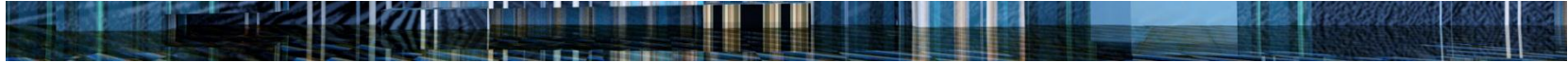


2015

# Compendium of Training and Self-Study Resources, 2<sup>nd</sup> Edition

For Recovery Peer Specialists and  
Recovery Support Specialists





# Training Programs

# Training Programs

---

The training programs in this first table are either online courses or traditional face-to-face training programs. These offer training in multiple topics that total 20 or more hours of training and can apply towards the required hours needed for certification as a Certified Recovery Peer Specialist (CRPS) or a Certified Recovery Support Specialist (CRSS). Programs that provide a “certificate” demonstrate a concentration of training hours; these apply towards state “certification.”

Title	Source	Cost	Type/ Hours	Summary
<i>Recovery Peer Specialist Program</i>	NET Institute <a href="http://www.netinstitute.org/content/peer-specialist-training">http://www.netinstitute.org/content/peer-specialist-training</a>	\$495	Homestudy 40 hours,  CEUs are provided	This complete homestudy program provides all of the training topics and hours needed for the Certified Recovery Peer Specialist credential. Courses can also be purchased separately.
<i>Recovery Support Specialist Program</i>	NET Institute <a href="http://www.netinstitute.org/content/recovery-support-specialist-program">http://www.netinstitute.org/content/recovery-support-specialist-program</a>	\$867	Homestudy 138 hours, CEUs are provided	This complete homestudy program provides all of the training topics and hours needed for the Certified Recovery Support Specialist credential. Courses can also be purchased separately instead of the full program.
<i>Recovery Support Specialist Program</i>	The Academy for Addiction Professionals <a href="http://www.addictionacademy.com/certified-recovery-support-specialist.php">http://www.addictionacademy.com/certified-recovery-support-specialist.php</a>	\$375 for the full 75 hour program or each of the five courses can be purchased separately	Online courses 75 hours  CEUs are provided	This course covers the full content needed for the Certified Recovery Support Specialist credential. These can be bundled as a package or taken separately: 1. Legal and Professional Responsibility (22 hours, \$110); 2. Re-engagement, Crisis Support & Safety (13 hours, \$65); 3. Resource Linkage & Follow-Up (13 hours, \$65); 4. Practical Living Skills/Social Development (10 hours, \$50); and, 5. Recovery Management (17 hours, \$85).

Title	Source	Cost	Type/ Hours	Summary
<i>Recovery to Practice</i>	National Association for Addiction Professionals (NAADAC) <a href="http://www.naadac.org/rtp-certificate-program">http://www.naadac.org/rtp-certificate-program</a>	\$50 for NAADAC members, \$100 for non-members	Archived webinars with post-tests 30 hours CEUs are provided	The Recovery to Practice (RTP) training series is designed to increase awareness, acceptance, and adoption of recovery-based practices in the delivery of addiction-related services. This is not directed specifically at peer-delivered services, but the topics are relevant.
<i>Recovery to Practice Next Steps Training Program</i>	International Association of Peer Supporters (iNAPS) <a href="http://rtp4ps.org/participant-workbook/">http://rtp4ps.org/participant-workbook/</a>	Free	In-person training, must be requested	This training is directed towards <u>working</u> providers of peer support services. It is meant to be delivered face-to-face; however, the Participant Workbook is available. It covers: 1: The Transforming Power of Recovery; 2: The Complex Simplicity of Wellness; 3: The Effects of Trauma on Recovery; 4: Multicultural Awareness and Recovery; 5: From Dual Diagnosis to Recovery of the Whole Person; 6: Peer Support Values and Guidelines; 7: Strengthening Workplace Relationships; and, 8: Supportive Recovery Relationships.
<i>Peer Recovery/Addictions Recovery Coach Training Program</i>	PARfessionals <a href="http://www.parprofessionals.org/ourllc.php">http://www.parprofessionals.org/ourllc.php</a> Note: Click on the link at the bottom of the page that says "Purchase PARfessionals Products and Services" to see online course listings	\$199, plus cost of one textbook, 50 hours	Online, self-paced course	This course is designed to prepare students for Peer Recovery Support or Addiction Recovery Coaching certification. It covers: the history of the peer recovery movement; the knowledge areas needed to become a recovery coach; models of recovery and ethics; and, how to create recovery partnerships, assess clients, create recovery and relapse prevention plans.

Title	Source	Cost	Type/ Hours	Summary
<i>Helping Others Heal: A Peer Support Training Manual</i>	Learning Optimism, LLC  Visit: Florida Department of Children and Families Office of Substance Abuse and Mental Health website at: <a href="http://www.myflfamilies.com/service-programs/substance-abuse/information-for-providers/training-technical-assistance">http://www.myflfamilies.com/service-programs/substance-abuse/information-for-providers/training-technical-assistance</a>	Free or minimal cost	In person, 40 hour training, with flexible delivery	The material covers the FCB's four content learning areas and applies to both mental health and substance use peers. The training is intended to enable individuals to master the job tasks necessary to effectively work as a peer specialist, whether working as an Adult, Family, or Veteran peer specialist.
Academy of Peer Services	New York State Office of Mental Health <a href="http://www.academyofpeerservices.org">http://www.academyofpeerservices.org</a>	Free	Online courses, varied number of hours	These online courses contain multimedia, interactive modules that are designed to support foundational knowledge, core skills and other ancillary skills needed by peer specialists. The courses primarily have a mental health focus and some content is specific for New York.
<i>Advanced Peer Practices</i>	Recovery Opportunity Center <a href="http://recoveryopportunity.com/recovery-trainings/online-trainings/advanced-peer-practices/">http://recoveryopportunity.com/recovery-trainings/online-trainings/advanced-peer-practices/</a>	\$200	Online course 21 hours	The registration fee covers one textbook and a 90-day login/password to the online training. A certificate is awarded upon completion. This course advances peer specialist skills in working with persons who are more difficult to engage in the recovery process, and reinforces and builds upon foundational skill sets.
<i>Peer Specialist Core Recovery Curriculum</i>	Appalachian Consulting Group (ACG) <a href="http://acgpeersupport.com/services/">http://acgpeersupport.com/services/</a>	Not published	In-person training, must be requested 24 hours	ACG's curriculum training program consists of 24 1-hour sessions that are designed to teach basic skills for peer specialists and enable them to embrace their recovery experience in working with their peers. This training is usually offered over 4 consecutive days.

