

# Certified Peer Specialist Training Online Texas

## Certified Peer Specialist Advanced Training Series



John Burns      Lisa Watson      Miles Hoffman

How to talk about Medication for Addiction Treatment (MAT) - .5 hour

**Topics Include:**

- Types of medication
- Diversion
- Strategies to address stigma and bias
- Talking to peers about MAT

Professional expectations, ethics, and boundaries for the Certified Peer Specialist (CPS) role - 1 hour

**Topics Include:**

- Ethics
- Boundaries
- Ending the peer relationship
- Dealing with mistakes

How to identify and address stress, compassion fatigue, grief, and secondary trauma - 1 hour

**Topics Include:**

- Grief
- Stress
- Secondary trauma
- Compassion fatigue

How to work with peers with co-occurring mental illness and substance use disorders - 1 hour

**Topics Include:**

- Symptoms of co-occurring disorders
- Crises and emergency situations
- Advocacy and empowering peers

How to assess and refer peers experiencing suicidality, domestic violence, and sex trafficking - 1 hour

**Topics Include:**

- Identifying when to assess
- How to provide support
- Ideas for referrals

The Certified Peer Specialist Advanced Training Series was developed as a collaborative effort between UMSL-MIMH and CPS actively working in the field; sharing their lived experiences and insights to help create a series of modules that would be meaningful and relevant to the CPS of Missouri today.

**EARN HOURS TOWARD THE CERTIFIED RECIPROCAL PEER RECOVERY (CRPR) CERTIFICATION!**



Mary Hosto      Audrey Collins      Jordan Hampton



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**Certified peer specialist training online Texas** has emerged as an essential component in the mental health recovery process, providing individuals with the skills and knowledge necessary to support others on their journey to wellness. With the increasing demand for mental health services and the unique insights that peer specialists offer, online training programs in Texas have become a viable and accessible option for those looking to become certified. This article will explore the various aspects of certified peer specialist training in Texas, including its significance, training requirements, program offerings, and the benefits of pursuing this career path.

# Understanding the Role of a Certified Peer Specialist

A Certified Peer Specialist (CPS) is a person who has lived experience with mental health challenges and is trained to provide support to others facing similar difficulties. The CPS uses their personal journey to inspire hope and motivation in their peers, helping them navigate the challenges of recovery. Key roles of a CPS include:

- Providing Emotional Support: Offering empathy, understanding, and encouragement to individuals experiencing mental health issues.
- Sharing Personal Experiences: Utilizing their own recovery story to foster connection and understanding.
- Facilitating Support Groups: Leading group discussions that promote sharing and learning among participants.
- Advocating for Peers: Representing the needs and rights of individuals within the mental health system.
- Connecting to Resources: Assisting peers in accessing community resources and services.

## The Importance of Certified Peer Specialist Training

Training is a vital component for individuals looking to become Certified Peer Specialists. It equips them with the skills necessary to effectively support others, ensuring that they understand the ethical considerations and best practices involved in peer support.

### Why Training Matters

- Skill Development: Training helps peer specialists develop essential skills such as communication, conflict resolution, and active listening.
- Understanding Mental Health: It provides a comprehensive understanding of various mental health conditions and recovery processes.
- Ethical Guidelines: Training includes education on the ethical considerations involved in peer support, such as confidentiality and boundaries.
- Professional Preparation: It prepares individuals for potential employment opportunities within the mental health field.

## Certified Peer Specialist Training Requirements in Texas

To become a Certified Peer Specialist in Texas, candidates must meet specific requirements established by the Texas Health and Human Services Commission (HHSC). These requirements include:

1. **Personal Experience:** Candidates must have lived experience with mental illness or substance use disorders and must be in recovery.
2. **Age Requirement:** Applicants must be at least 18 years old.
3. **Training Completion:** Successful completion of an approved CPS training program.
4. **Certification Examination:** Passing the CPS certification exam administered by a recognized body.

## **Training Programs Available in Texas**

Several organizations offer certified peer specialist training online in Texas. These programs vary in length, format, and content, providing options for different learning styles and schedules.

- **Texas Institute for Mental Health Research:** Offers online training modules that cover the fundamentals of peer support, ethics, and recovery-oriented practices.
- **Mental Health America of Texas:** Provides comprehensive CPS training that includes interactive online courses and live webinars.
- **National Alliance on Mental Illness (NAMI) Texas:** Offers training that emphasizes peer support principles and includes a curriculum designed for those with lived experience.

## **Benefits of Online Training**

Online certified peer specialist training in Texas has several advantages, making it an appealing option for many individuals:

- **Flexibility:** Students can complete training at their own pace, accommodating work and personal commitments.
- **Accessibility:** Online training eliminates geographical barriers, allowing individuals from various regions of Texas to participate.
- **Diverse Learning Materials:** Many programs include various educational resources, such as videos, interactive quizzes, and discussion boards, enhancing the learning experience.
- **Cost-Effectiveness:** Online programs often have lower tuition costs compared to in-person training.

