

Continuing Education Hours (CEHs) Fact Sheet

In keeping up to date with your recertification, it is necessary to complete ten continuing education hours of which five must be face-to-face in a live classroom setting. The other five can be obtained using electronic means such as computer based learning or webinars.

While important for the job, some classes, and trainings do not apply in being certified as a peer specialist. Below is a list of typical trainings that would and would not be acceptable for certification purposes.

APPROVED TRAININGS:

Trainings, seminars, workshops, or college courses within, but not limited to, the following categories.

Recovery in the Fields of Mental Health and Substance Use Disorders

Examples:

Stages of Change
 Detoxification
 Crisis Management
 Mental Health Disorders
 The Impact of Diagnoses
 Understanding Mental Health or Substance Use Treatment
 Mental Health in Rural Settings

Peer Support Services Promoting Recovery and Resiliency

Examples:

Peer-Directed Recovery
 Illness Management and Recovery
 Wellness Recovery Action Plan (WRAP)[®]
 Person-Centered Planning
 Relapse and Recovery
 Peer Employment Training or Peer Support Specialist Training (PSST)
 Peer Counseling Training

Assisting Peers in Starting and Sustaining Self-Help Groups

Examples:

Building Self-Esteem
 BRIDGES
 Recovery Stories
 Mental Illness and Substance Use
 Relapse Prevention

Self-Directed Recovery and Resiliency

Examples:

Twelve Steps
 Stress Reduction
 Recognizing Workplace Burnout
 Identifying Relapse Urges and Triggers
 Conflict Resolution in the Workplace
 Coping with Transference of Feelings

Cultural Competency, Grief and Spirituality

Examples:

Culture Differences and Beliefs
 Grief and Loss
 Grief and Recovery
 Spirituality and Recovery
 The Impact of Beliefs and Values on Recovery
 Cultural Diversity and Sensitivity

Professional Development

Examples:

Ethics
 Maintaining Appropriate Boundaries
 42 Code of Federal Regulations (CFR) Part 2-Confidentiality
 Protecting Health Information (HIPAA)
 Working with Clinical Staff

Certified Peer Specialists who are employed by an agency that is licensed by TDMHSAS and authorized to participate in the Medicaid (TennCare) program may count provider agency in-service trainings as required by TennCare toward the 10 required hours, if pre-approved by the CPRS Advisory Committee. Successful completion of CPRS training program may count toward continuing education if it was not used to obtain initial certification.

UNAPPROVED TRAININGS:

The following training topics, while important to maintain employment are not considered peer specialist related training.

Examples:

First Aid Classes (Medical, not Mental Health)
 Cardio Pulmonary Resuscitation (CPR) Classes
 Driver Education
 Food Safety Handling
 Fire and Other Emergencies
 Protective Equipment
 Material Safety Data Sheets (MSDS)

Blood Borne Pathogens
Universal and Standard Precautions
Patient Neglect/Abuse
Sitting and Lifting
Electrical Safety
Hand Hygiene

For the latest webinars go to <http://www.recoverywithinreach.org/calendar> and search for “webinars” or navigate to <http://goo.gl/cehMF> for the same result.