Title	Source	Cost	Type/ Hours	Summary
<i>IPS Core Training</i>	Intentional Peer Support <a href="http://www.intentionalpeersupport.org/trainings/">http://www.intentionalpeersupport.org/trainings/</a>	\$850	In-person training, must be requested 35 hours	The Core Training is a 5-day event to provide the fundamental topics needed for peer specialists. Examples of topics include: The Four Tasks: Connection, Worldview, Mutuality, Moving Towards; The Three Principles: From Helping to Learning, Individual to Relationship, Fear to Hope; Working towards shared responsibility in relationships; and Negotiating boundaries and limits.
<i>The CCAR Recovery Coach Academy©</i>	Connecticut Community for Addiction Recovery (CCAR) <a href="http://ccar.us/#pretraining">http://ccar.us/#pretraining</a>	Not published	In-person training, must be requested 40 hours	This Academy is a 5-day intensive training focused on providing individuals with the skills needed to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs.
<i>Serving Our Veterans Behavioral Health Certificate Program</i>	The National Council <a href="https://www.thenationalcouncil.org/training-courses/veterans-behavioral-health-certificate/">https://www.thenationalcouncil.org/training-courses/veterans-behavioral-health-certificate/</a>	\$350 for up to 20 credit hours	Online courses 20 hours	The National Council for Behavioral Health has partnered with the U.S. Department of Defense Center for Deployment Psychology and Relias Learning (formerly Essential Learning) to offer the <i>Serving Our Veterans Behavioral Health Certificate</i> .
<i>Recovery and Community Inclusion Program</i>	Temple University's College of Recovery and Community <a href="http://directcourseonline.com/recoveryandcommunityinclusion/">http://directcourseonline.com/recoveryandcommunityinclusion/</a>	Costs are shown in the Summary section  Hours are unpublished	Online courses – can be taken separately or in total as a certificate program	Courses are designed for entry level community mental health practitioners, including peer specialists. Courses include: Introduction to Mental Health Recovery and Wellness (\$64); The Effective Use of Documentation (\$64); Universal Precautions and Infection Control (\$49); Seeing the Person First: Understanding



Title	Source	Cost	Type/ Hours	Summary
				Mental Health Conditions (\$49); Mental Health Treatments, Services, and Supports (\$49); and, Cultural Competence in Mental Health Service Settings (\$64).
<i>Certification Examination Review Course for the Certified Recovery Peer Specialist</i>	The Florida Certification Board (FCB) <a href="http://fcbonline-ed.mrooms3.net/">http://fcbonline-ed.mrooms3.net/</a>	Free	Online, self-paced course  5 hours	<p>This course is designed to prepare candidates for the FCB's Certified Peer Recovery Specialist (CPRS) certification examination. Persons taking the exam for FCB's Certified Recovery Support Specialist (CRSS) credential will also find this course helpful. This interactive course is divided into six (6) modules, based on the roles, responsibilities and domains of practice for recovery peer specialists.</p> <ol style="list-style-type: none"> <li>1. Module 1 – Defining Peer Support</li> <li>2. Module 2 – Recovery Support/Recovery Management</li> <li>3. Module 3 – Re-Engagement, Crisis Support and Safety</li> <li>4. Module 4 – Advocacy, Resource Linkage and Follow-Up</li> <li>5. Module 5 – Mentoring, Practical Living Skills and Social Development</li> <li>6. Module 6 - Legal and Professional Responsibility</li> </ol>

# CRPS and CRSS DOMAINS

The following sets of tables list training programs that can either be taken online by individuals or must be requested by an organization for delivery as a face-to-face training from the entity that developed the course. These training programs are grouped according to the domains that are identified in the CRPS and CRSS certification applications.

## MENTORING/PRACTICAL LIVING SKILLS/SOCIAL DEVELOPMENT

Title	Source	Cost	Type/ Hours	Summary
<i>Voice and Community Dialogue Training</i>	National Empowerment Center: <a href="http://www.power2u.org/voice-and-community-dialogue-training-program.html">http://www.power2u.org/voice-and-community-dialogue-training-program.html</a>	Free	Materials for trainers to conduct a 2-day training event	Materials are available for download and include: Section I a: Group Cohesion; I b: Personal Connecting in Small Groups II: What is Dialogue? III: Facilitating Dialogue IV: Generative Dialogue Practice V: Passion from Anger and Fear VI: Recovery, Community and Passionate Principled Purpose VII: Community Recovery Dialogues
<i>Resiliency Course Series (4 courses)</i>	Magellan of Florida <a href="http://www.magellanofflorida.com/learning-opportunities.aspx">http://www.magellanofflorida.com/learning-opportunities.aspx</a>	Free	Online, self-paced courses No CEUs	These 4 courses are available in English and in Spanish. They cover: 1) Getting Past the Tough Stuff; 2) The Power of Resiliency; 3) Growing Your Resiliency; and, 4) Recapping Your Resiliency.
<i>Whole Health Action Management (WHAM)</i>	Center for Integrated Health Solutions, The National Council <a href="http://www.integration.samhsa.gov/health-wellness/wham">http://www.integration.samhsa.gov/health-wellness/wham</a>	Not published	In person training  Participant's guides are in	The WHAM training is a 2-day, in-person peer support training and peer support group model developed to encourage increased resiliency, wellness, and self-management of health and behavioral



