

## Pathway to Becoming a Certified Missouri Peer Specialist

Individual in Recovery

Hired By

- Administrative Agent or Affiliate
- CPS Facility
- Consumer Operated Service Program
- Other CPS Approved Program

Applies for and accepted to Peer Specialist Training Program

Completes Five-Day Training

Passes Certification Examination

Receives Annual Continuing Education

For More Information, go to the Missouri Peer Specialist Website at

[www.peerspecialist.org](http://www.peerspecialist.org)



For Questions Contact:

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COMPREHENSIVE PSYCHIATRIC SERVICES

# Missouri Peer Specialist Certification Training



Missouri Department of  
Mental Health

Division of Behavioral Health

## What is Peer Support in Missouri?

Peer support services are person-centered with a recovery focus. Services allow individuals the opportunity to direct their own recovery and advocacy processes. Peer support promotes skills for coping with and managing symptoms while encouraging the use of natural supports and enhancement of community living skills.

Peer support activities assist in achieving goals and objectives set forth by the consumer in their individualized treatment plan.

Peer support activities emphasize the opportunity for consumers to support each other as they move forward in their recovery.

Peer support services are helping relationships between individuals and Peer Specialists that promote respect, trust, and warmth and empower individuals to make changes and decisions to enhance their lives.

Peer support services can ignite the spark of hope that change is possible.

Peer support services help an individual get in touch with what he or she thinks would improve the quality of his or her life (setting a recovery goal) and helping an individual identify and remove the barriers to getting that life.

## What Does a Peer Specialist Do?

Certified Missouri Peer Specialists interventions may include:

- sharing lived experiences of recovery, sharing and supporting the use of recovery tools and modeling successful recovery behaviors;
- helping individuals recognize their capacity for resilience;
- helping individuals to connect with other consumers and with their community at large;
- helping individuals who have mental illnesses and substance use disorders develop a network for information and support;
- assisting individuals to make independent choices and to take a proactive role in their treatment;
- assisting individuals with identifying strengths and personal resources to aid in their recovery; and
- helping individuals set and achieve recovery goals.

Certified Missouri Peer Specialists shall follow the Certified Missouri Peer Specialist Code of Ethics.

Igniting the Spark of Hope



## Who is Qualified to be a Peer Specialist in Missouri?

An individual must :

- Self identify as a present or former primary consumer of mental health or substance abuse services.
- Be at least 21 years of age.
- Have a high school diploma or equivalent.
- Pass a background check or request an exception to the findings.
- Complete a State approved training program and pass a standardized examination.



## How Do I Become a Certified Missouri Peer Specialist?

An individual must:

- Have a job commitment from a mental health agency.
- Complete the application located on the following website: [www.peerspecialist.org](http://www.peerspecialist.org)
- Complete a 5-Day Basic Training Program
- Following completion of the 5-Day Basic Training Program, the individual must pass a State of Missouri approved certification examination.
- Annual continuing education will be offered.