



# **CERTIFIED RECOVERY PEER ADVOCATES: The Emerging Role of Peer Support in NY**

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# Presentation Outline

- NYCA & Public Protection
- Peer Advocates: Newest OASAS Certification
- Recovery Coach or Recovery Peer Advocate?
- Role/Benefits of Peer Advocates
- Peer Advocate Eligibility Standards
- NYCA Certification Program
- Questions & Answers



# NY Certification Association

- Independent professional testing & certification services
- Public protection of citizens of New York
- Setting & preserving professional standards
- Assuring safe, competent & ethical practice

# Certified Recovery Peer Advocate (CRPA)

Outreach & peer support to recovering individuals based on clinical need & as directed in treatment and/or recovery plan

- Mentoring
- Monitoring
- Motivating





# Peer Recovery Support Services

- One-on-one relationship in which a Peer encourages, motivates, supports another to establish or strengthen his/her recovery.
- Sets recovery goals, develops RAPs, solves problems directly related to recovery (sober housing, new friends, better use of spare time, improving job skills).
- Highly supportive, rather than directive.



# Peer Terminology

- Recovery Coach (Peer Leader, Peer Mentor)
- Certified Addiction Recovery Coach (CARC)
- Peer Mentor Credential (IC&RC)
- Certified Recovery Peer Advocate (CRPA)



# Role of the CRPA

- Adjunct to treatment – mentoring skills applied to support & motivate individuals to achieve/maintain recovery.
- Elevate L-T recovery outcomes thru pre-recovery, recovery initiation/stabilization & recovery maintenance support services.
- Expand quantity & variety of recovery supports in community.







# CRPA

## Performance Domains

- Advocacy: Accessing community resources.
- Mentoring/Education: Helping peers make healthy choices about which recovery pathways work.
- Recovery/Wellness Supports: Strategies for achieving and sustaining recovery.
- Ethical Responsibility: Adhering to a Code of Ethical Conduct and protecting the rights of the served individuals.



# Sponsors vs. Peer Advocates

## Sponsors

- Voluntary mutual aid society
- Isolation from professional helpers
- Support in a particular program of recovery
- 12-Step tools used (story sharing, meetings, sober activities)

## Peer Advocate

- Service organization
- Adjunct to treatment
- Recovery support across multiple frameworks
- **“Recovery by any means necessary.”**
- Broad range of supportive services (education, employment, health care, housing, transportation)



# Addiction Counselors vs. Peer Advocates

## Counselor

- Facilitate recovery initiation
- Self-disclosure discouraged
- Power differential
- Contact outside clinical setting frowned upon
- Relationship has defined beginning, middle & end

## Peer Advocate

- Facilitate ongoing lifestyle reconstruction
- Self-disclosure as a tool
- Power inequity, but less hierarchical
- Maintaining contact after discharge acceptable
- Relationship may continue for months (even years) post treatment



# CRPA Service Settings

- Recovery Community Organizations
- Recovery Centers & Recovery Homes
- Faith-based Organizations
- Child Welfare Organizations
- Drug Courts, Pre-Release Jail/Prison Programs
- Parole & Probation Programs
- Behavioral Health Agencies
- Employee Assistance Programs



# Benefits of Peer Support

- Fills the long-recognized need by Tx providers for services to support recovery after treatment.
- Vital link between systems that treat SUD in clinical setting and larger community in which people seeking to achieve/maintain recovery can live.
- Extends the continuum of care by facilitating entry into treatment, providing social support services during treatment and a post-Tx safety net for those seeking to sustain gains in treatment.



# Peer Advocate Eligibility Standards

- Lived experience
- Formal Education
- Training -- 46 hours consisting of:
  - 10 hours in advocacy
  - 10 hours in mentoring/education
  - 10 hours in recovery & wellness support
  - 16 hours in ethical responsibility



# Peer Advocate Eligibility Standards

- Work Experience: 500 or 1,000 hours
- On-the-Job Supervision: 25 hours documented
- Written Examination
- Criminal Background Check
- Continuing Education
- Renewal (3 years)





# NYCA Certification Program

- Peer Advocate Advisory Board
- Peer Advocate Role Delineation Study
- Peer Advocate Grandparenting Program
- Paperless Application Process





## Recovery Quote of the Day

“The greatest good you can do for another is not just to share your riches, but to reveal to him his own.”

- Benjamin Disraeli



Questions?