Title	Source	Cost	Type/ Hours	Summary
			English and Spanish	health among people with mental health and substance use disorders.
<i>Whole Health, Wellness, and the Emerging Roles of Peers</i>	Magellan of Florida <a href="http://www.magellanhealth.com/continuing-education.aspx">http://www.magellanhealth.com/continuing-education.aspx</a>	Free	Online, self-paced course 1 CEU	This webinar-based course provides information and education about whole health and wellness approaches provided by peers designed to assist people with serious psychiatric disabilities improve personal health outcomes.
<i>Peer Support Whole Health and Resiliency</i>	Appalachian Consulting Group <a href="http://acgpeersupport.com/services/pswhr/">http://acgpeersupport.com/services/pswhr/</a>	Not published	In-person training, must be requested 12 -14 hours	PSWHR is an eight session training program taught over two days. It focuses on 10 healthy life style/resiliency domains that a peer specialist explores with fellow peers through a Person Centered Planning (PCP). Participants learn how to structure weekly action planning processes and peer support.
<i>Hearing Voices</i>	Hearing Voices Network USA <a href="http://www.hearingvoicesusa.org/hvn-usa-trainings">http://www.hearingvoicesusa.org/hvn-usa-trainings</a>	Not published	In-person training, must be requested 7 hours	This one-day training fosters an understanding of the experience of hearing voices and other extreme or unusual experiences. Participants learn how to support individuals to move forward toward integrating these experiences into their lives.

## ADVOCACY/RESOURCE LINKAGE

Title	Source	Cost	Type/ Hours	Summary
<i>Mental Health First Aid</i>	Mental Health First Aid <a href="http://www.mentalhealthfirstaid.org/cs/">http://www.mentalhealthfirstaid.org/cs/</a>  Search for a course near you in the "Take a Course" section. Many can be found in Florida. <a href="http://www.mentalhealthfirstaid.org/cs/take-a-course/">http://www.mentalhealthfirstaid.org/cs/take-a-course/</a>	Free to low cost	In person training, 8 hours	Mental Health First Aid is an international program. Participants are expected to learn how to: Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions; Identify multiple types of professional and self-help resources for individuals; and, Increase their confidence in and likelihood to help an individual in distress.
<i>Collaborating with Other Professions, Professionals &amp; Communities</i>	National Association for Addiction Professionals (NAADAC) <a href="http://www.naadac.org/collaboratingwithotherprofessionsprofessionalscommunities">http://www.naadac.org/collaboratingwithotherprofessionsprofessionalscommunities</a>	Free, but there is a charge of \$20 for CEUs for non-members	Archived Webinar 1.5 hours	This webinar outlines how to: work within multidisciplinary teams; build community networks; use assertive linkage procedures to recovery mutual aid organizations and recovery community organizations. This is not specific to peer specialists, but covers core skills.
Various Programs	National Alliance for Mental Health (NAMI) NAMI Florida <a href="http://www.namiflorida.org">www.namiflorida.org</a>  Note: Website cannot be viewed in Internet Explorer, use another browser such as Firefox	Generally free	In-person training	NAMI chapters in Florida offer a variety of training, such as NAMI Peer-to-Peer Program (20 hours), NAMI Family-to-Family Program (30 hours), NAMI Smarts for Advocacy, etc. Contact the state or local chapters.

## RECOVERY SUPPORT/RECOVERY MANAGEMENT/CRISIS SUPPORT AND SAFETY

Title	Source	Cost	Type/ Hours	Summary
<i>Recovery Course Series</i> (6 courses)	Magellan of Florida <a href="http://www.magellanofflorida.com/learning-opportunities.aspx">http://www.magellanofflorida.com/learning-opportunities.aspx</a>	Free	Online, self-paced courses No CEUs	These 6 courses are available in English and in Spanish. They cover: 1) Recovery is Real; 2) Self-Determination Fuels Recovery; 3) The Language of Recovery; 4) Planning that Promotes Recovery; 5) Let's Start Living Large; and, 6) The Resiliency Factor.
<i>The 5 Stages of Recovery and the Role of the Peer Specialist</i>	Magellan of Florida <a href="http://www.magellanhealth.com/continuing-education.aspx">http://www.magellanhealth.com/continuing-education.aspx</a>	Free	Online, self-paced course 1 CEU	This course describes the role of peer specialists as a guide for their peers with mental health disorders. It explains how peer specialists support their peers during the five stages in recovery. The course begins with a brief survey before the actual course starts.
<i>Using Your Recovery Story</i>	Magellan of Florida <a href="http://www.magellanhealth.com/continuing-education.aspx">http://www.magellanhealth.com/continuing-education.aspx</a>	Free	Online, self-paced course 1 CEU	This course describes the power of personal stories of recovery, and how peer specialists can create and appropriately share their recovery stories. The course begins with a brief survey before the actual course starts.
<i>Wellness Recovery Action Plan</i> (9 courses)	WRAP Academy on Relias Learning Website <a href="http://wrap.academy.reliaslearning.com/wrap-online-courses.aspx">http://wrap.academy.reliaslearning.com/wrap-online-courses.aspx</a>	\$10 - \$15 per course	Self-paced online courses CEUs provided	WRAP offers nine (9) courses that feature WRAP concepts and materials. Examples of course titles: <i>WRAP: Creating a Wellness Toolbox</i> ; <i>WRAP: Triggers and Triggers Action Plan</i> ; <i>WRAP: Advance Directive &amp; Crisis Management Plan</i> .

