



**Department of Behavioral Health Developmental Services
Office of Recovery Services**

Scope of Knowledge for Certified Peer Recovery Specialists

1. Current Body of MH/SA Knowledge

- a) MH and SA Recovery definitions
- b) Introduction to diagnostic terminology
- c) Overview of substance use disorders
- d) Overview of mental health disorders
- e) Historical MH/SA roots and history (including recovery movements)
- f) Current research in MH and SA

2. Recovery Process - Promoting Services, Supports, and Strategies

- a) Models/pathways (12 steps, SMART recovery)
- b) Process
- c) Practice based evidence
- d) Intentional peer support
- e) Strengths based and person centered approaches
- f) Alternatives (such as acupuncture)
- g) Recovery plans and recovery goal setting (such as WRAP, Relapse Prevention Plan)

3. Crisis Intervention

- a) Appropriate role/activities for peer support
- b) Legal/ethical responsibilities
- c) Advanced Directives
- d) Relapse Prevention and WRAP plans

4. Values for Role of Recovery Support Specialist

- a) How to provide strength- based, mutual recovery support with unconditional and positive regard
- b) How to share experiences and use your story/lived experience as recovery support (a tool to teach concepts & recognize one's own strengths)

5. Basic Principles Related to Health and Wellness

- a) Overview of concepts (10 X 10 Wellness Campaign)
- b) Definitions of health, wellness
- c) World Health Organization definitions
- d) Holistic health
- e) Impact of MH/SA on experience of health and wellness

6. Stage Appropriate Pathways in Recovery Support

- a) Stages of Change (stages of recovery)
- b) Withdrawal/Detoxification
- c) Overdose
- d) Medications (medication intelligence) and Side Effects
- e) 5 – 6 stages of MH recovery
- f) Understanding and Working with Imputed Power Differential

7. Ethics & Boundaries

- a) Code of ethics
- b) Confidentiality
- c) HIPAA
- d) 42 CFR
- e) Advanced Directives
- f) Sexual Harassment
- g) Healthy and Unhealthy Environments
- h) Self Care
- i) Codependency
- j) Relationships with Other Professionals

8. Cultural Sensitivity and Practice

- a) Defining culture, elements of culture, and impact
- b) Person First/Person Centered language
- c) Types of Cultures (mainstream and others)
- d) Recovery Language and Culture (such as NA, sponsor, SA coach, peer support, MH support)
- e) Influence of Cultural Heritage on Individuals and Groups
- f) Influence of Cultural Identity in Communication Dynamics.
- g) How Cultural Identity Shapes the Helping Process.

9. Trauma and Impact on Recovery

- a) Overview of Trauma (definition, types, etc.)
- b) Trauma Informed Care and Recovery Support
- c) PTSD (post traumatic stress disorder)
- d) Military Culture/Experience and Trauma
- e) Traumatic injuries
- f) Sexual abuse and rape
- g) Self Evaluation of Capacity and Ability to Interact with Others
- h) Awareness and Sensitivity when Working with Others
- i) Impact on Recovery Process
- j) Self Care and Supervision

10. Community Resources No less than five (5) hours

- a) Identifying community resources (including crisis services)
- b) Accessing and referring to community resources
- c) Coaching others to navigate community resources
- d) Building partnerships with community resources

11. Delivering Peer Services within Agencies and Organizations

- a) Overview of Virginia's Service Delivery Systems
- b) Peer Support within an Organizational Culture and Requirements
- c) Documentation to Meet Organizational Requirements
- d) Working with a Clinical Team
- e) Use of Supervision
- f) Advocacy for Peers and Recovery Support Services Within the Organizational Culture