

# Emotional CPR Training

**March 27 & 28, 2017**

8:30 am to 4:30 pm

**\$75 per person**

*(Includes materials, lodging & meals)*

## Who can attend:

Certified Peer Support Specialists  
Certified Recovery Coaches

## Capuchin Retreat

62460 Mt. Vernon Road  
Washington, MI 48094

For more information on  
eCPR please visit the  
website

[www.emotional-cpr.org](http://www.emotional-cpr.org)

*The Michigan Department of Health and  
Human Services has provided funding for  
this initiative through Federal Community  
Health Block Grants*



*Presented by*

### **Training Team:**

*Carolyn Pifer, CPSS*

*Danielle Parpart, CPSS*

*Carmela Kudyba, CPSS*

*Dwayne Kelly, CPSS*

*Natasha Ellis, CPSS*

### **Participants will:**

- Assist individuals in transforming anger and rage into passion and strength
- Inspire motivation and change
- Help others tap into their courage and power
- Reframe crisis as opportunity
- Encourage the people they serve to take steps in the direction of their dreams
- Learn the importance of taking care of themselves so that they can support others
- Facilitate the other persons access to inner wisdom

Emotional CPR (eCPR) is an educational program designed to teach people to assist others through an emotional crisis by three simple steps:

### **Connecting, Empowering and Revitalizing**

eCPR is based on the principles found to be shared by a number of support approaches: trauma-informed care, counseling after disasters, peer support, emotional intelligence, suicide prevention, and cultural attunement. It was developed with input from individuals across the U.S. who have learned how to recover and grow from emotional crises. They have wisdom by the grace of first-hand experience. The Connecting process of eCPR involves deepening listening skills, practicing presence, and creating a sense of safety for the person experiencing a crisis. The emPowering process helps people better understand how to empower themselves as well as to assist others to feel hopeful and engaged in life. In the Revitalizing process, people re-engage in relationships with their loved ones and their support system. They resume or begin routines that support health and wellness which reinforces the person's sense of accomplishment, further energizing the healing process.

## Register via Fax at (517) 333-2677

### Emotional CPR Training

March 27 & 28, 2017

Capuchin Retreat Center

62460 Mt. Vernon Road

Washington, MI 48094

**\$75 ~ Cost includes Training Materials, Meals, and Lodging~**

- I need an overnight room for March 27, 2017 **only**
- I need an overnight room for both March 26 & 27, 2017
- I do not need an overnight room

Roommate Preference: \_\_\_\_\_  
*\*\* Roommates MAY be required, please see information below\*\**

Name: \_\_\_\_\_

Please select:     Certified Peer Support Specialist     Certified Peer Recovery Coach

Agency Name: \_\_\_\_\_

Agency Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

*\*Please provide email address so we can send you confirmation of registration\**

### Emergency Contact Information:

Name: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Special Needs: \_\_\_\_\_

**Clearly state your specific needs** for dietary restrictions, mobility assistance, interpreters, etc.

Arrangements for special needs will be honored for those written requests received 10 business days prior to the training. All attempts for on-site requests will be made.

**Cancellation Policy:** Registrations may be transferred to another employee of the same firm upon written request to [MDHHS-PeerSupport@michigan.gov](mailto:MDHHS-PeerSupport@michigan.gov). Cancellations must be received in writing to us within 10 business days prior to the date of the training. **Any registrant who did not attend the event and did not cancel according to the cancellation policy will be charged the full registration fee.**

**Expectations of your Agency:** Registration cost of \$75 and transportation expenses to the Capuchin Retreat Center.

**Cost and What Is Included:** \$75, which includes all conference materials, food and lodging. Any additional meals/snacks must be provided by the participant. Please note attendees must attend the entire session.

**Overnights & Roommates:** Lodging will be provided at no extra charge; however, **having a roommate may be required.** Please indicate your specific roommate request on this registration form. **If you do not make specific requests, you will be paired with a peer from another area of the state.**

### Check in Times:

Evening prior to training Sunday, March 26, 2017: 5 pm – 10 pm

Morning of training Monday, March 27, 2017: 7:30 am - 8:30 am

**For questions call Rebecca Billips at 517-373-0236**

**Fax this registration form to (517) 333-2677**

# PAYMENT FORM

## Emotional CPR

March 27 & 28, 2017

8:30 am- 4:30 pm

Capuchin Retreat Center - Washington, MI

Mail \$75. Payment to:

**Michigan Disability Rights Coalition**

**3498 East Lake Lansing Rd Ste. 100**

**East Lansing, MI, 48823**

**Attn: Ajauné Thomas**

**For credit card payments, please Call Ajauné Thomas at: (517) 333-2477 x 315**

Fax information: (517) 333-2677

Name of individual registering:

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Agency Name:

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Billing Address:

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City/State/Zip:

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**Would you like a receipt for this payment?**

If so, please check how you would like the receipt sent to you:

\_\_\_\_\_ Email

\_\_\_\_\_ Regular mail

**Send this receipt to (email or physical address):**

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For questions call Rebecca Billips at (517) 373-0236 or email

[MDHHS-peersupport@michigan.gov](mailto:MDHHS-peersupport@michigan.gov)

# Directions to

Capuchin Retreat Center  
62460 Mt. Vernon Road  
Washington, MI 48094  
[www.capretreat.org](http://www.capretreat.org)

**FROM NORTHERN MICHIGAN:** South on I-75/US23 towards Flint, and merge onto I-475 South toward downtown Flint. Merge onto I-69 East towards Port Huron. Take the M-53 Exit (Exit 168) toward Imlay City/Almont. Turn right onto MI53/S. Van Dyke Road. Continue to follow MI-53 South for approximately 20 miles. Turn slight right, and turn right onto Van Dyke Road. Turn left onto 28 Mile Road, (follow for approximately 3 miles), and turn right onto Mt. Vernon Rd., and follow for one mile to the retreat.

**FROM SOUTHERN MICHIGAN (DETROIT AREA):** Take I-75 North, and merge onto I-69 East/Walter P. Reuther Freeway (Exit 61) towards Port Huron. Take the Mound Road exit (Exit 22), and the Mound Road North ramp. Merge onto Mound Road, and follow for approximately 3 miles. Turn right onto Van Dyke Avenue/MI-53 North. Continue to follow MI-53 for approximately 14 miles. Turn slight left onto Van Dyke Road. Turn left onto 28 Mile Road, and follow for approximately 3 miles to Mt. Vernon Road. Turn right, and follow approximately 1 mile to the retreat.

**FROM WESTERN MICHIGAN:** Take I-69 East to Exit 82A towards Flint. Take the M-53 exit, (Exit 168) towards Imlay City/Almont. Turn right onto MI-53/S. Van Dyke Road, and follow it for approximately 20 miles. After a slight right turn, turn right onto Van Dyke Road, and follow for approximately ½ mile to 28 Mile Road. Turn left onto 28 Mile Road, and follow it for approximately 3 miles to Mt. Vernon Road. Turn right, and follow for approximately 1 mile to the retreat.

*If you have questions regarding registration for this training, please call  
Rebecca Billips at 517-373-0236 or email [MDHHS-Peersupport@michigan.gov](mailto:MDHHS-Peersupport@michigan.gov)*

**If you are on the road and need assistance, please call:**

**Capuchin Retreat Center: (248) 651-4826  
Bob & Jeanne: (906) 450-5985 or (906) 630-6788**

**Check in times:**

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**5 pm – 10 pm**

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