Title	Source	Cost	Type/ Hours	Summary
<i>Introduction to WRAP</i>	The Copeland Center <a href="http://copelandcenter.com/our-services-facilitator-training/wrap-trainings-and-workshops">http://copelandcenter.com/our-services-facilitator-training/wrap-trainings-and-workshops</a>	Not published	In-person training, must be requested	This is available as a 2 or 3 day event. Participants in these workshops will learn how to develop their WRAP® as a personalize system to achieve their own wellness goals.
<i>IPS Crisis Training</i>	Intentional Peer Support <a href="http://www.intentionalpeersupport.org/trainings/">http://www.intentionalpeersupport.org/trainings/</a>	Not published	In-person training, must be requested 21 hours	This 3-day training is designed primarily for peer support workers in residential settings, and addresses topics related to: trauma-informed peer support; working with conflict and challenging situations; developing flexible boundaries; proactive crisis planning; and, supervision and evaluation.
<i>Calm the Storm Crisis Intervention Suite of Training Products</i>	Crisis Consulting Group <a href="http://www.crisisconsultantgroup.com/">http://www.crisisconsultantgroup.com/</a>	Varies per product, lowest is \$29.95	In-person training, Videos, Online course	This independent company offers numerous video and web-based online training options. Courses are designed to help learners handle challenging and aggressive persons with the most effective, safe, and realistic methods available.
<i>Training Trauma-informed Peers</i>	The National Council for Behavioral Health <a href="http://www.thenationalcouncil.org/training-courses/training-trauma-informed-peers/">http://www.thenationalcouncil.org/training-courses/training-trauma-informed-peers/</a>	Not published	In-person training that must be requested	This two-day training trains up to 30 peers on trauma's impact across the lifespan, trauma-informed care, and the value of peer support as it relates to trauma. Eight sessions comprise the training.

Title	Source	Cost	Type/ Hours	Summary
<b>Training Specific to Addiction Recovery for the CRSS Credential</b>				
<i>Essential Substance Abuse Skills: Foundations for Working with Addictions</i>	HealthLearning.org <a href="http://www.healthknowledge.org/course/index.php?categoryid=22">http://www.healthknowledge.org/course/index.php?categoryid=22</a>	Free, or \$5 per course hour for CEUs	Online, self-paced course 8 hours	This 8-hour self-paced course provides an overview of the addictive process and basic knowledge, attitudes and skills utilized by professionals from a variety of backgrounds who work with clients experiencing substance use disorders. This is not specific for peer or recovery support specialists, but supports the needed knowledge about addiction.
<i>Addiction Recovery and Intimate Violence</i>	HealthLearning.org <a href="http://www.healthknowledge.org/course/index.php?categoryid=22">http://www.healthknowledge.org/course/index.php?categoryid=22</a>	Free, or \$5 per course hour for CEUs	Online, self-paced course 8 hours	This course, for both addiction counselors and peer-recovery specialists, highlights the impact of Intimate Partner Violence (IPV) and how it impairs the opportunity for recovery. It offers a systematic and easily integrated method for dealing with such issues – the ARIV model.

## PROFESSIONAL AND ETHICAL RESPONSIBILITY

Title	Source	Cost	Type/ Hours	Summary
<i>Peer Support, Peer Specialists 101: Research, Core Competencies and Ethics</i>	Magellan Health <a href="http://www.magellanofflorida.com/continuing-education.aspx">http://www.magellanofflorida.com/continuing-education.aspx</a>	Free	Online, self-paced course 1 CEU	This series of online courses discuss the practice, power, and potential of peer specialists.
<i>Understanding the Role of Peer Recovery Coaches in the Addiction Profession</i>	National Association for Addiction Professionals (NAADAC) <a href="http://www.naadac.org/understandingtheroleofpeerrecoverycoachesintheadictionprofession">http://www.naadac.org/understandingtheroleofpeerrecoverycoachesintheadictionprofession</a>	Free, but there is a charge of \$20 for 1.5 CEUs for NAADAC non-members	Archived webinar	This 90-minute webinar provides a comparison between a modern addiction counselor and peer recovery coach in regards to current roles, scope of peer practice, leadership development, ethical considerations and supervision needs.
<i>Boundaries and Dual Relationships for Paraprofessionals</i>	Relias Learning <a href="https://admh.academy.reliaslearning.com/Boundaries-and-Dual-Relationships-for-Paraprofessionals--REL-HHS-0-BDRPP.aspx">https://admh.academy.reliaslearning.com/Boundaries-and-Dual-Relationships-for-Paraprofessionals--REL-HHS-0-BDRPP.aspx</a>	\$25	Online, self-paced course 2.5 CEUs	This course: defines the meaning of professional boundaries, boundary crossings, and boundary violations; defines and describes the various forms of dual relationships; identifies ethical considerations related to dual relationships and other boundary situations; and, how to avoid the red flags of professional boundary violations.
<i>Legal Issues and HIPAA</i>	NET Institute <a href="http://www.netinstitute.org/courses/legal-issues-and-hippa">http://www.netinstitute.org/courses/legal-issues-and-hippa</a>	\$19.95	Self-study, 2 CEUs	This course addresses: the expectations and conduct of legal proceedings; the importance of community integration as a key recovery component; and confidentiality requirements are under the HIPAA Privacy Rule.



