

MINNESOTA CERTIFICATION BOARD

## **ETS WARRIORS PATH**

**APPROVED PROVIDER**

**PEER RECOVERY SUPPORT CERTIFICATION**

### **REQUIRED CURRICULUM:**

**Advocacy 10 hours training**

**Mentor Education 10 hours training**

**Recovery Support 10 hours training**

**Ethics 16 hours training**

**EMPOWERED BY ETS** 

**Friday August 27, 2021**

10am-11:30am- Mental Fitness - Mind conditioning towards best self –version/Positive Intelligence

12pm – 1pm- Veteran Housing

Employment/Providing Computer Support-Resume Building-Interviewing

**Tuesday August 31, 2021**

10am-12pm- Psychology of Budgeting/Disciplines

Money Management-Addressing Credit-Resolving Debt-Investing

1pm-2:50pm- Cognitive Behavioral Therapy – DBT Training (Awareness of your thought, feeling, and action)

3pm-4pm- Hartman Team’s Strength Training & Physical Conditioning-Challenge Character Effort

**Wednesday September 1, 2021**

9:30am-11:30am -Family Restoration (Amending Personal Relationships, Establishing Healthy Connections Relationships, Integrity in Interactions)

\*Jessi Mckenna-Veteran Wife (Acceptance, Understanding, Rebuilding)

1pm-2:30pm- Developing stronger skill sets in right employer/employee relationships

**Tuesday September 7, 2021**

10am-12pm- Cultural Competence (Understanding Lifestyles & Value Systems)

Multicultural Education (Addressing Different Beliefs) \*Understanding Ethics & Boundaries

1pm-2:30pm- Leadership –Character Building – Maintaining Responsibility – Ethical Values

\*Personal responsibility for the pursuit of their own success.

**Wednesday September 8, 2021**

9:30am-10:30am- Family-Restoring Relationships/Rebuilding Trust/Communication Effectiveness

10:45am-12pm- Acceptance Commitment Therapy Approach (Reality/Moment/Opportunity to Improve)  
Understanding the strength of this Recovery Pathway-Psychological Flexibility

1pm-3:30pm

NorthernStar Fort Snelling Base Camp Training Team Building/Character Development

**Thursday September 9, 2021**

9am-10am- Struggle Well: Thriving in the Aftermath of Trauma

10am-12- Solution Focused Therapy-Strength Based Perspective

1pm-3pm- Wellness Training -Discernment-Awareness of Empathic Fatigue  
Understanding the Reactionary Gap-Managing Thinking

**Friday September 10, 2021**

10am-11:30am- Mental Health Fitness Mind conditioning towards best self –version/Positive Intelligence

**Monday September 13, 2021**

1pm-3pm- Careers Opportunities / Reverse Job Fair  
Employers Lyman Companies, LS Black, Lockleed, Sensata, Liberty Carton, MACV

**Tuesday September 14, 2021**

10am-12pm- Code of Ethical Conduct for Veteran Peer Recovery Specialists

1pm-3pm- Roy Kammer – Director of Minnesota Certification Board (MCB)  
Becoming a Peer Recovery Support Specialist-Veteran Advocacy/Resource  
Navigation

**Wednesday September 15, 2021**

9:30am-10:45am- ETS Warrior's Path Director/Recovery Coach  
4 Agreements Teaching

11am-12:15pm- Disciplines of Money Management

1pm-3:30pm- Creative Artwork (Wood Sculpting/Painting Pictures)

**Thursday September 16, 2021**

10am-12pm- Addressing & Educating Mental Health

1pm-3pm- Mental Health-Addressing & Educating Mental Health (cont.)

3pm-4pm- National Guard Service Registered Yoga Alliance (Certified Vinyasa Practices)

**Monday September 20, 2021**

1pm-3pm- United Heroes League Confidence Climb

**Wednesday September 22, 2021**

10am-12pm- Community Service Leadership

1pm-3pm- Encouraging Personal Integrity in the community  
Betterment of Society (Selfless devotion towards the greater good)

**Thursday September 23, 2021**

10am-12pm- God's love working in and through us- Bringing dignity to life

**Friday September 24, 2021**

10am-11:50am- Mental Fitness & Mind conditioning towards best self –version/Positive Intelligence

1pm-3pm- Combat Reboot Recovery Healing Soul Wounds & Repairing Moral Injury

3-4pm- Veteran Housing /Employment

**Tuesday September 28, 2021**

10am-12pm- Reclaiming Identity (Removing Labels-Rebuilding Self-Worth)

1:00pm-3pm- Men with Integrity (Demonstrated Character of Being Trustworthy & Managing a Responsible Way of Life)

**Wednesday September 29, 2021**

10am-11am- Family-Restoring Relationships/Rebuilding Trust/Communication Effectiveness/Maintaining Consistency (Respectful Interactions & Healthy Behaviors)

11am-12pm- Evaluate Progress in Wise Mind (DBT WAVE Concept)  
Assess Personal Development (Moral Reasoning/Appropriate Response)

**Thursday September 30, 2021**

10am-11:50am- GROW MODEL - Faith-Fire-Focus (Removing Interference)

1pm-3pm  
The Greater Game (Character Building/Christian Perspective)

**Friday October 1, 2021**

10am-12pm- Motivational Interviewing – Utilizing Helpful Resources

1pm-3pm- Reboot Combat Recovery

3pm-3:45pm- **Warriors Path Graduation Ceremony**