



# PEER RECOVERY & THE CPRS



ON OUR OWN  
*Frederick*

**PRESENTED BY:**

On Our Own  
of Frederick County

22 S Market Street, Suite 110  
Frederick, MD 21701

**FACILITATORS:**

Kristen Jean  
Jill Krisnitsky, RPS  
Christopher Ketterman



# ABOUT THE COURSE

**This interactive course offers peers an opportunity to deepen their understand in all of the domains (Advocacy, Ethics, Wellness & Recovery and Mentoring & Education). This course goes over the basics of Peer Support, Being a Recovery Coach and you will also go over information as well as practice questions to prepare you for the state CPRS exam. The beginning of the course provides step by step directions on how to complete the application for the CPRS through the MABPCB website. There is specific details on the CPRS requirements, the process, the application (step by step screen shots from the new website is provided) and the state exam. In addition, we incorporated test taking strategies and tips, CPRS Major Concepts, Skill Areas, and Definitions, The Role of Peer Support in Recovery, Relationship Building and Communication Skills for Peer Recovery Specialists, Boundaries and Ethical Issues, Supporting Recovery and Wellness Practice Exam Questions.**



# ABOUT THE COURSE

## How many hours?

You should plan on spending a total of (at least) **12 hours** reading, studying, reflecting, connecting with your peers and taking practice tests to prepare you for the course.

This is an asynchronous course to be completed at your own pace. There are no deadlines or due dates for the assignments.

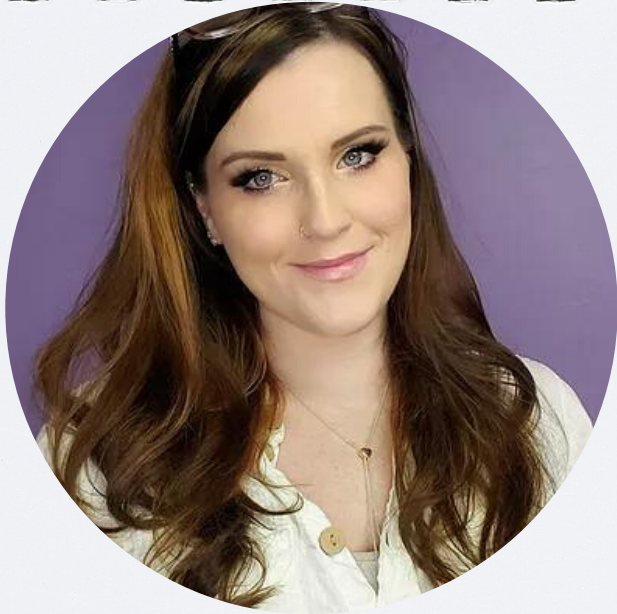
This is an interactive course through the Canvas Online Learning Platform. Your online course instructors are: **Jill Krisnitsky, Kristen Jean and Chris Kettermann.**

## Where?!

This course will be offered live and via Canvas, our online learning platform. After registering for the course we will provide course instructions and you will receive an email from Canvas inviting you to the course.



# MEET OUR TRAINING TEAM!



## **JILL KRISNITSKY** **Executive Director, RPS**

Jill created the CPRS Training Program and asynchronous courses for OOOFC. She also facilitates our Peer Supervision groups twice weekly and works one-on-one with the program participants.

## **KRISTEN JEAN** **Programs Manager**

Kristen facilitates peer support and handles our CPRS onboarding and documentation!



## **CHRIS KETTERMAN** **Training Team**

Chris takes care of a lot of the behind-the-scenes work. If you need any tech support, he's your guy!





# Course Outline

- Welcome and Overview
- Recovery
- Stages of Change
- Pathways of Recovery
- Culture and Biases
- Trauma-Informed Approach
- CPRS Expectations and Roles
- Ethical Guidelines
- Person-Centered Language
- Motivational Interviewing
- The Peer Support Group
- ***and so much else!***



## Additional Training

We are always expanding our trainings and looking to add more! If there is a course you've been looking for and you can't find it on our site, **please let us know!**

