CPRS CONTINUING EDUCATION FACT SHEET

In keeping up to date with your certification, ten continuing education hours are required each year and five of those 10 must be face-to-face in a live classroom setting. The other five can be computer based learning or online webinars. One hour of the 10 must be in ethics. See the continuing education requirements in the CPRS Handbook at http://tn.gov/assets/entities/behavioral-health/mh/attachments/Certified_Peer_Recovery_Specialist_Handbook_June_16_2016.pdf

While important for the job, some trainings do not apply in being certified as a Peer Recovery Specialist. Clinical trainings, for example, cannot be used for CPRS continuing education because it is a violation of the CPRS Code of Ethics for a CPRS to provide clinical treatment.

You are encouraged to seek pre-approval for any trainings you plan to attend to make sure they are approved for CPRS continuing education by emailing CPRS.TDMHSAS@tn.gov with the description of the training or by calling the Helpline at 800-560-5767.

Below are examples of trainings that would and would not be acceptable for certification.

EXAMPLES OF 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 Abuse Disorders

Examples:
- Stages of Change
- Detoxification
- Crisis Management
- Mental Health Disorders
- The Impact of Diagnoses
- Understanding Mental Health or Substance Abuse 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:*
- Stress Reduction
- Recognizing Workplace Burnout
- Identifying Relapse Urges and Triggers
- Conflict Resolution
- 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
- 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 Office of Consumer Affairs and Peer Recovery Services.

EXAMPLES OF UNAPPROVED TRAININGS
The following training topics cannot be used as continuing education for CPRS renewal.

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
- Clinical Trainings
  
  Examples
  - Sexual Assault Dynamics and Treatment
  - Trauma-Informed Treatment of Addiction
  - Clinical Supervision
  - Solution Focused Brief Therapy in Behavioral Health
  - Cognitive Behavioral Therapy
  - Emotion Focused Therapy
  - Integrative Therapy
  - Multicultural Therapy
  - Psychodynamic Therapy
  - Relational-cultural Therapy
  - Client-Directed Outcome-Focused Therapy
  - Mindful Therapy
  - Feminist Therapy
  - Treatment of Suicidality
  - Repair and Reattachment Grief Therapy