





What is peer support?

A Peer Is...

Plans (WRAP®).

In behavioral health, a peer is someone who shares the experience of living with a psychiatric disorder and/or an addiction.

Peer Providers...

Peer providers can play many roles. They facilitate education and support groups. They work as a bridge linking people to services as they transition from hospitals or jails into the community. Peers also work one-on-one as role models, mentors, coaches, and advocates. They support people in developing psychiatric advance directives and creating Wellness Recovery Action

The "process of giving and

Peer Support is...

receiving encouragement and assistance to achieve long-term recovery." Peers offer their unique lived experience with mental health conditions to provide support focused on advocacy, education, mentoring, and motivation. Mead, 2003; Solomon, 2004

Trained Peer Specialists... May provide volunteer or

paid peer support. Peers also use their expertise to work as supervisors, trainers, and leadership within organizations. Peer specialists have roles in government, policy, and insurance. Many peers run their own peer-run organizations.

How do l become a peer specialist?

you will need both:

To become a peer support specialist,

training to become a peer

You will need adequate

Training

specialist. Requirements vary state-by-state. Doors to Wellbeing has a comprehensive list of requirements by state. Learn



the US. Generally, certification programs

Certification

Certification varies across

have requirements, such as hours of experience. There are several types of certification, which are described in the next section.

resource!

Detailed overview from MHA on how

to become a Peer Support Specialist

National

Certification

What types of certification are there?



State certification

programs and

requirements vary.

Not all states offer

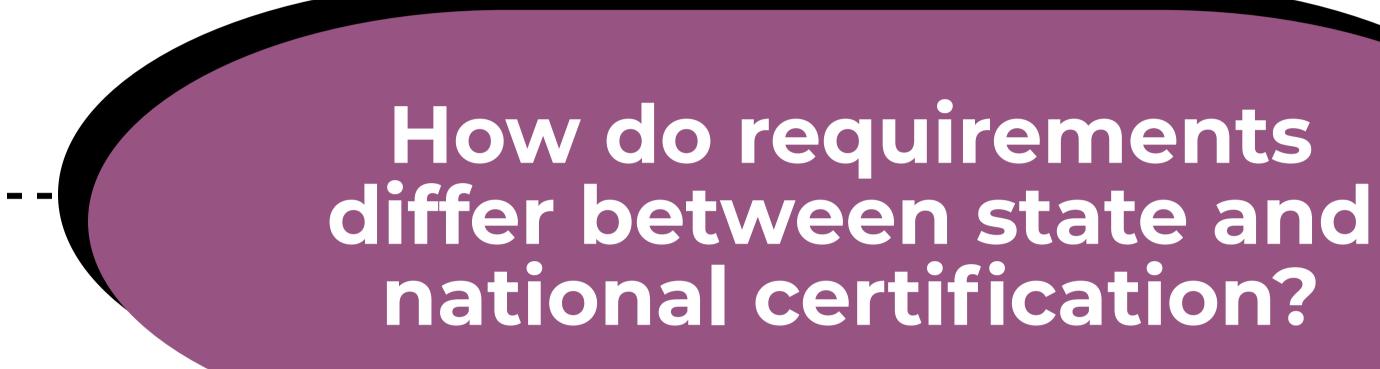
certification. In some

cases, it is offered at

State

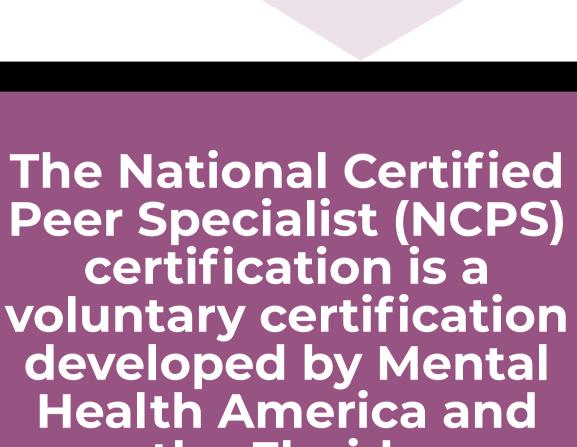
Certification

the county level. Learn More Here!

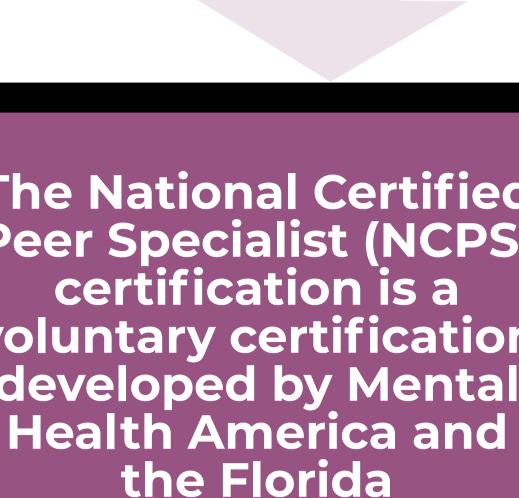


hours.

hours.



