablo
- 111 classroom hours

SPIRIT III (Summer Semester – Internship):

- Mondays: Class from 11:00 AM – 2:00 PM
- Tuesday–Friday: Internship with a behavioral health agency (minimum 60 hours)
- Internship assignments made through Work Study Fair (resume and interview-based)

Contact Information

Peer Instructors:

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Peer Vocational Specialists:

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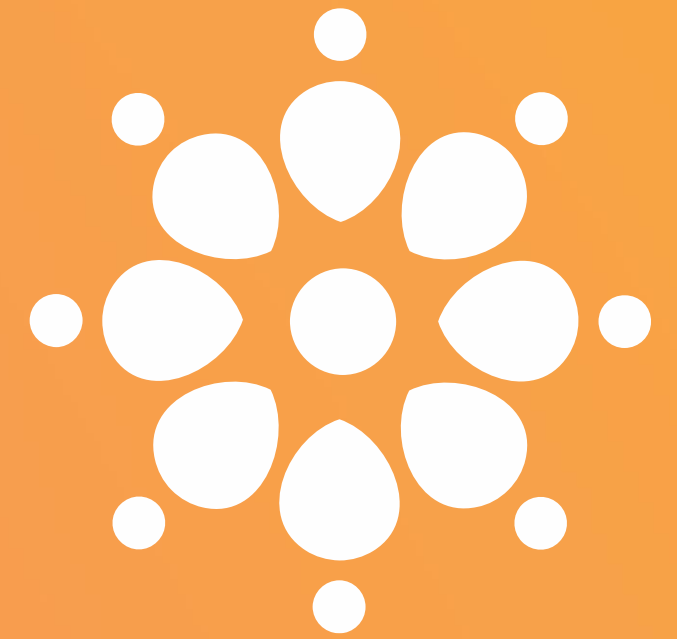
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Thank You