



| SAMHSA PEER WORKER  |  | Current Catalog  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  | R1 Content   |                          |                     |                        |              |                  |                              | Forthcoming Topics |                |                   |  |  |  |
|---|--|------------------|------------------|---------------------|--------------------|--------------------|---------------------------|------------------|-----------------------|---------------------|--------|------------------|--------------|--------------------------|---------------------|------------------------|--------------|------------------|------------------------------|--------------------|----------------|-------------------|--|--|--|
| Category  | Core Competencies  | Stages of Change | Recovery Capital | Phases of Addiction | Healthy Boundaries | Defense Mechanisms | Consequences of Addiction | Relapse Triggers | Relapse Warning Signs | Emotions & Feelings | Values | Career Interests | Affirmations | Substance Use Assessment | Cultural Competence | Co-Occurring Disorders | Risk Factors | 12 Step Programs | Treatment & Recovery Options | Trauma             | Family Support | Medicating Groups |  |  |  |
| Category I: Engages peers in collaborative and caring relationships                       | <ol style="list-style-type: none"> <li>Initiates contact with peers</li> <li>Listens to peers with careful attention to the content and emotion being communicated</li> <li>Reaches out to engage peers across the whole continuum of the recovery process</li> <li>Demonstrates genuine acceptance and respect</li> <li>Demonstrates understanding of peers' experiences and feelings</li> </ol>  |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category II: Provides support   | <ol style="list-style-type: none"> <li>Validates peers' experiences and feelings</li> <li>Encourages the exploration and pursuit of community roles</li> <li>Conveys hope to peers about their own recovery</li> <li>Celebrates peers' efforts and accomplishments</li> <li>Provides concrete assistance to help peers accomplish tasks and goals</li> </ol>   |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category III: Shares lived experiences of recovery  | <ol style="list-style-type: none"> <li>Relates their own recovery stories, and with permission, the recovery stories of others' to inspire hope</li> <li>Discusses ongoing personal efforts to enhance health, wellness, and recovery</li> <li>Recognizes when to share experiences and when to listen</li> <li>Describes personal recovery practices and helps peers discover recovery practices that work for them</li> </ol>  |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category IV: Personalizes peer support  | <ol style="list-style-type: none"> <li>Understands his/her own personal values and culture and how these may contribute to biases, judgments and beliefs</li> <li>Appreciates and respects the cultural and spiritual beliefs and practices of peers and their families</li> <li>Recognizes and responds to the complexities and uniqueness of each peer's process of recovery</li> <li>Tailors services and support to meet the preferences and unique needs of peers and their families</li> </ol>   |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category V: Supports recovery planning  | <ol style="list-style-type: none"> <li>Tailors services and support to meet the preferences and unique needs of peers and their families</li> <li>Proposes strategies to help a peer accomplish tasks or goals</li> <li>Supports peers to use decision-making strategies when choosing services and supports</li> <li>Helps peers to function as a member of their treatment/recovery support team</li> <li>Researches and identifies credible information and options from various resources</li> </ol>   |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category VI: Links to resources, services, and supports                                   | <ol style="list-style-type: none"> <li>Develops and maintains up-to-date information about community resources and services</li> <li>Assists peers to investigate, select, and use needed and desired resources and services</li> <li>Helps peers to find and use health services and supports</li> <li>Accompanies peers to community activities and appointments when requested</li> <li>Participates in community activities with peers when requested</li> </ol>   |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category VII: Provides information about skills related to health, wellness, and recovery | <ol style="list-style-type: none"> <li>Educates peers about health, wellness, recovery and recovery supports</li> <li>Participates with peers in discovery or co-learning to enhance recovery experiences</li> <li>Coaches peers about how to access treatment and services and navigate systems of care</li> <li>Coaches peers in desired skills and strategies</li> <li>Educates family members and other supportive individuals about recovery and recovery supports</li> <li>Uses approaches that match the preferences and needs of peers</li> </ol>  |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category VIII: Helps peers to manage crises   | <ol style="list-style-type: none"> <li>Uses approaches that match the preferences and needs of peers</li> <li>Provides reassurance to peers in distress</li> <li>Provides reassurance to peers in distress</li> <li>Takes action to address distress or a crisis by using knowledge of local resources, treatment, services and support preferences of peers</li> <li>Assists peers in developing advance directives and other crisis prevention tools</li> </ol>  |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category IX: Values communication recovery  | <ol style="list-style-type: none"> <li>Uses respectful, person-centered, recovery-oriented language in written and verbal interactions with peers, family members, community members, and others</li> <li>Uses active listening skills</li> <li>Clarifies their understanding of information when in doubt of the meaning</li> <li>Conveys their point of view when working with colleagues</li> <li>Documents information as required by program policies and procedures</li> <li>Follows laws and rules concerning confidentiality and respects others' rights for privacy</li> </ol>  |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category X: Supports collaboration and teamwork   | <ol style="list-style-type: none"> <li>Works together with other colleagues to enhance the provision of services and supports</li> <li>Assertively engages providers from mental health services, addiction services, and physical medicine to meet the needs of peers</li> <li>Coordinates efforts with health care providers to enhance the health and wellness of peers</li> <li>Coordinates efforts with peers' family members and other natural supports</li> <li>Partners with community members and organizations to strengthen opportunities for peers</li> <li>Partners with community members and organizations to strengthen opportunities for peers</li> </ol>   |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category XI: Promotes leadership and advocacy   | <ol style="list-style-type: none"> <li>Uses knowledge of relevant rights and laws (ADA, HIPAA, Olmstead, etc.) to ensure that peer's rights are respected</li> <li>Advocates for the needs and desires of peers in treatment team meetings, community services, living situations, and with family</li> <li>Uses knowledge of legal resources and advocacy organization to build an advocacy plan</li> <li>Participates in efforts to eliminate prejudice and discrimination of people who have behavioral health conditions and their families</li> <li>Educates colleagues about the process of recovery and the use of recovery support services</li> <li>Actively participates in efforts to improve the organization</li> <li>Maintains a positive reputation in peer/professional communities</li> </ol> |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |
| Category XII: Promotes growth and development   | <ol style="list-style-type: none"> <li>Recognizes the limits of their knowledge and seeks assistance from others when needed</li> <li>Uses supervision (mentoring, reflection) effectively by monitoring self and relationships, preparing for meetings and engaging in problem-solving strategies with the supervisor (mentor, peer)</li> <li>Reflects and examines own personal motivations, judgments, and feelings that may be activated by the peer work, recognizing signs of distress, and knowing when to seek support</li> <li>Seeks opportunities to increase knowledge and skills of peer support</li> </ol>  |                  |                  |                     |                    |                    |                           |                  |                       |                     |        |                  |              |                          |                     |                        |              |                  |                              |                    |                |                   |  |  |  |

Available R1 Topics

- Stages of Change
- Recovery Capital
- Phases of Addiction
- Healthy Boundaries
- Defense Mechanisms
- Consequences of Addiction
- Relapse Triggers
- Relapse Warning Signs
- Emotions & Feelings
- Values
- Career Interests
- Affirmations

R1 Topics Roadmap

- Trauma
- Cultural Competence
- Co-Occurring Disorders
- 8 Dimensions of Wellness
- Substance Use Disorder
- 12 Step Principles
- Risk Factors
- Recovery & Treatment Ops
- Pain Management
- Spirituality
- Mindfulness Practices
- MIAT
- Health Practices
- Fun In Recovery
- CBT
- 12 Step Sayings
- Character
- Financial Stability