

# Forensic Peer Specialist Training

APPLICANT NAME: \_\_\_\_\_

FORENSIC PEER RECOVERY SUPPORT SPECIALIST DISCOVERY GUIDE		
<p>The <b>CPSSP-F Discovery Guide</b> will help you determine if participating in the <b>CPSSP-F Training</b> is suitable for you at this time. If based on the guide, you decide to continue with the process, please complete the <b>CPSSP-F Application</b>. <i>The Discovery Guide should be submitted with the Application and supporting documentation.</i></p> <p>The job of a <b>Forensic Peer Recovery Support Specialist</b> is to offer a person-centered, strength-based support system extended to individuals with mental health and/or co-occurring challenges who become involved in the justice system. Also, demonstrating and modeling recovery skills learned from the training to help instill hope in recovery in others. In Mississippi, a person wanting to become a <b>CPSSP-F</b> must complete a 3-day training program and pass a written exam, but the "expertise" a peer has comes not from a book or training program but from having "walked the walk." A <b>CPSSP-F</b> must be able to publicly describe/advocate, and role model to others the things they learned that helped them recover.</p> <p>To help decide if you are ready to become a <b>Forensic Peer Recovery Support Specialist</b>, please answer the YES/NO questions below. A "YES" answer means you are willing and prepared to give a detailed response.</p>		
		YES NO
1.	Are you willing to disclose to individuals receiving services, staff, and the public, that you have been diagnosed with a mental illness, substance use disorder, or both?	<input type="checkbox"/> <input type="checkbox"/>
2.	Can you describe in detail what has helped you to move from where you were to where you are now?	<input type="checkbox"/> <input type="checkbox"/>
3.	Can you describe what you have had to overcome to get where you are today?	<input type="checkbox"/> <input type="checkbox"/>
4.	Can you describe some of the things that you do daily to keep yourself on the right path?	<input type="checkbox"/> <input type="checkbox"/>
5.	Can you describe what your diagnosis means, how it impacted your life, and what things you did to change that?	<input type="checkbox"/> <input type="checkbox"/>
6.	Can you describe the purpose of your medications, any side effects you experienced, and plans you developed to deal with them? (If you do not take medication leave blank)	<input type="checkbox"/> <input type="checkbox"/>
7.	Can you describe some of the beliefs and values you have, or have developed, that helps to strengthen your recovery and why do you believe they do?	<input type="checkbox"/> <input type="checkbox"/>
8.	Can you describe some of the things you have found helpful in combating negative self-talk?	<input type="checkbox"/> <input type="checkbox"/>
9.	Do you have a Wellness Recovery Action Plan or any other type of written wellness plan?	<input type="checkbox"/> <input type="checkbox"/>
10.	Do you believe that you could talk to a person to help them understand recovery?	<input type="checkbox"/> <input type="checkbox"/>
11.	Can you describe the role that a sense of hope and resiliency played in your life, your recovery?	<input type="checkbox"/> <input type="checkbox"/>
12.	Have you ever been involved in the criminal justice system?	<input type="checkbox"/> <input type="checkbox"/>
13.	Can you describe how you deal with crises? With the recurrence of your symptoms? With relapse?	<input type="checkbox"/> <input type="checkbox"/>

5 | CPSSP-F Training Application

**Forensic peer specialist training** is an innovative approach that combines elements of mental health support with an understanding of the criminal justice system. As the demand for trained professionals in this niche field grows, it is essential to explore what forensic peer specialists do, the training they undergo, and the impact they have on both individuals and communities. This article will provide an in-depth look at forensic peer specialist training, outlining its significance, curriculum, and the skills necessary for success in this vital role.

## Understanding Forensic Peer Specialists

Forensic peer specialists are individuals who have lived experience with mental health or

substance use issues, particularly in the context of the criminal justice system. They serve as advocates, mentors, and support providers for individuals navigating the complexities of legal challenges, often stemming from their mental health or addiction struggles.

## Role and Responsibilities

The primary responsibilities of a forensic peer specialist include:

- Providing emotional support and guidance to individuals involved in the criminal justice system.
- Helping clients develop coping strategies and life skills to manage their mental health and navigate legal processes.
- Facilitating connections between clients and community resources, such as treatment programs, housing assistance, or legal aid.
- Advocating for clients' rights within the criminal justice system.
- Educating clients about their mental health conditions and the available support options.

## The Importance of Training

Forensic peer specialist training is crucial for several reasons:

1. **Ensuring Competence:** The complexities of the criminal justice system require specialists to possess a deep understanding of both legal and mental health issues.
2. **Enhancing Support:** Proper training equips peer specialists with the skills necessary to provide effective support to clients facing unique challenges.
3. **Reducing Recidivism:** Research suggests that effective support from trained peers can help reduce recidivism rates among individuals with mental health issues.

## Curriculum Overview

Forensic peer specialist training programs typically cover a broad range of topics designed to prepare trainees for their roles. A typical curriculum may include the following components:

1. **Understanding Mental Health and Substance Use Disorders:** Participants learn about various mental health conditions, the effects of substance use, and how these

issues intersect with the criminal justice system.

