



Certified Recovery Peer Specialist

Lived Experience Verification and Attestation Form

DIRECTIONS

Peer Specialists use their own lived experiences to support individuals facing similar challenges. This form allows CRPS and CRPS-P Upgrade Applicants to attest to their primary or additional category of lived experience. The form requires applicants to reflect on and share how their personal journey connects to the peer support role. A separate form must be completed for each lived experience endorsement.

This form is completed by the applicant and submitted to their assigned Certification Specialist via email. Do not submit this form to the FCB until the CRPS or CRPS-P Upgrade Application shows 'in process' in the FCB online certification system.

REQUIREMENT

Lived Experience Description	In the context of peer support, lived experience refers to a person's firsthand knowledge of navigating challenges such as mental health conditions, substance use, trauma, involvement with the criminal justice system, or supporting a loved one through such experiences. Peer Specialists use this personal insight—gained through their own recovery or growth process—to offer empathy, understanding, and practical support to others facing similar situations.
Lived Experience Categories	<p>Adult (A) Applicants have personal lived experience as an adult navigating mental health, substance use, or other recovery as an adult with a mental health condition or substance use disorder and are currently living a wellness and recovery-oriented lifestyle for a minimum of two years.</p> <p>Family (F) Applicants have lived experience as a family member or caregiver to a child or adult diagnosed with a mental health condition or substance use disorder. Individuals with the "family" endorsement have lived experience supporting adult or child family members through recovery or systems of care necessary to achieve a wellness and recovery-oriented lifestyle.</p> <p>Veteran (V) Applicants have lived experience related to military service and its impact on health, recovery, or community reintegration as a veteran of the armed forces who also have been diagnosed with a mental health condition or substance use disorder and are currently living a wellness and recovery-oriented lifestyle for a minimum of two years.</p> <p>Youth (Y) Applicants are currently between the ages of 18 and 29; have lived experience with a significant life challenge(s) ** during the ages of 14-25; and are currently living a wellness and recovery-oriented lifestyle for a minimum of two years.</p> <p>** Experience with mental health, substance use, or systems involvement during adolescence or young adulthood.</p> <p>Criminal Justice (CJ) Applicants have experience with incarceration, probation/parole, or other aspects of the criminal justice system due to a mental health condition and/or substance use disorder and are living a wellness and recovery-oriented lifestyle for a minimum of two years.</p>
Supporting Documentation	Respond to each question, focusing on insights and perspectives; deeply personal or identifying details are not required. All responses remain confidential and will only be used to assess the applicant's alignment with lived experience endorsements.



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Applicant Information: Please list the position you held for which you are requesting credit for certification and verification by your employer. Report employment dates in the following format: MM/DD/YYYY to MM/DD/YYYY. Use a separate form for each position/employer documenting work experience.

Applicant Name:

Email Address:

Endorsement Type: ☐ Primary Lived Experience ☐ Additional Lived Experience Endorsement

Select the category of lived experience documented on this form.

- ☐ **Adult** Experience navigating mental health, substance use, or other recovery as an adult with a mental health condition or substance use disorder.
- ☐ **Family** Experience as a family member or caregiver supporting someone through recovery or systems of care due to a mental health condition or substance use disorder.
- ☐ **Veteran** Experience with military service and mental health conditions or substance use disorders.
- ☐ **Youth** Experience with mental health, substance use, or systems involvement during adolescence or young adulthood.
- ☐ **Criminal Justice** Experience with incarceration, probation/parole, or other aspects of the criminal justice system due to a mental health condition and/or substance use disorder.

Briefly describe your lived experience in the category or categories you selected. *You may share challenges faced, insights gained, or how the experience shaped your personal growth.*



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How has your lived experience motivated you to become a Peer Specialist?

How do you continue to maintain your wellness and personal growth? Include any routines, supports, or strategies you find helpful.

Consent and Signature

With my signature I attest and affirm that the information provided above is true to the best of my knowledge. I understand that my responses are confidential and used solely for evaluating my fit for the peer specialist role.

Signature (FCB accepts manual and electronic signatures)

Date