

Peer Specialist Readiness Assessment

The role of a Florida Certified Recovery Peer Specialist is to help instill the hope of recovery from mental health disorders, substance use disorders or both, in part by being able to demonstrate or model recovery skills they have learned. A person wanting to become a peer support specialist must complete a training program and pass a written exam. The “expertise” a peer has comes not from a book or training program, but from having “walked the walk”. A peer specialist must be aware of, able to publicly describe, and role model to others the things that they learned that helped them to recover.

To help you decide if you are ready for peer support certification training, please answer the YES/NO questions below. A “YES” answer means you are willing & prepared to give a detailed response.

	YES	NO
1. Are you willing to disclose to participants, staff, and the general public that you have been diagnosed with a mental health disorder, substance use disorder or both?		
2. Can you describe in detail what has helped you to move from where you were to where you are now? What did you do? What did others do?		
3. Can you describe what you have had to overcome to get where you are today?		
4. Can you describe what you have learned about yourself and what we call recovery? Can you describe some of the strengths you have developed?		
5. Can you describe some of the things that you do daily to keep yourself on the right path?		
6. Can you describe what your lived experience means, how it impacted your life and what things you did to change that?		
7. Can you describe the purpose of your medications, any side-effects you experienced and plans you developed to deal with them? (If you do not take medications leave blank.)		
8. Can you describe some of the beliefs and values you have or have developed that helps to strengthen support your recovery and why do you believe they do?		
9. Can you describe some of the things you have found helpful in combating negative self-talk?		
10. Do you have a WRAP® plan or other type of written wellness plan? Can you describe what it was like to put one together and how it has helped you?		
11. Do you believe that you could talk to a person to help them understand recovery or try to convince someone who did not believe in recovery that it is possible?		
12. Can you describe the role that a sense of hope and resiliency played in your life and your recovery?		
13. Can you describe some of the community supports you have and how they help you deal with your mental health disorder or substance use disorder?		
14. Can you describe how you deal with crisis or experience a recurrence of use?		
15. Have you ever led a group? What did you like about it?		
16. Do you have experience with advocacy organizations like PSCFL, NAMI or MHA? Can you discuss how they supported/helped your recovery efforts?		
If you answered YES to 6 or less questions you may not be ready to be a peer support specialist yet. We suggest that you check out local recovery programs available in your community and continue to focus on your recovery. Being grounded in your own recovery is the best step you can take to help others become grounded in theirs.		

Adapted from the South Carolina Department of Mental Health Peer Support Readiness Self-Assessment



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CERTIFIED RECOVERY PEER SPECIALIST



ARE YOU READY TO TAKE THE NEXT STEP?



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WHAT IS A CERTIFIED RECOVERY PEER SPECIALIST (CRPS)?



Peer

A person we identify with in some capacity. This can include from age and gender to sexual orientation to shared language. In **behavioral health**, a **peer** is usually used to refer to someone who shares the experience of living with a **mental health disorder** and/or **substance use disorder**.

Peer Support

The process of giving and receiving encouragement and assistance to achieve long-term recovery. Peers offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people.



Certified Recovery Peer Specialist

Defined as an individual who self-identifies as a person who has direct personal experience living in recovery from mental health and/or substance use condition, has a desire to use their experiences to help others with their recovery, is willing to publicly identify as a person living in recovery for the purpose of educating, role modeling, and providing hope to others about the reality of recovery, and has had the proper training and experience to work in a provider role.



Learn more about becoming a CRPS at <https://www.peersupportfl.org/who-we-serve/peer-specialists/>

PEER SUPPORT JOB DEFINITIONS AND DESIGNATIONS: AN OVERVIEW

There are a wide variety of peer support positions and designations, including:

CERTIFIED YOUTH PEER SPECIALIST

Assist youth (age 14-25) with understanding and navigating significant life challenges and recovery from mental health and/or substance use.

MENTAL HEALTH PEER WELLNESS COACH

Assist individuals to identify and meet their individualized wellness and healthy lifestyle related goals.

FORENSIC PEER SPECIALIST

Assist individuals with understanding and navigating the criminal justice system.

CERTIFIED FAMILY SUPPORT SPECIALIST

Assist families, caregivers, individuals, or youth, to navigate the system, access services, advocate for supports.

CERTIFIED VETERAN PEER SPECIALIST

Assist other veterans with mental health and/or substance use disorders to successfully engage in their treatment.

PEER BRIDGER

Assist individuals with long and/or recurrent involvements in a variety of settings, like behavioral health centers, jails and prisons.