2. **Criminal Justice System Basics:** Trainees gain insights into the legal process, including the roles of law enforcement, courts, and corrections.
3. **Peer Support Principles:** This module focuses on the fundamentals of peer support, including active listening, empathy, and rapport-building techniques.
4. **Ethics and Boundaries:** Ethical considerations are paramount in peer support roles. Trainees learn about confidentiality, boundaries, and professional ethics in the context of forensic settings.
5. **Crisis Management Skills:** Forensic peer specialists must be equipped to handle crises effectively. This section covers de-escalation techniques and safety planning.
6. **Resource Navigation:** Participants learn how to assist clients in accessing community resources, such as mental health services, housing, and employment support.
7. **Advocacy Skills:** This module teaches participants how to advocate for clients' rights and needed services within the legal system.
8. **Self-Care and Resilience:** Given the potential for vicarious trauma and burnout, self-care strategies are essential for peer specialists to sustain their effectiveness in supporting others.

## Prerequisites for Training

Individuals interested in becoming forensic peer specialists typically need to meet certain prerequisites, which may include:

- Personal lived experience with mental health or substance use disorders.
- A willingness to share one's story to support others.
- Basic understanding of the mental health and criminal justice systems.
- Completion of any required foundational peer support training programs.

## Certification and Continuing Education

Upon completing the training program, individuals may pursue certification as forensic peer specialists. Certification requirements vary by state or organization, but they typically

involve:

1. Completion of a training program: Successfully finishing an accredited training course.
2. Supervised Experience: Gaining practical experience under the supervision of a qualified professional.
3. Examinations: Passing a certification exam that assesses knowledge and competency in the field.

Continuing education is also essential for forensic peer specialists to stay updated with the latest practices and policies. Many organizations offer workshops, seminars, and webinars focused on emerging trends in mental health and the criminal justice system.

## **The Impact of Forensic Peer Specialists**

Forensic peer specialists play a significant role in improving outcomes for individuals with mental health issues involved in the criminal justice system. Their impact can be seen in several areas:

### **Reducing Stigma**

By sharing their personal experiences, forensic peer specialists help to reduce the stigma associated with mental health disorders and criminal justice involvement. This normalization encourages individuals to seek help and support.

### **Improving Access to Services**

Forensic peer specialists serve as bridges between clients and essential services, ensuring that individuals have access to the care and resources they need. Their knowledge of community resources enables them to connect clients with appropriate support systems.

### **Enhancing Recovery and Resilience**

Through their empathetic approach and shared experiences, forensic peer specialists inspire hope and resilience in clients. They empower individuals to take ownership of their recovery journey, fostering a sense of agency and self-advocacy.

### **Promoting Community Integration**

By assisting clients in navigating the challenges of reentry into society after incarceration, forensic peer specialists promote community integration. They help individuals build supportive social networks, find stable housing, and secure employment opportunities.

# Conclusion

Forensic peer specialist training is a vital component of building a supportive and effective framework for assisting individuals with mental health issues within the criminal justice system. By equipping peer specialists with the necessary skills and knowledge, we can ensure that they provide compassionate, informed support to those navigating these complex challenges. As the field continues to evolve, ongoing training and advocacy will be essential for maximizing the impact of forensic peer specialists and improving outcomes for vulnerable populations. The need for talented and dedicated individuals in this role will only increase, making forensic peer specialist training a critical focus for mental health and justice reform efforts.

## Frequently Asked Questions

### **What is forensic peer specialist training?**

Forensic peer specialist training prepares individuals with lived experience in mental health or substance use recovery to support others involved in the criminal justice system, promoting recovery and wellness.

### **Who can benefit from forensic peer specialist training?**

Individuals with personal experience in mental health or substance use recovery, as well as those interested in working within the criminal justice system, can benefit from this training.

### **What are the key components of forensic peer specialist training?**

Key components typically include understanding the criminal justice system, recovery principles, effective communication skills, and crisis intervention techniques.

### **How long does forensic peer specialist training usually take?**

The duration of forensic peer specialist training can vary, but it generally lasts anywhere from a few weeks to several months, depending on the program and its structure.

### **Are there certification requirements for forensic peer specialists?**

Yes, many programs require participants to complete training and pass a certification exam to become recognized forensic peer specialists, though requirements can vary by region.

### **What roles do forensic peer specialists play in the**

## **criminal justice system?**

Forensic peer specialists serve as advocates, mentors, and support systems for individuals in the criminal justice system, helping them navigate resources and promote recovery.

## **How does forensic peer specialist training differ from traditional peer support training?**

Forensic peer specialist training places a specific emphasis on the intersection of mental health, substance use, and the criminal justice system, while traditional peer support training may focus more broadly on recovery.

## **What skills are emphasized in forensic peer specialist training?**

Skills emphasized include active listening, empathy, crisis de-escalation, advocacy, and knowledge of community resources relevant to those in the criminal justice system.

## **Can forensic peer specialists work in various settings?**

Yes, forensic peer specialists can work in a variety of settings, including jails, prisons, community mental health centers, and rehabilitation programs, often collaborating with law enforcement and social services.

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