Title	Source	Cost	Type/ Hours	Summary
<i>HIPAA</i>	The Florida Certification Board's Online Education Platform <a href="http://fcbonline-ed.mrooms3.net/course/index.php?categoryid=5">http://fcbonline-ed.mrooms3.net/course/index.php?categoryid=5</a>	Free, 1 CEU	Online Course	The course provides an overview of the Health Insurance Portability and Accountability Act (HIPAA), the law that regulates protected health information.
<i>Confidentiality (42 CFR) Training: Confidentiality Training for Alcohol and Drug Treatment Facilities</i>	WeComply: Online Compliance Trainings <a href="http://www.wecomply.com/ethics-training/743024-confidentiality-42-cfr-compliance-training-courses-classes">http://www.wecomply.com/ethics-training/743024-confidentiality-42-cfr-compliance-training-courses-classes</a>	Not published	Online course	This 25-minute course describes the 42 CFR confidentiality regulations in simple, understandable terms. It explains what employees need to know about maintenance, control and disclosure of client records and information; the role of client consent; and exceptions to the confidentiality regulations.
<i>Understanding the Federal Drug &amp; Alcohol Confidentiality Regulations</i>	The Legal Action Center <a href="http://lac.securedev.co/resources/substance-use-resources/confidentiality-resources/webinar-understanding-federal-drug-alcohol-confidentiality-regulations/">http://lac.securedev.co/resources/substance-use-resources/confidentiality-resources/webinar-understanding-federal-drug-alcohol-confidentiality-regulations/</a>	\$174.95 for all 3 DVDs or \$84.95 for individual DVDs	3-part DVD training series	This series is a training resource for agencies. It provides an overview of the federal law and regulations governing the confidentiality of alcohol and drug treatment records (42 C.F.R. Part 2). The series also comes with a "HIPAA Update," and an outline summarizing the intersection between HIPAA and the alcohol and drug confidentiality regulations.
<i>Cultural Competence</i>	NET Institute <a href="http://www.netinstitute.org/courses/cultural-competence">http://www.netinstitute.org/courses/cultural-competence</a>	\$19.95	Self-study, 2 CEUs	This course addresses: the importance of being aware of and sensitive to cultural differences; what cultural differences are; how culture may impact a peer's reaction to treatment and recovery; and, how cultural differences can be valued and appreciated in a service context.



# Self-Study and Continuing Professional Development Resources

## Resources that Cover Multiple Topics

Title	Source	Cost	Type/ Hours	Summary
<p><i>Recovery to Practice Next Steps</i> Training Program</p>	<p>International Association of Peer Supporters (iNAPS)  <a href="http://rtp4ps.org/participant-workbook/">http://rtp4ps.org/participant-workbook/</a></p> <p>To obtain the printed Participant Workbook:  <a href="http://www.recoverresources.com/catalog/i179.html">http://www.recoverresources.com/catalog/i179.html</a></p>	<p>Free</p> <p>\$24.95</p>	<p>Participant workbook chapters for download</p> <p>OR</p> <p>Printed Manual (240 pages)</p>	<p>This training was noted in the earlier training section. The Participant Workbook is available for review or self-study. It covers: 1: The Transforming Power of Recovery; 2: The Complex Simplicity of Wellness; 3: The Effects of Trauma on Recovery; 4: Multicultural Awareness and Recovery; 5: From Dual Diagnosis to Recovery of the Whole Person; 6: Peer Support Values and Guidelines; 7: Strengthening Workplace Relationships; and, 8: Supportive Recovery Relationships.</p>
<p>Ongoing Webinar Series</p>	<p>The National Council for Behavioral Health  <a href="http://www.thenationalcouncil.org/events-and-training/webinars/webinar-archive/">http://www.thenationalcouncil.org/events-and-training/webinars/webinar-archive/</a></p>	<p>Free</p>	<p>Live and archived webinars</p>	<p>This organization regularly offers live webinars on a variety of topics (some of interest for peer specialists and some not of interest). Webinars are archived for viewing. They are too numerous to name.</p>

# CRPS and CRSS DOMAINS

## MENTORING/PRACTICAL LIVING SKILLS/SOCIAL DEVELOPMENT

Title	Source	Cost	Type/ Hours	Summary
<i>Emotional CPR (eCPR)</i>	National Empowerment Center: <a href="http://emotional-cpr.org/index.htm">http://emotional-cpr.org/index.htm</a>  Archived Webinar on eCPR: <a href="http://www.youtube.com/watch?v=cfriXNOq40w&amp;feature=youtu.be">http://www.youtube.com/watch?v=cfriXNOq40w&amp;feature=youtu.be</a>	Not published	Archived Webinar (1.5 hours) Many materials and videos (role plays) are on the website	eCPR advertises that it helps people learn the skills required to act as a bridge between a person in distress and the community at large, assuring that important roles are not lost and the person in crisis reintegrates quickly back into the daily routines. Face-to-face training is available, plus certification as an eCPR provider or trainer.
<i>The Life Changing Power of Self Directed Care and Peer Support</i>	Star Center <a href="http://www.consumerstar.org/">http://www.consumerstar.org/</a>  Webinar Link <a href="http://www.consumerstar.org/resources/Webinar_Archive.html">http://www.consumerstar.org/resources/Webinar_Archive.html</a>	Free	Archived Webinar (1.5 hours)	This webinar provides an overview of self-directed care, and offers examples and peer support strategies, identifies the lessons learned for systems advocacy as well as important strategies for moving forward and improving the impact of self-directed care in underserved communities.
<i>Live Your Life Well</i>	Mental Health America <a href="http://www.mentalhealthamerica.net/live-your-life-well">http://www.mentalhealthamerica.net/live-your-life-well</a>	Free	Web-based Reading Resources and Tools	This aspect of Mental Health America's website focuses on 10 Tools for Peer Specialists and the persons they serve to build out a list of wellness strategies. Specific tools contribute to developing and monitoring everyday wellness.

Title	Source	Cost	Type/ Hours	Summary
<i>Caring for Yourself</i>	Rethink Mental Illness and Meriden Family Programme (Australia) <a href="http://www.rethink.org/carers-family-friends/caring-for-yourself-guide">http://www.rethink.org/carers-family-friends/caring-for-yourself-guide</a>	Free	Booklets to download	This self-help guide consists of eight books which offer tips and exercises on how peer specialists can look after their own wellbeing as well as support others. Topics in the booklets include: Being a Carer; Communication Skills; Information about Mental Health Disorders; Problem Solving and Goal Achievement; Relapse Management and Staying Well; Recovery and Hope; and, Taking Care of Yourself.
<i>Communication Skills</i>	Mind Tools: Essential Skills for a Successful Career <a href="http://www.mindtools.com/page8.html">http://www.mindtools.com/page8.html</a>	Free	Web-based reading resource with some interactive activities	This resource is loaded with information about: Communication Skills; Communicating in Person; Feedback; Meetings; Presentations; Communicating in Writing; Negotiation, Persuasion and Influence; Difficult Communication Situations; and, Understanding Others Better.

