

# Are you interested in being a Certified Peer Support Specialist or Certified Recovery Specialist?

## Certified Peer Specialist (CPS)

A CPS is a person who is living their own mental health recovery journey and is willing to openly share their experiences, strength, and hope with others.

### Requirements:

- ◆ Self-identify as an individual who has received or is receiving mental health services
- ◆ 18 years of age or older
- ◆ High School Diploma or GED
- ◆ Maintained at least 12 months of paid or volunteer work experience OR obtained at least 24 credit hours of post-secondary education
- ◆ Completed 10 day, 76 hour Peer Specialist Certification Training
- \* Training explores active listening, appropriate self-disclosure, documentation standards and regulations, writing progress notes and individual service plans, and other important skills essential to providing peer support.

### Job Responsibilities may include:

- ◆ Assistance in identifying and building natural supports
- ◆ Finding and accessing community resources
- ◆ Involvement in meaningful community activities
- ◆ Support & encouragement for self-advocacy

## REACHING RECOVERY THROUGH SHARED EXPERIENCE

Providers in Lycoming and Clinton Counties who employ CPS and CRS and offer peer support/recovery services:

- ◆ Community Services Group (CPS)
  - ◆ Skills of Central PA (CPS)
- ◆ West Branch Drug & Alcohol Abuse Commission (CRS)
- ◆ Crossroads Counseling, Inc. (CRS)
- ◆ Diakon Family Life Services (CPS)
  - ◆ Genesis House (CRS)
  - ◆ White Deer Run Outpatient Services (CRS)

**You can find more information about peer support and the required training by visiting the websites listed below:**

### PA Certification Board

[pacertboard.org](http://pacertboard.org)

### PA Peer Support Coalition

[papeersupportcoalition.org](http://papeersupportcoalition.org)

### PA Recovery Organizations Alliance

[pro-A.org](http://pro-A.org)

### RI International Recovery

[riinternational.com](http://riinternational.com)

### Mental Health Partnerships

[mentalhealthpartnerships.org](http://mentalhealthpartnerships.org)

### Recovery Community Connection

[recoverycommunityconnection.com](http://recoverycommunityconnection.com)

## Certified Recovery Specialist (CRS)

A CRS is a person who helps others work towards a meaningful recovery from substance abuse using knowledge, skills, & experience that comes from having "been there".

### Requirements:

- ◆ Self-identify as an individual with a personal, lived, recovery experience for a minimum of 18 months
- ◆ Personal Attestation of lived experience
- ◆ 18 years of age or older
- ◆ High School Diploma or GED
- ◆ Completed 54 hour Certified Recovery Specialist Training
- \* Training explores recovery management, education and advocacy, professional ethics, documentation standards and regulations, writing progress notes and individual service plans, and other important skills relevant to providing recovery support.

### Job Responsibilities may include:

- ◆ Recovery support and mentoring in all stages of recovery and treatment
- ◆ Assistance in gaining access to needed resources in the community
- ◆ Support & encouragement in overcoming barriers