

CPRS CONTINUING EDUCATION FACT SHEET

In keeping up to date with your certification, ten continuing education hours are required each year and five of those 10 must be face-to-face in a live classroom setting. The other five can be computer based learning or online webinars. One hour of the 10 must be in ethics. See the continuing education requirements in the CPRS Handbook at

http://tn.gov/assets/entities/behavioral-health/mh/attachments/Certified_Peer_Recovery_Specialist_Handbook_June_16_2016.pdf

While important for the job, some trainings do not apply in being certified as a Peer Recovery Specialist. Clinical trainings, for example, cannot be used for CPRS continuing education because it is a violation of the CPRS Code of Ethics for a CPRS to provide clinical treatment.

You are encouraged to seek pre-approval for any trainings you plan to attend to make sure they are approved for CPRS continuing education by emailing CPRS.TDMHSAS@tn.gov with the description of the training or by calling the Helpline at 800-560-5767.

Below are examples of trainings that would and would not be acceptable for certification.

EXAMPLES OF APPROVED TRAININGS

Trainings, seminars, workshops, or college courses within, but not limited to, the following categories:

Recovery in the Fields of Mental Health and Substance Abuse Disorders

Examples:

- Stages of Change
- Detoxification
- Crisis Management
- Mental Health Disorders
- The Impact of Diagnoses
- Understanding Mental Health or Substance Abuse Treatment
- Mental Health in Rural Settings

Peer Support Services Promoting Recovery and Resiliency

Examples:

- Peer-Directed Recovery
- Illness Management and Recovery
- Wellness Recovery Action Plan (WRAP)[®]
- Person-Centered Planning

Relapse and Recovery
Peer Employment Training or Peer Support Specialist Training (PSST)
Peer Counseling Training

Assisting Peers in Starting and Sustaining Self-Help Groups

Examples:

Building Self-Esteem
BRIDGES
Recovery Stories
Mental Illness and Substance Use
Relapse Prevention

Self-Directed Recovery and Resiliency

Examples:

Stress Reduction
Recognizing Workplace Burnout
Identifying Relapse Urges and Triggers
Conflict Resolution
Coping with Transference of Feelings

Cultural Competency, Grief and Spirituality

Examples:

Culture Differences and Beliefs
Grief and Loss
Grief and Recovery
Spirituality and Recovery
The Impact of Beliefs and Values on Recovery
Cultural Diversity and Sensitivity

Professional Development

Examples:

Ethics
Maintaining Appropriate Boundaries
Protecting Health Information (HIPAA)
42 Code of Federal Regulations (CFR) Part 2-Confidentiality
Working with Clinical Staff

Certified Peer Specialists who are employed by an agency that is licensed by TDMHSAS and authorized to participate in the Medicaid (TennCare) program may count provider agency in-service trainings as required by TennCare toward the 10 required hours, if pre-approved by the Office of Consumer Affairs and Peer Recovery Services.

EXAMPLES OF UNAPPROVED TRAININGS

The following training topics cannot be used as continuing education for CPRS renewal.

Examples:

- First Aid Classes (Medical, not Mental Health)
- Cardio Pulmonary Resuscitation (CPR) Classes
- Driver Education
- Food Safety Handling
- Fire and Other Emergencies
- Protective Equipment
- Material Safety Data Sheets (MSDS)
- Blood Borne Pathogens
- Universal and Standard Precautions
- Patient Neglect/Abuse
- Sitting and Lifting
- Electrical Safety
- Hand Hygiene
- Clinical Trainings

Examples

- Sexual Assault Dynamics and Treatment
- Trauma-Informed Treatment of Addiction
- Clinical Supervision
- Solution Focused Brief Therapy in Behavioral Health
- Cognitive Behavioral Therapy
- Emotion Focused Therapy
- Integrative Therapy
- Multicultural Therapy
- Psychodynamic Therapy
- Relational-cultural Therapy
- Client-Directed Outcome-Focused Therapy
- Mindful Therapy
- Feminist Therapy
- Treatment of Suicidality
- Repair and Reattachment Grief Therapy