



# GROWING THROUGH

# 2022



## Peer Support for Life's Most Difficult Moments

**STRENGTHS-BASED**  
**DIGNITY-FOCUSED**  
**TRAUMA-INFORMED**

## PEER ALLY CRISIS SUPPORT SKILLS



# GROWING THROUGH

GROWING THROUGH (GT) is a strengths-based approach to supporting people in distress, founded in the growth/recovery model of mental health, humanistic psychology, peer support and trauma-informed care. GT practices integrate empowerment, distress reduction, and "Positive Listening", with best practices for suicide prevention, crisis de-escalation and the expertise of those 'who have been there.'

Based in *Core Competencies for Peer Crisis Support*, Growing Through PEER ALLY Training Experiences provide participants with practical tools and experiential practice sessions related to intense scenarios, including those where self-harm, violence and/or suicide may be present. GT Intensives and online module-based seminars are designed for professionals, managers, peer specialists, crisis counselors, college staff and the public in multiple formats (100 % online remote, on-site intensives, and bi-modal hybrid learning :

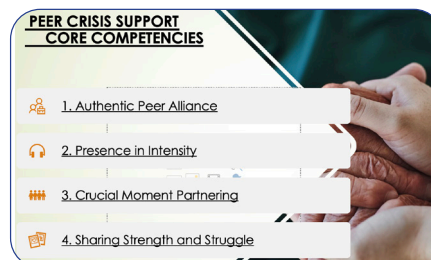
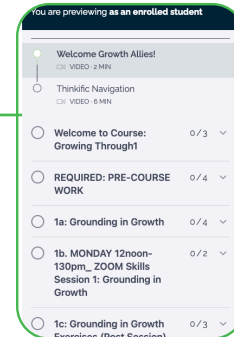
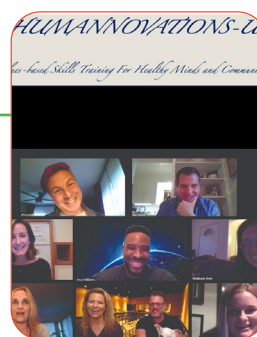
**OFFERING PRESENCE (GT1) • INTENSITY ALLY (GT2)**  
**• CRISIS PEER ALLY • THE HEART OF SUICIDE • GROWTH ALLY PRO**

The Growing Through model is fully compatible with Mental Health First Aid, QPR, Psychological First Aid, ASIST, Wellness Recovery Action Planning, Intentional Peer Support, Motivational Interviewing and related courses.

100% Remote and Hybrid Skills Training online @ Humannovations\_U

### THE HUMANNOVATIONS-U REMOTE TRAINING EXPERIENCE ONLINE/HYBRID +EXPERIENTIAL SEMINARS

- Intensive 1-week Seminar format blends the best of group learning, experiential focus and asynchronous flexibility
- Learning Management Platform with Self-Paced Study Online and Integrated with 2-3 hour Live Skills Sessions accommodates working schedules and learning styles
- Live/Zoom Skills Facilitators with the "Intensity Players"—professional actors that provide the ideal 'real world' laboratory for learners to practice skills and develop confidence



**KNOWLEDGE SKILLS CONFIDENCE** FOR CRISIS SUPPORT & SUICIDE PREVENTION  
[www.growingthrough.net](http://www.growingthrough.net)

“ Growing Through classes... totally changed the way I think about people experiencing crisis ... gave me the confidence that I can be there for others and know what to do at the toughest times. --Marisa, Nursing Professional/Peer Ally ”

## Growing Through Training Seminars

**Growing Through seminars are available to public and corporate health agencies, private industry, non-profit organizations and education-based communities.**  
**To reserve trainings or learn more contact: [info@humannovations.net](mailto:info@humannovations.net)**

### GROWING THROUGH 1: OFFERING PRESENCE

**ONLINE REMOTE 10 hour/week Seminar; IN PERSON full-day Intensive**

*How can we bring our full selves and lived experience to a peer experiencing struggle or intensity?*

Growing Through 1 answers this question with alliance and communications skills training for service providers including contact center staff, peer specialists and volunteers. OP develops practices for positive listening, and a structured approach for “Offering” personal experience.

*Prior related experience and/or training recommended. Participant max: 40/60*



### GROWING THROUGH 2: INTENSITY ALLY

**ONLINE REMOTE 10 hour Seminar; IN PERSON full-day Intensive**

*Intensity Ally* is a special training for social service and healthcare staff, volunteers, outreach, public safety and mobile crisis workers. Designed to provide confidence in peer-based engagement in critical incidents, and prevention of violence and suicide as founded in the Growth Ally values, this seminar brings a unique focus to skills that make a difference at tough moments. (GT1 and/or related experience required for GT2.)

**Participant max: 20/40**

*Intensity Ally* is provided in a combined format with Offering Presence for the 20-hour dual seminar **CRISIS PEER ALLY** program– available 100% remote or in bimodal training including 2-day onsite intensive. Inquire at [training@humannovations.net](mailto:training@humannovations.net)

### GROWTH ALLY PRO:

#### Advanced Peer Crisis Support Certificate:

A complete 40-hour advanced skills training for community counselors, recovery coaches, crisis contact staff, outreach workers, clinicians, certified Peer Specialists and others, *Growing Through Pro* (GTP) bridges the gap between mental health recovery services, crisis intervention and peer support values, GTP includes INTENSITY ALLY, The HEART OF SUICIDE and POWERFUL PARTNERSHIP Seminars for a total of 40 hours combined training including 24 hours of live Skills Session. This certificate program meets qualifications for crisis contact centers, mobile crisis, peer respite and acute diversion behavioral health programs.

*Growth Ally Pro is available in a 5-day In-Person Intensive Format*



**JOIN THE GROWTH ALLY COMMUNITY!** Since 2017 Humannovations has trained hundreds of “Allies” in California, Michigan, Delaware, Oregon, Georgia, Colorado, Nebraska, Illinois, the US National Disaster Distress Helpline, Australia, Europe & New Zealand.

[www.growingthrough.net](http://www.growingthrough.net)



HUMANNOVATIONS

*Growing Through is a product of Humannovations, a social impact organization driven by lived expertise and the vision of a future in which societal injustices and mental health challenges never limit anyone's ability to achieve their potential.*

**Humannovations: Empowering the Global Mental Health Revolution**