## ADVOCACY/RESOURCE LINKAGE

Title	Source	Cost	Type/ Hours	Summary
<i>Closing the Circle: Cross Disability Collaboration for Systems Change</i>	CAFÉ TA Center is a program of The Family Café (SAMHSA funded) <a href="http://cafetacenter.net/tac_training/closing-the-circle-cross-disability-collaboration-for-systems-change/">http://cafetacenter.net/tac_training/closing-the-circle-cross-disability-collaboration-for-systems-change/</a>	Free	Web-based narrated PowerPoint presentation	This training examines the history of the disability rights movement, addresses the importance of advocacy within a circle of collaboration, and offers some ideas on how to collaborate with groups representing a range of people with disabilities.
<i>Advocacy Toolkit: Skills and Strategies for Effective and Peer Advocacy</i>	brainline.org <a href="http://www.brainline.org/content/2008/10/advocacy-tool-kit-skills-and-strategies-effective-and-peer-advocacy.html">http://www.brainline.org/content/2008/10/advocacy-tool-kit-skills-and-strategies-effective-and-peer-advocacy.html</a>	Free	Web article and Toolkit for download	Disability Rights Wisconsin offers an Advocacy Tool Kit with information and skill building exercises to develop and enhance self and peer advocacy skills. The information contained in this Kit has been developed to assist individuals in Wisconsin, but is helpful to those in other states as well.
<i>What Are Peer Recovery Support Services (2009)</i>	Substance Abuse and Mental Health Services Administration (SAMHSA) <a href="https://store.samhsa.gov/shin/content/SMA09-4454/SMA09-4454.pdf">https://store.samhsa.gov/shin/content/SMA09-4454/SMA09-4454.pdf</a>	Free	Monograph	This monograph introduces peer recovery support services and, details how they are delivered by people who have experienced both substance use disorder and recovery.
<i>Our Stories Have Power: Recovery Community Messaging Training</i>	Faces and Voices of Recovery <a href="http://facesandvoicesofrecovery.myshopify.com/products/our-stories-have-power-dvd">http://facesandvoicesofrecovery.myshopify.com/products/our-stories-have-power-dvd</a>	\$12.00	DVD	Faces & Voices developed this training to give people in recovery and their family members messaging, or language, that they can use to talk about their recovery.
<i>Influencing Public Policy Toolkit</i>	The Community Toolbox <a href="http://ctb.ku.edu/en/influencing-policy-development">http://ctb.ku.edu/en/influencing-policy-development</a>	Free	Web-based reading and tools	This toolkit provides easy-to-understand guidance for bringing about policy change in organizations and communities.



Title	Source	Cost	Type/ Hours	Summary
<i>Advocating for Change Toolkit</i>	The Community Toolbox <a href="http://ctb.ku.edu/en/advocating-change">http://ctb.ku.edu/en/advocating-change</a>	Free	Web-based reading and tools	This toolkit supports planning for advocacy efforts and responding to opposition.
<i>Getting a Degree Through Supported Education</i>	CAFÉ TA Center is a program of The Family Café (SAMHSA funded) <a href="http://cafetacenter.net/tac_training/gdtse/">http://cafetacenter.net/tac_training/gdtse/</a>	Free	Web-based narrated PowerPoint presentation	This training offers an overview of Supported Education and what it can offer to persons in recovery who would like to continue their education. It explains how Supported Education is beneficial and provides specific resources and approaches for locating and accessing programs.
<i>Emerging Roles in Peer Support: Supporting Employment &amp; Educational Recovery</i>	International Association of Peer Supporters (iNAPS) <a href="https://www.youtube.com/watch?v=wdVyi4rBLc0">https://www.youtube.com/watch?v=wdVyi4rBLc0</a>	Free	Archived webinar	This webinar discusses the role of peer specialists in supporting the employment and education aspects of recovery capital.
<i>Conflict Resolution: Challenging Organizational Change and Growth</i>	CAFÉ TA Center is a program of The Family Café (SAMHSA funded) <a href="http://cafetacenter.net/tac_training/conflict-resolution/">http://cafetacenter.net/tac_training/conflict-resolution/</a>	Free	Web-based narrated PowerPoint presentation	This training offers guidance on how to understand conflict both within the organization and between organizations that provide similar services in a community, and offers solutions on how to turn it into a net positive for the person's organization.
<i>From Asylums to Recovery – The Fight for Civil Rights and Humane Treatment for People in the Mental Health Care System</i>	Mental Health America <a href="http://vimeo.com/85940589">http://vimeo.com/85940589</a>	Free	Web-based video	The documentary is a compelling history of the Consumer/Survivor Movement in the United States from 1960 to the present. It's a work in progress and has the first 24 minutes available online depicting history from 1960 to 1985.

