



# Soliman Consulting

## Reentry Peer Specialist Training Program ©

**Total Duration:** 150 hours

**Format:** Hybrid (In-person and Online)

**Target Audience:** Individuals with lived experience in reentry, community leaders, and those interested in supporting formerly incarcerated individuals.

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## Program Objectives

1. **Reduce Recidivism:** Equip participants with strategies to prevent re-offending and support individuals in making positive life choices.
2. **Empower Through Storytelling:** Use personal narratives as powerful tools for connection and change.
3. **Build Recovery Capital:** Develop community resource networks and leverage recovery capital for sustained personal growth.
4. **Enhance Facilitation Skills:** Train participants to lead support groups effectively and foster open communication.
5. **Develop Change Agents:** Encourage personal transformation and inspire others to initiate community changes.
6. **Social Capital:** Understand the value of transferable skills, exclusive life experience, bridge building and the art of Courageous Conversation.

7. **Promote Fulfillment:** Assist individuals in identifying life goals and building fulfilling, meaningful lives.
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## Curriculum Outline

### Module 1: Introduction to Reentry and Peer Support (10 hours)

- **Overview of Reentry Challenges and Opportunities (2 hours)**
  - Understanding the reentry process.
  - Identifying common barriers and needs of formerly incarcerated individuals.
- **Role of a Reentry Peer Specialist (2 hours)**
  - Defining the peer specialist's role.
  - Importance of lived experience and empathy in peer support.
- **Foundations of Peer Support (3 hours)**
  - Principles and ethics of peer support.
  - Boundaries and self-care for peer specialists.
- **Building Trust and Rapport (3 hours)**
  - Effective communication techniques.
  - Active listening and empathy exercises.

### Module 2: Recidivism Intervention Strategies (20 hours)

- **Understanding Recidivism (4 hours)**
  - Statistical insights and contributing factors.
  - The impact of recidivism on individuals and communities.
- **Intervention Models and Best Practices (6 hours)**
  - Evidence-based strategies for reducing recidivism.
  - Case studies and success stories.
- **Risk Assessment and Management (5 hours)**
  - Tools and techniques for assessing risk.
  - Developing personalized intervention plans.
- **Engagement and Motivation Techniques (5 hours)**
  - Motivational interviewing techniques.
  - Encouraging positive behavioral change.

### Module 3: Recovery Storytelling (20 hours)

- **The Power of Personal Narrative (5 hours)**
  - Why storytelling matters in recovery.
  - Connecting with others through shared experiences.
- **Crafting Your Story (5 hours)**
  - Structuring narratives for impact.
  - Balancing vulnerability and strength.
- **Public Speaking and Presentation Skills (5 hours)**

- Techniques for confident public speaking.
- Engaging an audience effectively.
- **Using Storytelling in Peer Support (5 hours)**
  - Integrating storytelling into peer sessions.
  - Encouraging others to share their stories.

#### **Module 4: Recovery Capital and Community Resource Development (30 hours)**

- **Understanding Recovery Capital (5 hours)**
  - Types of recovery capital: personal, social, community, and cultural.
  - How recovery capital influences successful reentry.
- **Building Resource Networks (10 hours)**
  - Identifying and mapping community resources.
  - Collaborating with local organizations and stakeholders.
- **Leveraging Resources for Growth (10 hours)**
  - Strategies for accessing and utilizing community resources.
  - Developing partnerships with service providers.
- **Advocacy and Community Engagement (5 hours)**
  - Advocating for policy changes and community support.
  - Engaging with community initiatives.

#### **Module 5: Group Facilitation Skills (30 hours)**

- **Fundamentals of Group Dynamics (5 hours)**
  - Understanding group behavior and roles.
  - Creating a supportive group environment.
- **Facilitation Techniques (10 hours)**
  - Leading effective group discussions.
  - Managing conflicts and challenging situations.
- **Designing and Leading Support Groups (10 hours)**
  - Planning group sessions and activities.
  - Incorporating diverse perspectives and needs.
- **Evaluation and Feedback (5 hours)**
  - Assessing group effectiveness.
  - Gathering and using participant feedback.

#### **Module 6: Being a Change Agent (20 hours)**

- **Personal Transformation and Empowerment (5 hours)**
  - The role of self-awareness in change.
  - Building confidence and resilience.
- **Leadership and Influence (5 hours)**
  - Developing leadership qualities.
  - Inspiring and motivating others.
- **Implementing Change in Communities (5 hours)**
  - Strategies for initiating community projects.

- Collaborating with community leaders and organizations.
- **Overcoming Resistance to Change (5 hours)**
  - Understanding and addressing resistance.
  - Building alliances and gaining support.

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### **Module 7: Supporting Individuals in Developing a Fulfilling Life (20 hours)**

- **Goal Setting and Planning (5 hours)**
  - Techniques for effective goal setting.
  - Creating actionable life plans.
- **Career and Education Pathways (5 hours)**
  - Exploring educational and vocational opportunities.
  - Developing skills for employment success.
- **Building Healthy Relationships (5 hours)**
  - Communication and conflict resolution skills.
  - Fostering supportive relationships.
- **Sustaining Personal Growth (5 hours)**
  - Maintaining motivation and momentum.
  - Self-reflection and continuous improvement.

### **Module 8: Practicum and Peer Coaching (20 hours)**

- **Practical Application of Skills (10 hours)**
  - Real-world scenarios and role-playing exercises.
  - Facilitated peer support sessions.
- **Supervised Peer Coaching (10 hours)**
  - One-on-one peer coaching sessions.
  - Feedback and evaluation from experienced mentors.

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## **Delivery Format**

1. **Online Learning (60 hours)**
  - Interactive webinars and video lectures.
  - Self-paced learning modules and assignments.
  - Online discussion forums and peer collaboration.
2. **In-Person Workshops (90 hours)**
  - Hands-on workshops and group activities.
  - Guest speakers and expert panels.
  - Community visits and resource mapping exercises.

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## **Assessment and Certification**

- **Quizzes and Assignments**
    - Online quizzes to assess knowledge retention.
    - Assignments to demonstrate practical application of skills.
  - **Capstone Project**
    - A comprehensive project addressing a reentry challenge.
    - Presentation and feedback from instructors and peers.
  - **Certification**
    - Participants receive a certificate upon successful completion.
    - Recognition as a Certified Reentry Peer Specialist.
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## **Program Benefits**

- **For Participants:**
    - Gain valuable skills and knowledge to support reentry efforts.
    - Build a professional network and community connections.
    - Empower personal growth and leadership abilities.
  - **For Communities:**
    - Increased support for formerly incarcerated individuals.
    - Strengthened community resource networks.
    - Reduced recidivism and enhanced public safety.
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## **Implementation Considerations**

- **Partnerships:** Collaborate with local organizations, corrections facilities, and educational institutions for support and resources.
  - **Funding:** Seek grants, sponsorships, and community funding to sustain the program.
  - **Evaluation:** Regularly assess program effectiveness and participant outcomes for continuous improvement.
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## **Additional Resources**

- **Training Manuals and Guides**
- **Access to Online Learning Platform**
- **Peer Support and Mentorship Network**
- **Community Resource Directory**