

Essential Competencies of a CPRS

Advocacy



PRESENTED
BY

On Our Own
of Frederick
County

22 S Market
Street, Suite
110
Frederick, MD
21701

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T H
I C S



TEACHERS

Jill Krisnitsky,
CPRS, RPS

Lorenzo Jones,
CPRS

Recovery/Wellness



Mentoring/Education



About The Course

The ESSENTIAL COMPETENCIES OF THE CPRS TRAINING COURSE introduces peers to the principles of recovery and peer support as the catalyst for transforming individuals' lives. This course is designed to thoroughly cover each of the 4 domains of the CPRS (Advocacy, Ethics, Wellness/Recovery & Mentoring/Education) using the CPRS Core Competencies Model. Peers will develop the essential skills necessary to help peers in recovery (from a mental illness and/or SUD) using the peer support model and to support the skill-building and decision-making necessary for self-determined recovery.

The training covers recovery values and the practical skills needed to effectively support peers as a Peer Recovery Specialist. The following key topics are included in this training: Wellness Recovery Action Planning (WRAP), introductions to trauma-informed care, trauma informed peer support, public narrative, overview of the CPRS core competencies, harm reduction, emergent strategy, emergent wellness, the 8 dimensions of wellness, the 5 stages of change, motivational interviewing, professional ethics and boundaries, documentation and mandated reporting.

This course is designed to prepare peers for the qualifying state exam and other elements necessary to successfully obtain the CPRS certification as outlined by the MABPCB state accreditation board.

Course Overview

This **30-hour** course is conducted through both live and self-paced sessions and involves active participation with course facilitators as well as other members of the learning community.

Our asynchronous team leaders are:
Jill and Lorenzo.

HOURS CEU'S



In-person at On Our Own of Frederick, your office (5+ more people required for attendance), and online on Canvas.

Where?!

THE ESSENTIAL COMPETENCIES OF THE CPRS

MEET OUR TRAINING TEAM!



JILL KRISNITSKY Training Director, CPRS, RPS

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

jill.ooofc@gmail.com



LORENZO JONES Training Team

Lorenzo takes care of the behind the scenes training tasks, he assists with grading assignments, maintaining participant documentation and is here to help anyone who needs it!

lorenzo.ooofc@gmail.com
240.629.8015



Course Outline

Welcome & Introductions Overview of the Course & OOOFC Ethics (Day 1)

- Ethical Responsibility
- What are Ethics
- Ethics & Peer Support
- Different Types of Ethics
- CORE Competencies
- PTSD, Trauma, Domestic Violence
- 8 Step Method to Ethical Decision Making
- Ethical Dilemmas
- Key Learnings
- +/- The good and the bad

Advocacy (Day 2)

- OOOFC, Our Mission & Why we do what we do
- Ground Rules
- Define Advocacy
- Peer Advocacy
- Emergent Strategy
- Core Competencies
- Bill of Rights
- Involuntary Commitment, Emergency Petitions,
- Mandated Reporting, Harm Reduction
- Alternative Recovery Pathways
- Key Learnings
- +/- The good and the bad

Mentoring & Education (Day 3)

- Brave Space/Ground Rules
- What is a Mentor
- Mentoring: A 2 Way Street
- Peer Relationships vs. Hierarchical Relationships
- Trauma, Trust, Respect, and Consistency
- Leadership & Followership
- Public Narrative & sharing your story
- Trauma Informed Principles
- Key Learnings
- +/- The good and the bad

Wellness & Recovery (Day 4)

- *Recovery & Wellness Defined*
- *Core Competencies*
- *8 Dimensions of Wellness/Emergent wellness*
- *SMART Goals*
- *Wellness Recovery Action Planning (WRAP)*
- *The 5 stages of change*
- *Motivational interviewing*
- *Self Care*
- *Guided Focusing*
- *Key Learnings*
- *+/- The good and the bad*

On Our Own of Frederick County, Inc.

Our Mission: Through peer support, we offer acceptance and a safe and supportive space for people with mental health and substance use challenges to heal, reconnect, and find our way forward.

Our Purpose: Frederick County will be a place where all can select their own recovery path and are supported in their choices.



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