

Certified Recovery Peer Specialist – Provisional (CRPS-P) Training Verification Form

Requirement

40 hours of training, with a minimum number of training hours in each performance domain as follows:

- Advocacy: 4 hours
- Mentoring: 6 hours
- Recovery Support: 6 hours
- Cultural and Linguistic Competence: 2 hours
- Motivational Interviewing: 4 hours
- Vicarious Trauma/Self-care: 2 hours
- Professional Responsibility: 4 hours
- Whole Health 8 – 16 hours*
- Electives: 0 - 4 hours**

*Applicants must complete one of the following whole health training programs:

- WRAP (16 hours), OR
- WHAM (8 hours), OR
- Peer Whole Health and Resilience (between 8 to 16 hours, depending on provider), OR
- A training program equivalent to WRAP, WHAM or Peer Whole Health and Resilience. Please ask FCB to review and approve the training before completing it for certification purposes.

**The number of electives required depends on the curriculum completed for the Whole Health domain. The content for elective training hours may relate to any of the above performance domains or to addiction, mental health, or veteran/family/youth peer services.

All training must have been within the last 5 years.

Training hours must be non-repetitive (i.e., the same course cannot be claimed more than one time even if the course was taken multiple times) and **all training must have been completed with the last 5 years** with the exception of college/university courses, which may exceed the 10 year timeframe.

Supporting Documentation Requirements

Training documentation must provide the following information:

- Applicant's Name
- Title of course/training/educational event*
- Event sponsor/provider
- Delivery date(s)
- Number of Contact Hours

****If the event title does not clearly identify the instructional content, please attach an official description of the event, such as an agenda or syllabus.***

If training certificates do not include all required information, contact the training provider and request the additional information on their official letterhead: include these letters with your training documentation.

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Training Requirements by Domain

| DOMAIN | TOPICS |
|---------------------------------------|---|
| Advocacy (4 hours) | <ul style="list-style-type: none"> • Stigma • Social injustice issues relating to factors such as race, culture, sexual orientation, class, disability • Protecting rights • Advocacy strategies to support peers • Influencing and negotiation • Empowerment strategies • Fostering self - advocacy skills among persons served • Concept of self - determination and how to support it |
| Mentoring (6 hours) | <ul style="list-style-type: none"> • Motivational Interviewing: (must have 4 hours) • Establishing and terminating the peer relationship • Effective methods to tell personal recovery story • Building supportive relationships • Role-modeling • Inspiring hope • Group process and facilitation • Educational methods • Interpersonal communication principles and methods • Use of person-first language • Wellness planning • Teaching practical living skills, personal care, etc. • Recognizing and fostering resilience |
| Recovery Support (6 hours) | <ul style="list-style-type: none"> • Principles of recovery • Processes of recovery and change • Recovery capital • Developing recovery goals and plans • Triggers for mental health symptoms and abuse of substances • Medication (side effects, management) • Trauma-informed services • Person-centered principles and practices • Resource linkage/making referrals • Collaboration methods • Use of self-help groups and other recovery support services • Use of natural support systems • Crisis situations and strategies for intervention |

