Project HOME Certified Peer Specialist Training February 2022 FAQ

Apply here https://forms.gle/FSEtBHmZj8hTCppC6 or text "CPS" to (267) 289-2243 for the link

What is a Certified Peer Specialist (CPS)?

"A Certified Peer Specialist (CPS) is an individual with lived mental health experience who has been trained and certified in the state of Pennsylvania on how to assist others in recovery and wellness. A certified peer specialist performs a wide variety of tasks to assist individuals to regain control over their lives and their own recovery and wellness process."

http://www.peer-support.org/?page_id=28

Who is eligible for this training?

You must meet **all** of the following requirements

1) Be 18+ years old
2) Self-identify as struggling with serious mental illness or emotional disturbance
3) Have 12 total months of work or volunteer experience over the past 2 years
4) Have your high school diploma, GED, or HiSET

What are all of the parts of the application?

First complete the initial intake.

1) The initial intake application https://forms.gle/FSEtBHmZj8hTCppC6

Then we will be in touch about getting the rest of the application (but maybe start gathering things like the reference letter, etc. ahead of time)

2) Short response experience and interest questions
3) Copy/scan of your high school diploma or GED (or transcript)
4) Copy/scan of your current state ID, driver's license, military ID, or passport
5) A recommendation letter from someone who knows you and can vouch for you as a potential peer supporter (e.g. supervisor, teacher or clergy)
6) Your resume
7) An interest conversation with an employment specialist (we'll schedule this)

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Wow, there are a lot of parts to application process?

Yes, but it's worth working through. The training is really good. And the work is important.

Reach out to us if you get stuck on any part of the application.

How can I prepare for the student interest conversation?

You should be prepared to talk about:

a) Why you are interested in becoming a Certified Peer Specialist.

b) What types of jobs you are planning to apply for once you have your certification.

c) What are strengths and life experience that you will bring to your work.

d) What concerns you have about your ability to complete the bootcamp and training.

How will I know if I got into the CPS training?

We will reach out to everyone.

When is the application deadline?

We will be accepting applications on a rolling basis. But, sooner is better. If you think you might be interested, apply now.

Will I have to attend every day?

Yes. You are required to attend class every day, as well as the orientation.

What if I don't get into the training? What if I miss the deadline?

There will be more.

Where can I learn more about Project HOME housing?

Check out this guide, for Project HOME, other housing, etc. Where to Turn updated Jan 4 2021.pdf (projecthome.org)

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<u>What exactly is covered in the training.</u>

The first couple weeks focus on computer and workforce skills.

1) Practical Computer Skills for the Workforce
   a. Typing
   b. Windows 10
   c. Internet Search
   d. Filling out forms
   e. Email
   f. Microsoft Word

2) Customer Service
   a. Job Readiness 101
   b. Communication styles
   c. Effective teamwork
   d. Workload management
   e. Problem Solving
   f. Business writing
   g. Workplace scenarios

Then, the main CPS part of the training covers the topics below.

1) Recovery Planning and Collaboration
   a. Recovery planning: goals, etc.
   b. WRAP
   c. Documentation
   d. Wellness tools
   e. Relapse prevention/signs
   f. Daily maintenance plans

2) Ethical Responsibility & Professionalism
   a. Boundaries
   b. Ethics
   c. Confidentiality
   d. Self-care
   e. Mandated reporting

3) Person-Centered and Relationship-Focused
   a. Trauma-informed
   b. Communication
   c. Story telling/self-disclosure
   d. Self-advocacy
   e. Links to resources
   f. Stigma
   g. Active/Reflective listening
   h. Definition of peer support
   i. Resilience
   j. Stressors
   k. Hope