



Wisconsin Certified Peer Specialists...

Igniting Recovery

Volume 7 Issue 4

Special points of interest:

- Code of Ethics Updated
- How Peer Specialists are involved in integrated health care
- SAMHSA-HRSA
- A link to Whole Health Action Management (WHAM)

Celebrating Seven Years of Certification...

In January 2017 the Wisconsin Peer Specialist Employment Initiative celebrates its seventh year of certification exams. The first exam which was given in January 2010 resulted in 40 individuals being certified. Today Wisconsin has over 400 Certified Peer Specialists (CPS) working in a variety of fields in healthcare areas such as in and outpatient care, Veterans programs, and other areas including drop in centers, clubhouses and homeless shelters. Mental health courts are also providing Peer Specialist services. When a Certified Peer Specialist is involved as an integral part of a person's recovery plan, national statistics show that there is a reduction in hospital stays, emergency room visits and individuals stay in recovery longer.

In 2016 the annual survey was emailed to all CPS. Questions included length of employment, number of hours worked, wage, how many CPS were employed at your agency and what types of agency people were employed at. The survey showed increases in hours worked, how many CPS were employed at an agency and increases in hourly wages as compared to the 2015 survey. Results of the survey can be seen at: <http://www.wicps.org/survey.html>

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Code of Ethics Updated...

In 2016 the Wisconsin Department of Health Certified Peer Specialist Services. The principles guide Certified Peer Specialists in their professional roles and relationships. The Code of Ethics is accompanied by the Core Competencies and Scope of Practice. These documents helped form the foundation of the Peer Specialist training and certification exams. To view the updated document visit www.wicps.org

Wisconsin Certified Peer Specialists...

Who are Peer Providers? SAMHSA-HRSA...



A peer provider (e.g., certified peer specialist, peer support specialist, recovery coach) is a person who uses his or her lived experience of recovery from mental illness and/or addiction, plus skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resiliency.

In primary care, peer support services have traditionally been limited to an informal or volunteer role of connecting people living with chronic conditions, such as diabetes, in sharing knowledge and experiences with each other. More recently, peer support roles have evolved to include community health workers, peer coaches, and more. [Peer Support in Primary Care Settings](#) focuses around four core functions and enhances primary care by providing self-management around chronic conditions.

In integrated health, an emerging key role for peer providers are interventions that result in the activation of whole health self-management by those in recovery from behavioral health and chronic health conditions (Druss et al. 2010; Brekke et al. 2012). Growing national recognition of this critical role of self-management to promote resiliency and whole health resulted in creating a federally-funded peer-delivered training called [Whole Health Action Management \(WHAM\)](#) developed by the SAMHSA-HRSA Center for Integrated Health Solutions operated by the [National Council for Behavioral Health](#).

To read this entire SAMHSA webpage regarding the importance of Peer Providers please visit: <http://www.integration.samhsa.gov/workforce/team-members/peer-providers#General>

“Certified Peer Specialists work in a wide variety of areas in mental health and/or substance use disorder recovery “

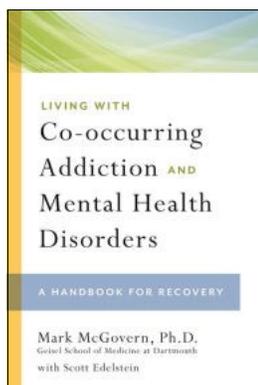
Keep Your Contact Information Updated...

It is important that your contact information is kept current at UW-Milwaukee. They maintain the databases for certification and recertification. Postcards and emails are sent to WI-CPS with information regarding when your recertification is due. To download the change of address/contact information form please go to:

www.sce-peerspecialist.uwm.edu or contact alicep@accesstoind.org to have a form emailed to you



Recommended Reading...



About eleven million people in North America have a substance use disorder and at least one other mental health disorder. Those who struggle with this combination may be faced with a powerful recipe for destruction, especially self-destruction. The good news is that there is help.

This handbook draws from an evidence-based program by a team at the Geisel School of Medicine at Dartmouth, internationally recognized pioneers in the integrated treatment of co-occurring disorders. Living with Co-occurring Addiction and Mental Health

Disorders is designed to inform and empower those with such “dual disorders.” Author Mark McGovern shows how they can make informed choices about their own treatment and, together with a trained clinician, shape a program that works.

Key topics include:

- getting an assessment
- reviewing treatment options selecting the right treatment team setting achievable goals and making positive changes with cognitive-behavioral therapy building a support network of family and friends, and connecting with others recovering from co-occurring disorders

Informative, thorough, and easy to follow, this book has helped many people with co-occurring disorders thrive and be their own best recovery advocates.

ISBN-13: 9781592857197

Review provided by www.barnesandnoble.com



“Certified Peer Specialists are an integral part of a persons recovery team.”

Recertification...

REMINDER: IMPORTANT CHANGES IN RECERTIFICATION DATES

In 2015 all CPS were notified that UW-Milwaukee provided us with the information on changes in recertification dates. Anyone who has taken their exam prior to 2014 will recertify every two years on August 1. If you took your CPS exam in the year 2015 your recertification will be due August 1, 2017

For those taking their exam in 2016 and beyond your recertification will be due August 1, two years later regardless of the month you took the exam. So for example if you took your exam in Feb. 2016 your renewal is due August 1, 2018

Please free to contact Alice Pauser with any questions at: 608-242-8484 ext. 224





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www.wicps.org

The newsletter is also available in other formats. If you would like to submit an article for consideration or recommended reading we would be happy to review it

2017 Peer Specialist Certification Exams

Certification Exam dates for 2017 have not yet been determined. Please check the www.wicps.org website for updates on training and exam dates. Or you can be placed on the training updates e-list by contacting :

alicep@accesstoind.org

Thank you to the ILC's and UW-Milwaukee for their partnership in making the exam process a success!

Reminders...

A Certified Peer Specialist is a person who has not only lived the experience of mental illness and/or substance use disorder but also has had formal training in the peer specialist model of MH/SUD supports. They use their unique set of recovery experiences in combination with solid skills training to support peers who have mental illness. Peer Specialists actively incorporate peer support into their work while working within an agencies team support structure as a defined part of the recovery team.

A Certified Peer Specialist is not a medical technician limited to providing ancillary services without a clear therapeutic role, but an active participant on the consumer's treatment and recovery team.

A Certified Peer Specialist is a job title within the agency of employment where the role of a peer specialist is specific to the lived experience of that specialist. And how that experience is utilized to help others move forward on their recovery journey.

Please remember to stay current on The Core Competencies, Scope of Practice and Code of Ethics. These documents are posted at:

<http://www.wicps.org/certification.html>

Resources...

Wisconsin Bureau of Prevention, Treatment and Recovery

Phone: 608-266-2717

Web: http://dhs.wisconsin.gov/mh_bcmh/index.htm

Grassroots Empowerment Project

Phone: (800)770-0588

Web: www.grassrootspower.org

NAMI Wisconsin

Phone: 608 268-6000 or (800) 236-2988

Web: www.namiwisconsin.org

Wisconsin United for Mental Health

Web: www.wimentalhealth.org Phone: 866-948-6483