

Peer Support Specialist Training

Course Syllabus

DAY 1

- THE ROAD MAP TO YOUR CERTIFICATION
- WHAT ARE THE REQUIREMENTS
- WHAT ARE DISQUALIFYING OFFENSES (BACKGROUND CHECK FOR H&W)
- WHAT IS PEER SUPPORT
- WHAT DOES A PEER SUPPORT SPECIALIST DO
- WHEN DO WE PROVIDE SERVICES
- WHERE DO WE PROVIDE THE SERVICE
- WHY DO WE PROVIDE THE SERVICE
- HOW DO WE PROVIDE THE SERVICE
- WHAT IS MENTAL HEALTH RECOVERY
- WHAT IS ADDICTION
- WHAT IS ADDICTION RECOVERY
- HOW DOES MENTAL HEALTH RECOVERY DIFFER FROM ADDICTION RECOVERY
- RECOVERY THROUGH THE STAGES OF CHANGE
- SHARING YOUR LIVED EXPERIENCE

DAY 2

- THE STATISTICS OF MENTAL ILLNESS
- THE STATISTICS OF ADDICTION
- TYPES OF ADDICTION
- THE INVISIBLE ILLNESSES
- HOW CAN YOU HELP
- THE CHILD FAMILY TEAM
- MENTAL HEALTH DISORDERS
- DEVELOPMENTAL DISABILITIES
- MENTAL HEALTH VS. DEVELOPMENTAL DISABILITIES
- MAKING THE CONNECTION BETWEEN MENTAL ILLNESS AND ADDICTION
- WHO DO YOU GO TO FOR PROVIDER-TO-PROVIDER SUPPORT

DAY 3

- WHAT IS THE BEHAVIORAL HEALTH SYSTEM
- WHAT IS OUR ROLE IN THE BEHAVIORAL HEALTH SYSTEM
- BOUNDARIES
- SELF-CARE
- TRAUMA
- FAMILY DYNAMICS
- SPECIAL NEEDS
- RISK FACTORS

DAY 4

- ADVOCACY
- BUILDING RELATIONSHIPS
- PROFESSIONAL COMMUNICATION
- CULTURAL SENSITIVITY
- RECOVERY PLANS

DAY 5

- ETHICS
- STAGES OF CHANGE
- MOTIVATION
- EMPOWERMENT
- HOLISTIC RECOVERY
- FAMILY CENTERED PLANNING
- REVIEW

Final Exam

TEACHING OTHERS TO EMBRACE MENTAL HEALTH