



Friends of Recovery – New York (FOR-NY) Best Practice Peer Recovery Training Model

The goal is not only to prepare students to pass the Peer Recovery exam but to invest in a healthy and successful workforce.

Developed in conjunction with Recovery Coach Academy trainers throughout the state the Best Practice Peer Recovery Training Model moves beyond basic instruction and suggests that RCA trainers are in the best position to mentor people through the entire peer certification process and beyond.

It involves screening candidates for workforce readiness and increasing contact with students for at least six months after initial training. **We encourage all RCA trainers to adopt the model** and provide resources to assist in that endeavor.

Trainers who utilize “Best Practices”:

- 1) Conduct **face-to-face screening interviews**, utilizing provided screening tool, with potential candidates to determine if someone is training and/or job ready.
- 2) Provide all 50 hours of NYCB-approved training (**RCA + Ethics, or other curriculum & MSR**)
- 3) **Mentor students** through the CRPA certification process via phone, internet, or face to face (total time is avg. 30 minutes per student, per month.)
 - a. may assist with obtaining volunteer hours,
 - b. provide resources to prepare for the exam
 - c. and write a letter of recommendation for the exam.
- 4) Host a minimum **monthly student learning collaborative** for at least six months (in person or via internet) that includes on-going continuing education and mentoring. Many entities are doing much more than this and have developed full curriculum to support this budding field.
- 5) Some suggestions for training include Motivational Interviewing, Reflective/Active Listening Skills, Peer Professionalism, Essential Skills, Our Stories Have Power, Science of Addiction and Recovery, Spirituality, Wellness/Self-Care, Recovery Coaching in the ED, Peer Professional Supervision, etc. TOTs and training materials available through:
 - a. [Connecticut Community for Addiction Recovery](#) (CCAR)
 - b. [Meaningful Trainings](#)
 - c. [Jordan Peer Recovery Training](#)
- 6) Assist the applicant in preparing for the CRPA exam using a [study guide](#) or by periodically hosting the free ASAP-NYCB Peer Recovery Exam Prep workshops. Details at <http://www.asapnys.org/ny-certification-board/crpa-upgrade/>
- 7) Partner with local [RCO/RCOC/YCH](#) or other Treatment/[Recovery Support Provider](#) who may provide referrals for training, assist in mentoring and may be able to provide volunteer, internship and/or employment opportunities for peers.
- 8) Provide certification **renewal training** (28 credits) by offering NYCB-approved training

Resources for Trainers:

- 1) [Free advertising](#) on [our new website](#).
- 2) A face-to-face **screening tool** to use with applicants.
- 3) Discounted FOR-NY Training and TOTs.
- 4) [Trainer Resource Page](#) on our website, that will grow.
- 5) Outlines of additional **curricula** to develop on-going classes (coming soon).
- 6) