



# Peer Specialists – A Lived Experience

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January 2022 update

## Chapter

# 01



Peer Specialists are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse.

Most members prefer to talk with a peer vs. a professional.

# HB21-1021

Allows for reimbursement of peer support professional services

For full information on House Bill:

[https://statebillinfo.com/bills/bills/21/2021a\\_1021\\_signed.pdf](https://statebillinfo.com/bills/bills/21/2021a_1021_signed.pdf)

# What is the Benefit of Peer Specialists?

Peer support workers engage in a wide range of activities. These include:

- Advocating for people in recovery
- Sharing resources and building skills
- Building community and relationships
- Leading recovery groups
- Mentoring and setting goals

Peer support roles may also extend to the following:

- Providing services and/or training
- Supervising other peer workers
- Developing resources
- Administering programs or agencies
- Educating the public and policymakers



<https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers>

# Personal Reasons for the Certification

- Recognition that peers are key for delivery of behavioral health services
- Ability for peers to achieve and maintain a professional credential
- Opportunity for skills and career development
- Ensure employed peers meet certain standards of experience and training
- Ensure competency standards for the profession and the professional
- Requires adherence to an ethical code
- Learn how to set boundaries

Chapter

# 02

## Colorado Peer and Family Specialist Certification

# Colorado Peer and Family Specialist Certification

## Education & Residency:

- High school degree/GED or higher
- Applicant must be a Colorado resident 51% of the year

## Lived Experience:

- History of a substance use disorder and currently engaged in recovery and/or
- History of a mental health diagnosis and/or
- History of caregiving to a person with a substance use or mental health disorder.

60 training hours specific to the International Certification & Reciprocity Consortium (IC&RC) domains.

500 hours of volunteer or paid work experience specific to the IC&RC domains over at least 6 months

25 hours of supervision specific to the domains (group and individual supervision can be used)

Review and sign the Code of Ethics

*\$295 total cost*

# Peer Specialist Training for Region 4 – Health Colorado



Do you want to use *Your Life Experiences*  
to help others?



Then this is a training for YOU!

**PEER SPECIALIST TRAINING**  
**~40 HOUR TRAINING~**

Monday, March 28, 2022 thru  
Friday, April 1, 2022  
8:30 AM to 4:30 PM

At

Health Colorado  
1740 Eagleridge Boulevard, Ste. 110  
Pueblo, CO 81008

Facilitated by Clarence Jordan, VP of Wellness and  
Recovery, Beacon Health Options, Inc.

## Open to members

Stay tuned for  
training in  
Region 2 –  
Northeast  
Health  
Partners in  
Spring 2022



# Peer Specialist Training

Information specific to the following International Certification & Reciprocity Consortium (IC&RC) domains:

- Advocacy
- Recovery/Wellness Support
- Mentoring & Education
- Ethical Responsibility
- Including: Whole Health, Trauma Informed Care, Substance Use, Mental Health, Family Support and Cultural Sensitivity as designated above to each IC&RC domain.



## Comments from Members who Completed Training

“I was able to help one crisis client by identifying with a client filled with frustration and anxiety and by using some of the motivational skills from our training to help the client deescalate, focus, and prioritize her ‘to-do’ list.”


“...a better understanding of the role of the peer specialist.”

# Thank you

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## Contact Us



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Northeast Health Partners: 888-502-4189

 <https://www.healthcoloradae.com>  
<https://www.northeasthealthpartners.org>

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