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| DOMAIN | TOPICS |
|---|--|
| Cultural and Linguistic Competence (2 hours) | <p>The US Department of Health and Human Services defines Cultural and Linguistic Competence as follows. Eligible training will reflect these concepts:</p> <ul style="list-style-type: none"> • <u>Linguistic Competence</u>: Providing readily available, culturally appropriate oral and written language services to limited English proficiency (LEP) members through such means as bilingual/bicultural staff, trained medical interpreters, and qualified translators. • <u>Cultural Competence</u>: A set of congruent behaviors, attitudes, and policies that come together in a system or agency or among professionals that enables effective interactions in a cross-cultural framework. • <u>Cultural and Linguistic Competence</u>: The ability of health care providers and health care organizations to understand and respond effectively to the cultural and linguistic needs brought by the patient to the health care encounter. • Cultural competence requires organizations and their personnel to value diversity; assess themselves; manage the dynamics of difference; acquire and institutionalize cultural knowledge; and adapt to diversity and the cultural contexts of individuals and communities served. |
| Motivational Interviewing (4 hours) | <p>The federal Substance Abuse and Mental Health Services Administration (SAMHSA) defines motivational interviewing as Eligible training will reflect these concepts:</p> <ul style="list-style-type: none"> • Motivational Interviewing is a clinical approach that helps people with mental health and substance use disorders and other chronic conditions such as diabetes, cardiovascular conditions, and asthma make positive behavioral changes to support better health. The approach upholds four principles— expressing empathy and avoiding arguing, developing discrepancy, rolling with resistance, and supporting self-efficacy (client’s belief s/he can successfully make a change). |
| Vicarious Trauma/Self-care (2 hours) | <p>The American Counseling Association defines Vicarious Trauma as follows. Eligible training will reflect these concepts:</p> <ul style="list-style-type: none"> • The term vicarious trauma, sometimes also called compassion fatigue, is the latest term that describes the phenomenon generally associated with the “cost of caring” for others. Other terms used for compassion fatigue are secondary traumatic stress and secondary victimization. It is believed that professionals who work with trauma survivors experience vicarious trauma because of the work they do. Developing an adequate self-care strategy is key to preventing or overcoming vicarious trauma. |
| Professional Responsibility (4 hours) | <ul style="list-style-type: none"> • Federal, state & other governing laws and regulations • Ethics, values and professional conduct/Codes of Conduct • Philosophy of peer support • Boundary issues • Confidentiality • Documentation • Using supervision/consultation |
| Whole Health (8-16 hours) | <p>Applicants must complete one of the following whole health training programs:</p> <ul style="list-style-type: none"> • WRAP (16 hours), OR • WHAM (8 hours), OR • Peer Whole Health and Resilience (between 8 to 16 hours, depending on provider), OR • A training program equivalent to WRAP, WHAM or Peer Whole Health and Resilience. Please ask FCB to review and approve the training before completing it for certification purposes. |

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| DOMAIN | TOPICS |
|----------------------------------|---|
| Electives (0-4 hours) | The number of electives required depends on the curriculum completed for the Whole Health domain. The content for elective training hours may relate to any of the above performance domains or to addiction, mental health, or veteran/family/youth peer services. |

**CRPS-P
Training Verification Form (1 of 9)**

Training Topic: Advocacy

Training Requirement: Minimum of 4 hours

| Title of Training | Training Provider | Date of Training | Training Hours Awarded | Type of Documentation Attached | FCB Use Only |
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**CRPS-P
Training Verification Form (2 of 9)**

Training Topic: Mentoring

Training Requirement: Minimum of 6 hours

| Title of Training | Training Provider | Date of Training | Training Hours Awarded | Type of Documentation Attached | FCB Use Only |
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**CRPS-P
Training Verification Form (3 of 9)**

Training Topic: Recovery Support

Training Requirement: Minimum of 6 hours

| Title of Training | Training Provider | Date of Training | Training Hours Awarded | Type of Documentation Attached | FCB Use Only |
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**CRPS-P
Training Verification Form (4 of 9)**

Training Topic: Cultural and Linguistic Competence

Training Requirement: Minimum of 2 hours

| Title of Training | Training Provider | Date of Training | Training Hours Awarded | Type of Documentation Attached | FCB Use Only |
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**CRPS-P
Training Verification Form (5 of 9)**

Training Topic: Motivational Interviewing

Training Requirement: Minimum of 4 hours

| Title of Training | Training Provider | Date of Training | Training Hours Awarded | Type of Documentation Attached | FCB Use Only |
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**CRPS-P
Training Verification Form (6 of 9)**

Training Topic: Vicarious Trauma/Self-Care

Training Requirement: Minimum of 2 hours

| Title of Training | Training Provider | Date of Training | Training Hours Awarded | Type of Documentation Attached | FCB Use Only |
|-------------------|-------------------|------------------|------------------------|--------------------------------|--------------|
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**CRPS-P
Training Verification Form (7 of 9)**

Training Topic: Professional Responsibility

Training Requirement: Minimum of 4 hours

| Title of Training | Training Provider | Date of Training | Training Hours Awarded | Type of Documentation Attached | FCB Use Only |
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**CRPS-P
Training Verification Form (8 of 9)**

Training Topic: Whole Health

Training Requirement: Minimum of 8-16 hours, depending on training program completed.

| Title of Training | Training Provider | Date of Training | Training Hours Awarded | Type of Documentation Attached | FCB Use Only |
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**CRPS-P
Training Verification Form (9 of 9)**

Training Topic: Electives

Training Requirement: The minimum number of hours necessary, if any, to reach 40 total training hours.

| Title of Training | Training Provider | Date of Training | Training Hours Awarded | Type of Documentation Attached | FCB Use Only |
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