



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
Must pass the online remote-proctored 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-certification (renewal)



RECOVER WYOMING

Wyoming Peer Specialist Certification

Contact Information

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Certification Process

- ⇒ Applicant completes initial education requirement (offered by Recover Wyoming or other IC&RC approved training/curriculum)
- ⇒ Applicant will pay exam fee to be registered as an exam candidate and must take and pass the exam
- ⇒ Applicant must show proof of 500 work/volunteer hours related to the IC&RC domains & 25 hours of supervision related to the IC&RC domains
- ⇒ Applicant will review and sign the Wyoming PS Code of Ethical Conduct & Process for Violations documents
- ⇒ Applicant pays application fee and submits completed application and supporting documentation to Recover Wyoming
- ⇒ Recover Wyoming Certification Board evaluates the application and determines whether an applicant will be certified

Costs/Fees

Initial Certification Fee: \$175 Total

- ◆ \$80 goes directly toward IC&RC exam fee to be registered as an exam candidate
- ◆ \$95 initial certification fee

Renewal Fee: \$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, 1017 East Lincolnway, Cheyenne, WY 82001
- ◆ Additional fees will be assessed for credit card payments

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

IC&RC Exam Information

- ◆ The IC&RC exam is offered via online, remote-proctoring
- ◆ Exam candidate will register for a date/time that is convenient for them and take the exam online
- ◆ Exam is multiple choice and there is a two hour time limit.

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

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

IC&RC Domains– Continued

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