## RECOVERY SUPPORT/RECOVERY MANAGEMENT/CRISIS SUPPORT AND SAFETY

Title	Source	Cost	Type/ Hours	Summary
<i>LGBT: Building Bridges to Support Recovery</i>	Substance Abuse and Mental Health Services Administration (SAMHSA) <a href="http://store.samhsa.gov//product/MA13-4774">http://store.samhsa.gov//product/MA13-4774</a>	Free	Monograph	This publication identifies factors that promote or hinder recovery from mental health or substance use disorders for lesbian, gay, bisexual, or transgender (LGBT) individuals. It also shares their perspectives and experiences in advancing recovery.
<i>Wellness Recovery Action Plan, Archived Webinar Series</i>	Copeland Center for Wellness and Recovery website archived webinars (WRAP) <a href="http://www.mentalhealthrecovery.com/e-learning/webinars.php#IPS">http://www.mentalhealthrecovery.com/e-learning/webinars.php#IPS</a>	Free	Archived webinars	WRAP offers 35 archived webinars on many topics related to personal wellness and assisting others with various aspects of wellness and wellness planning. The one on <i>Intentional Peer Support</i> focuses on the tasks and principles of mutual support and how to use relationships to see things from new angles.
<i>Management and Recovery-Oriented Systems of Care: Scientific Rationale and Promising Practices</i>	William White <a href="http://www.williamwhitepapers.com/books_monographs/">http://www.williamwhitepapers.com/books_monographs/</a>	Free	Monograph	This monograph details the research support for moving to recovery-oriented systems of care and outlines concrete steps for recovery management and achieving transformation in today's treatment systems.
<i>Peer-based Addiction Recovery Support: History, Theory, Practice, and Scientific Evaluation</i>	William White <a href="http://www.williamwhitepapers.com/books_monographs/">http://www.williamwhitepapers.com/books_monographs/</a>	Free	Monograph	This monograph provides a synthesis of current knowledge about the history, theoretical foundations, methods, and scientific status of peer-based recovery support services.

Title	Source	Cost	Type/ Hours	Summary
<i>Verbal Crisis De-escalation</i>	All CEUs on YouTube <a href="http://www.youtube.com/watch?v=9OvdYO40i98">http://www.youtube.com/watch?v=9OvdYO40i98</a>	Free	Web-based Video	This 60 minute video provides an overview of verbal strategies used to diffuse a crisis situation, re-establish equilibrium and structure a safety plan.
<i>100 Ways to Rethink Recovery for Mental Health Professionals</i>  Rethink Recovery Series, Volume 1	Rethink (Australia) <a href="https://www.slhd.nsw.gov.au/MHealth/cms/files/Consumer_Info/Recovery_Resources/100_Ways_to_Support_Recovery.pdf">https://www.slhd.nsw.gov.au/MHealth/cms/files/Consumer_Info/Recovery_Resources/100_Ways_to_Support_Recovery.pdf</a>	Free	Monograph	This publication is for providers of mental health services. It has the following easy-to-understand chapters: The Central Importance of Relationships; The Foundations of a Recovery-Oriented Mental Health Service; Assessment; Action Planning; Supporting the Development of Self-Management Skills; Recovery through Crisis; Recognizing a Recovery Focus in MH Services.
<b>Resources Specific to Addiction Recovery</b>				
<i>Experiencing Recovery</i> – William White Lecture	YouTube: The William White Channel <a href="http://www.youtube.com/watch?v=UaBSm8-BcDY">http://www.youtube.com/watch?v=UaBSm8-BcDY</a>	Free	Web-based Video	This lecture is recorded in high definition and is broken into 10 segments of varying lengths. The URL provided is for Part 1; the other segments can be accessed on the right side menu bar in YouTube.
<i>The Addiction Project</i> - HBO	The Addiction Project is a web-based resource produced by HBO in partnership with the Robert Wood Johnson Foundation, the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) in 2007. <a href="http://www.hbo.com/addiction/">http://www.hbo.com/addiction/</a>	Free or DVD – <i>Addiction</i> \$19.95	Web-based video and reading material	The website has five major sections: Understanding Addiction, Adolescent Addiction, Treatment, Aftercare, Stigma and Discrimination, and supplemental video segments.

Title	Source	Cost	Type/ Hours	Summary
<i>Drugs, Brains, and Behavior: The Science of Addiction</i>	National Institute on Drug Abuse: <a href="http://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface">http://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface</a>	Free	Web-based reading material	This resource offers easy-to-understand information that is delivered in the following segments: Preface, Introduction, Drug Abuse and Addiction, Preventing Drug Abuse: The Best Strategy, Drugs and the Brain, Addiction and Health, Treatment and Recovery, Advancing Addiction Science and Practical Solutions.
<i>An Introduction to Mutual Support Groups for Alcohol and Drug Abuse</i>	SAMHSA <a href="http://store.samhsa.gov/product/An-Introduction-to-Mutual-Support-Groups-for-Alcohol-and-Drug-Abuse/SMA08-4336">http://store.samhsa.gov/product/An-Introduction-to-Mutual-Support-Groups-for-Alcohol-and-Drug-Abuse/SMA08-4336</a>	Free	Fact Sheet for download	This Fact Sheet describes the role of mutual support (or self-help) groups in recovery from alcohol abuse and substance abuse. Discusses 12-step programs and other types of mutual support groups, as well as how to learn about and make referrals to such groups.

## PROFESSIONAL AND ETHICAL RESPONSIBILITY

Title	Source	Cost	Type/ Hours	Summary
<i>Peers as Professionals: Success in the Workplace</i>	CAFÉ TA Center is a program of The Family Café (SAMHSA funded) <a href="http://cafetacenter.org/training/14/story.html">http://cafetacenter.org/training/14/story.html</a>	Free	Web-based narrated PowerPoint presentation	This training covers several key areas: Being a Valued Employee; Honor Your TeamNess; Peer Roles; Honoring Your PeerNess; Advocacy; and, Using Supervision Effectively.
<i>Consumers with Lived Experience: Critical Partners in the Mental Health System of Care</i>	CAFÉ TA Center is a program of The Family Café (SAMHSA funded) <a href="http://cafetacenter.net/tac_training/cole_cpmhsc/">http://cafetacenter.net/tac_training/cole_cpmhsc/</a>	Free	Web-based narrated PowerPoint presentation	This training is an introductory discussion geared at organizational leaders about common terminology, employment law, and other factors that are critical in setting the stage for a successful consumer representative employment program. It can be beneficial for peer specialists as it addresses the roles that peer specialists can have in the delivery of services, plus the potential benefits of their work.
<i>Ethics of Peer-based Services (2007)</i>	William White <a href="http://www.williamwhitepapers.com/papers/topics/ethics_papers/">http://www.williamwhitepapers.com/papers/topics/ethics_papers/</a>	Free	Paper	This paper addresses ethical issues that arise in the provision of peer-based recovery support services. It offers guidance on how these issues can best be handled.
<i>Professional Ethics (2004)</i>	William White <a href="http://www.williamwhitepapers.com/papers/topics/ethics_papers/">http://www.williamwhitepapers.com/papers/topics/ethics_papers/</a>	Free	Paper	This paper introduces the basic terms and concepts related to professional ethics in addiction counseling. It also addresses ethical decision-making and guidelines for reducing ethical vulnerability.