NCPSs must pass a 125-question examination.



Certification Board.

The NCPS requires

state certification or

completion of

approved training and

a minimum of 3,000

hours of experience

providing peer

support.

How do requirements



support, and youth peer

support.

Peers may also use their

experience and training

to support additional

populations including:

Other

Certification

New and expecting mothers Individuals who are unhoused Individuals involved in

the criminal justice

system

To be eligible, peers must have a Required training can be minimum of 40 hours of anywhere from 32 to over 100

 Examination requirements vary around the country-some require it and others do not. Some certifications are

Experience requirements

recommendation

range from 0 hours to 2,000

Some states require letters of

State

certification board, while others are operated by state departments of mental health.

operated under a formal

- the past six years. Requires one professional and

approved training or have

completed state certification.

Requires a minimum of 3,000

hours of experience providing

paid or volunteer peer support in

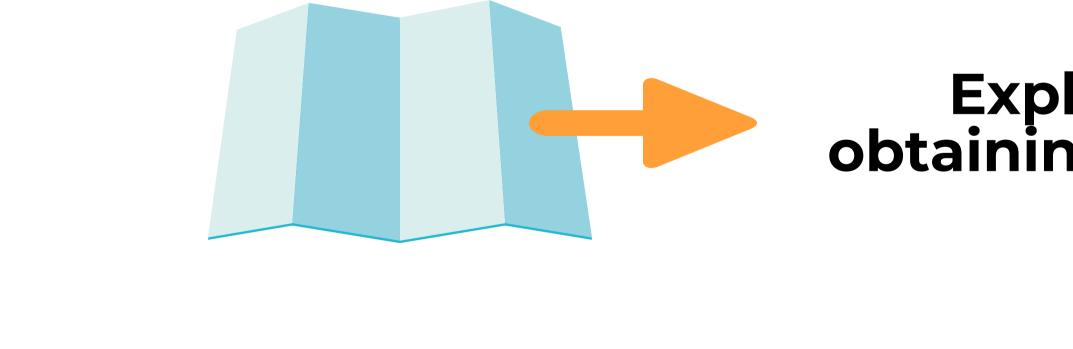
National

one supervisory letter of recommendation. Must pass an exam that covers six domains of practice. The NCPS is not required by

states and does not allow peers

to provide peer support across

 The NCPS recognizes a uniform, high level of experience and knowledge for peer specialists.



Explore a roadmap to obtaining NCPS Certification!

state lines.

Resources

How to Become a Peer Support Specialist Guide to National Certified Peer Specialist Certification

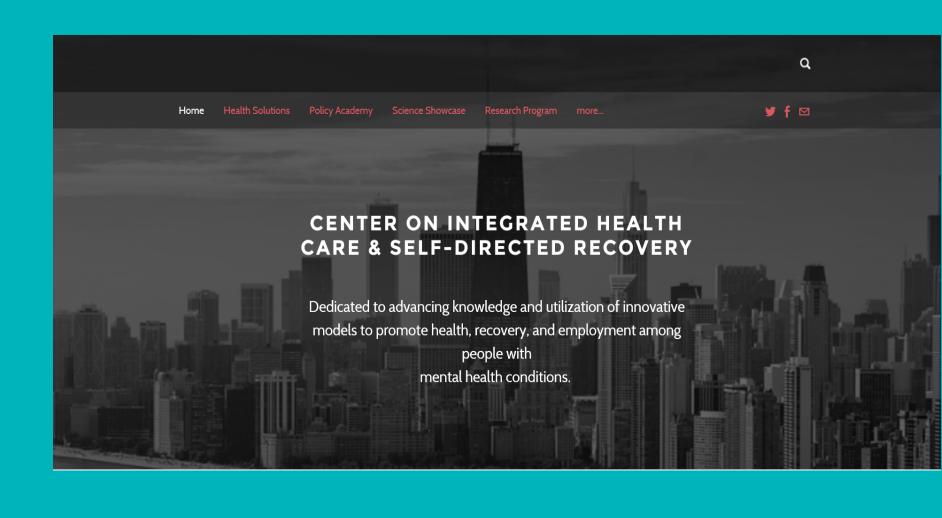
National Certified Peer Specialist (NCPS) Credentials List

Roadmap to Obtaining NCPS Certification Doors to Wellbeing Peer Specialist State Database

Interactive Map of Certification Programs by State

National Certified Peer Specialist (NCPS) vs State Certification Cheat Sheet

Brought To You By:



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