## **Steps to Enroll in an Online CPS Training Program**

If you're interested in pursuing certified peer specialist training online in Texas, here's a step-by-step guide to help you get started:

1. **Research Programs:** Look for approved online training programs that meet Texas requirements.
2. **Check Eligibility:** Ensure you meet the personal experience and age requirements.

3. Gather Documents: Prepare any necessary documentation, such as proof of recovery or identification.
4. Complete Application: Fill out the application for the training program of your choice.
5. Pay Fees: Be prepared to pay any associated tuition or registration fees.
6. Engage in the Training: Actively participate in the online coursework and complete all required assignments.
7. Prepare for the Exam: After completing the training, study for the certification exam to ensure success.

## **Career Opportunities for Certified Peer Specialists**

Upon obtaining certification, individuals can explore various career opportunities within the mental health field. Certified peer specialists can work in:

- Community Mental Health Centers: Providing direct support and guidance to individuals in recovery.
- Hospitals: Assisting patients during their stay, offering hope and recovery strategies.
- Nonprofit Organizations: Advocating for mental health awareness and providing resources to those in need.
- Private Practice: Offering peer support as an independent contractor or consultant.

## **The Impact of Certified Peer Specialists in the Community**

The presence of certified peer specialists in the mental health system has a profound impact on individuals and the community at large. Their unique perspective as someone who has experienced mental health challenges allows them to connect with peers on a deeper level. Benefits include:

- Reduced Stigma: By openly sharing their experiences, CPS help decrease the stigma surrounding mental health issues.
- Increased Access to Services: They facilitate connections to necessary resources and services, promoting recovery.
- Enhanced Support Networks: CPS foster a sense of community and belonging among individuals facing similar challenges.

## **Conclusion**

Certified peer specialist training online in Texas offers a pathway for individuals with lived experience to turn their challenges into strengths, helping others navigate their journeys toward recovery. With a robust training framework, accessible online programs, and a growing demand for peer support services, this career path not only empowers individuals but also enriches the mental health community as a whole. By investing in certified peer specialist training, aspiring professionals can take meaningful steps toward

making a difference in the lives of others while fostering their growth and recovery.

## **Frequently Asked Questions**

### **What is a Certified Peer Specialist in Texas?**

A Certified Peer Specialist (CPS) in Texas is an individual who has lived experience with mental health challenges and has been trained to support others in their recovery journey. They use their personal experiences to provide hope, guidance, and encouragement.

### **How can I enroll in online Certified Peer Specialist training in Texas?**

To enroll in online Certified Peer Specialist training in Texas, you typically need to find an accredited training program, complete the application process, and meet any prerequisites. Many organizations offer online courses that you can register for directly through their websites.

### **What are the requirements to become a Certified Peer Specialist in Texas?**

To become a Certified Peer Specialist in Texas, you must have personal experience with mental health challenges, complete an approved peer specialist training program, and pass a certification exam. Additionally, you may need to demonstrate recovery and stability in your own life.

### **Is the Certified Peer Specialist training in Texas available for free?**

Some organizations may offer scholarships or grants to cover the cost of Certified Peer Specialist training in Texas, but many programs charge a fee. It's best to research different training providers for any financial assistance options.

### **How long does the Certified Peer Specialist training take?**

The duration of the Certified Peer Specialist training program can vary, but it usually takes between 40 to 80 hours of coursework, which can often be completed online at your own pace.

### **What topics are covered in the Certified Peer Specialist training?**

The training typically covers topics such as recovery principles, communication skills, advocacy, ethics, and how to support others in their recovery. Additionally, there may be modules on mental health conditions and crisis intervention.

### **What is the certification process after completing the training?**

After completing the training, candidates must pass a certification exam administered by the Texas

Certification Board of Addiction Professionals or a similar organization. Successful candidates will then receive their Certified Peer Specialist credential.

## Are there continuing education requirements for Certified Peer Specialists in Texas?

Yes, Certified Peer Specialists in Texas are required to complete continuing education hours to maintain their certification. This often includes attending workshops, conferences, or additional training relevant to peer support.

## What job opportunities are available for Certified Peer Specialists in Texas?

Certified Peer Specialists can find job opportunities in various settings, including mental health clinics, hospitals, community organizations, and non-profits. They may work as recovery coaches, support group facilitators, or in case management roles.

## How does online training compare to in-person training for Certified Peer Specialists?

Online training offers flexibility and convenience, allowing participants to learn at their own pace. However, in-person training may provide more opportunities for networking and hands-on practice. Both formats aim to equip individuals with the necessary skills for peer support.

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