



Wyoming Peer Specialist (Peer Recovery) Certification

Through the International Certification & Reciprocity Consortium (IC&RC)



Why do I want this certification?

- ◆ Recognition that peers are key for delivery of behavioral health services
- ◆ Ability for peers to achieve and maintain a professional credential
- ◆ Opportunity for skill and career development
- ◆ Ensures employed peers meet certain standards of experience and training
- ◆ Allows billable services to Medicaid
- ◆ Ensures competency standards for the profession
- ◆ Requires adherence to ethical standards and process for violations



Your Team

The IC&RC	<ul style="list-style-type: none"> ◆ Authorized Recover Wyoming to issue the credential ◆ Provides minimum experience training standards for Peer Specialist Credential ◆ Develops and administers the exam ◆ Facilitates reciprocity between member boards
Recover Wyoming	<ul style="list-style-type: none"> ◆ Authorized as IC&RC's Member Board for Peer Specialists (Peer Recovery) in Wyoming. ◆ Administers the Wyoming Peer Specialist Certification, including providing administrative staff, records management, and management of finances
Wyoming Certified Peer Specialist Certification Board	<ul style="list-style-type: none"> ◆ Comprised of Recover Wyoming staff and Board of Directors ◆ Determines the application process ◆ Reviews initial applications and re-certification documents ◆ Issues Wyoming Peer Specialist Certification

Wyoming Peer Specialist Certification Standards

High school diploma or equivalent
Must live in Wyoming at least 51% of the year
Personal lived experience with substance use disorder and/or mental health experiences and in recovery for at least 2 years
46 training hours specific to the following IC&RC domains (See detailed domains on pages 3 and 4 of this document) Advocacy– 10 hours, Recovery/Wellness Support– 10 hours, Mentoring & Education– 10 hours, Ethical Responsibility– 16 hours Topic areas <i>must</i> include: trauma-informed care, cultural sensitivity, whole health, substance use, and mental health
500 hours of recent volunteer or paid work experience specific to the IC&RC domains
25 hours of supervision specific to the IC&RC domains
Signed Wyoming Peer Specialist Code of Ethical Conduct
During the six month “grandparenting” period by September 1, 2021, all currently certified peers and peers currently working will not need to pass the IC&RC exam. After the grandparenting period, all new candidates must pass the IC&RC exam
20 hours of continuing education earned every two years, including 6 hours of ethics training, is the minimum required for IC&RC re-



RECOVER WYOMING

Wyoming Peer Specialist Certification

Contact Information:

www.recoverwyoming.org

Email:

lanamahoney@recoverwyoming.org

*Hope
Opportunity
Personal Experience
Education*



Certification Process

During Grandparenting Period

- ⇒ Applicant pays application fee and submits completed application and supporting documentation to Recover Wyoming
- ⇒ Recover Wyoming staff determine whether the application is complete and sufficient for review
- ⇒ Recover Wyoming Certification Board evaluates the application and determines whether an applicant will be certified
- ⇒ If approved, the applicant will be certified

After Grandparenting Period

- ⇒ Applicant pays application fee and submits completed application and supporting documentation to Recover Wyoming
- ⇒ Recover Wyoming staff determine whether the application is complete and sufficient for review
- ⇒ Recover Wyoming Certification Board evaluates the application and determines whether an applicant will be certified
- ⇒ Recover Wyoming staff works with applicant to schedule the exam
- ⇒ Applicant takes exam and either passes or fails
- ⇒ If the exam is passed, the applicant will be certified

Documents/Items Needed to Prepare for the Application

- Formal education information– high school diploma or equivalent
 - ~ Name of institution
 - ~ Date of graduation
- 46 training hours specific to the attached IC&RC domains
 - ~ Name of training(s)
 - ~ Name of organization providing the trainings
 - ~ Dates of training and number of hours completed
 - ~ Hours applied to each IC&RC domain
 - ~ For each training submit a certificate of completion or other evidence of successful completion
- 500 hours of volunteer or paid work experience specific to the IC&RC domains over the past year
 - ~ Name of organization(s) for each time frame
 - ~ Number of hours completed for each domain
 - ~ Contact information for verification of completed hours
- 25 hours of supervision specific to the domains
 - ~ Name of organization(s) for each time frame
 - ~ Number of hours of group and/or individual supervision completed for each domain
 - ~ Verification of supervision statement from each supervisor including name, email and phone number
- Lived experience description that informs the board what your lived experience is and what it has meant to you
- Review and sign the Wyoming Peer Specialist Code of Ethical Conduct and Violations of Ethical conduct document