Title	Source	Cost	Type/ Hours	Summary
<i>Understanding the Role of Peer Recovery Coaches in the Addiction Profession</i>	National Association for Addiction Professionals (NAADAC) <a href="http://www.naadac.org/understandingtheroleofpeerrecoverycoachesintheaddictionprofession">http://www.naadac.org/understandingtheroleofpeerrecoverycoachesintheaddictionprofession</a>	Free, but there is a charge of \$20 for 1.5 CEUs for NAADAC non-members	Archived webinar	This 90-minute webinar provides a comparison between a modern addiction counselor and peer recovery coach in regards to current roles, scope of peer practice, leadership development, ethical considerations and supervision needs.
<i>Enhancing Cultural Competence Toolkit</i>	The Community Toolbox <a href="http://ctb.ku.edu/en/enhancing-cultural-competence">http://ctb.ku.edu/en/enhancing-cultural-competence</a>	Free	Web-based reading resource and tools	This toolkit aids in assessing and enhancing cultural competence in your work, your organization or community effort.





# **Selected Websites to Frequent for Peer Specialist and Recovery-related Resources**

## **Substance Abuse and Mental Health Services Administration (SAMHSA)**

### **✘ SAMHSA Recovery to Practice**

<http://media.samhsa.gov/recoverytopractice/RTPResources.aspx>

The Recovery to Practice (RTP) is a 5-year project funded by the Associate Director for Consumer Affairs Office of the Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Mental Health Services (CMHS) to incorporate the vision of recovery into the concrete and everyday practice of mental health professionals in all disciplines. Many resources are available on this website, with new ones added regularly.

### **✘ SAMHSA Recovery Month**

<http://www.recoverymonth.gov/>

In its 25th year, the *Recovery Month* website offers many print and video resources to promote the societal benefits of prevention, treatment, and recovery for mental and substance use disorders.

### **✘ SAMHSA Technical Assistance Centers for Mental Health Transformation**

There are five National Technical Assistance Centers funded by SAMHSA to support mental health systems transformation. The purpose of these centers is to provide technical assistance that facilitates the restructuring of the mental health system by promoting recovery and consumer directed approaches. Each center has areas of specialization, such as employment, health and wellness, financial self-sufficiency, and establishing effective consumer directed approaches.

- **STAR Center** - <http://www.consumerstar.org/>
- **Peerlink** - <http://www.peerlinktac.org/>
- **National Empowerment Center** - <http://power2u.org/>
- **National Mental Health Consumers Self-Help Clearinghouse** - <http://www.mhselfhelp.org/>
- **The Family Café** - <http://cafetacenter.net/>

✘ **SAMHSA's Recovery and Recovery Support Site**

<http://www.samhsa.gov/recovery>

This website has many resources to foster understanding of how recovery-oriented care and recovery support systems help people with mental and/or substance use disorders manage their conditions successfully.

✘ **SAMHSA's Partners for Recovery (PFR)**

<http://www.samhsa.gov/partners-for-recovery>

PFR was launched in 2003 by CSAT in partnership with key stakeholders in the substance use disorder treatment field. They have successfully engaged a variety of organizations and systems to improve the field of addiction treatment and the diverse systems and organizations that support individuals in recovery. This site is chocked full of resources about recovery.

---

✘ **Mental Health America**

<http://www.mentalhealthamerica.net/about-us>

Their programs, initiatives and resources support their mission of promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research and services. They also have a section for conducting a search for organizations that offer support groups for consumers, their family members, and friends.

<http://www.mentalhealthamerica.net/find-support-groups>

✘ **William L. White**

<http://www.williamwhitepapers.com/>

William L. White is one of today's most prolific authors about recovery issues. His website is chocked full of videos and publications on this topic.

✘ **The Institute for Recovery and Community Integration**

<http://www.mhrecovery.org/>

The purpose of this Institute is to introduce and advance communities' understanding of recovery and community integration. They offer:

- Institute for Recovery eLearning courses
- Workshops on recovery
- On-site Recovery Education Groups
- Wellness Recovery Action Plan (WRAP) Groups
- Training WRAP Facilitators
- Operating a Peer Specialist Certificate Program and Online Forum for peer specialists
- Providing technical assistance to agencies, service providers, and municipalities.

✘ **International Association of Peer Specialists**

<http://inaops.org/>

iNAPS is made up of a small group of dedicated volunteers who believe in the peer support movement and are always seeking new ways to spread the word about the effectiveness of education, training, hiring, and inclusion of peer supporters, advocates, and recovery coaches in all aspects of mental and behavioral health care. Check their site for training resources and publication.

✘ **Hazelden Betty Ford Foundation: Professional Education**

<http://www.hazelden.org/web/go/professionaled>

This site offers many opportunities for professionals to expand their knowledge of alcohol and other drug addiction prevention, education, and treatment. Generally the courses are geared to persons providing counseling services, but some

may interest peer and recovery support specialists. Courses range in cost and all offer continuing education credits.

✦ **Faces and Voices of Recovery**

<http://www.facesandvoicesofrecovery.org/>

Faces & Voices of Recovery has a long history of organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, their families, friends and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery. This site has many resources, particularly related to advocacy actions.

They offer a searchable guide to **Mutual Aid Groups**. People seeking or in long-term recovery, their families and loved ones have a growing number of mutual aid groups to choose to participate in. Some of these groups are online and others hold in-person/face-to-face meetings in communities across the country.

[http://www.facesandvoicesofrecovery.org/guide/support/recovery\\_community.html](http://www.facesandvoicesofrecovery.org/guide/support/recovery_community.html)