Lived Experience Defined

- The applicant must have a personal history of substance use disorder and has been engaged in recovery for at least two years and/or
- The applicant must have a personal diagnosis (experience) of a mental health condition and has been engaged in recovery for at least two years

Costs to the Applicant

During the Grandparenting Period– through September 1, 2021 (For currently Certified Peer Specialists): Total of \$95

- ⇒ \$95 must be paid to complete a certification application and to be considered for review (\$175-\$80= \$95)
- ⇒ Currently Certified Peer Specialists will not be required to take the new IC&RC exam and the \$80 exam fee is waived

After the Grandparenting Period (9/1/21) and for any new Peer Specialists applying for new certification beginning February 1, 2021: Total of \$175

- ⇒ \$175 must be paid to complete a certification application and to be considered for review
- ⇒ Fee covers exam fee cost of \$80, certificate holder fees, recording management and other administrative costs

Certification Renewal every 2 years: Total of \$75

- ⇒ \$75 fee must be paid to complete a certification renewal and to be considered for review

All fees are nonrefundable: Credit cards, checks, and money orders are accepted

- ⇒ Payments should be made to: Recover Wyoming, 122 West Lincolnway, Cheyenne, WY 82001

IC&RC Exam Information

- ◆ Recover Wyoming is currently collaborating with IC&RC to get testing locations secured
- ◆ All new Peer Specialists applying for new certification will be required to pass the IC&RC exam to be eligible for certification
- ◆ All applicants will be required to travel to an exam location (TBD) and pay for their own travel costs

IC&RC Domains

ADVOCACY

- Relate to the individual as an advocate
- Advocate within systems to promote person-centered recovery/wellness support services
- Describe the individual's rights and responsibilities
- Apply the principles of individual choice and self-determination
- Explain the importance of self-advocacy as a component of recovery/wellness
- Recognize and use person-centered language
- Practice effective communication skills
- Differentiate between the types and levels of advocacy
- Collaborate with individual to identify, link, and coordinate choices with resources
- Advocate the multiple pathways to recovery/wellness
- Recognize the importance of a holistic (e.g. mind, body, spirit, environment) approach to recovery/wellness

IC&RC Domains– Continued

ETHICAL RESPONSIBILITY

- Recognize risk indicators that may affect the individual’s welfare and safety
- Respond to personal risk indicators to assure welfare and safety
- Communicate to support network personal issues that impact ability to perform job duties
- Report suspicions of abuse or neglect to appropriate authority
- Evaluate the individual’s satisfaction with their progress toward recovery/wellness goals
- Maintain documentation and collect data as required
- Adhere to responsibilities and limits of role
- Apply fundamentals of cultural competency
- Recognize and adhere to the rules of confidentiality
- Recognize and maintain professional and personal boundaries
- Recognize and address personal and institutional biases and behaviors
- Maintain current, accurate knowledge of trends and issues related to wellness and recovery
- Recognize various crisis and emergency situations
- Use organizational/departmental chain of command to address or resolve issues
- Practice non-judgmental behavior

MENTORING AND EDUCATION

- Serve as a role model for an individual
- Recognize the importance of self-care
- Establish and maintain a peer relationship rather than hierarchical relationship
- Educate through shared experiences
- Support the development of healthy behavior that is based on choice
- Describe the skills needed to self-advocate
- Assist the individual in identifying and establishing positive relationships
- Establish a respectful, trusting relationship with the individual
- Demonstrate consistency by supporting individuals during ordinary and extraordinary times
- Support the development of effective communication skills
- Support the development of conflict resolution skills
- Support the development of problem-solving skills
- Apply principles of empowerment
- Provide resource linkage to community supports and professional services

RECOVERY/WELLNESS SUPPORT

- Assist the individual with setting goals
- Recognize that there are multiple pathways to recovery/wellness
- Contribute to the individual’s recovery/wellness team(s)
- Assist the individual to identify and build on their strengths and resilience
- Apply effective coaching techniques such as Motivational Interviewing
- Recognize the stages of change
- Recognize signs of distress
- Develop tools for effective outreach and continued support
- Assist the individual in identifying support systems
- Practice a strengths-based approach to recovery/wellness
- Assist the individual in identifying basic needs
- Apply basic supportive group facilitation techniques
- Recognize and understand the impact of trauma



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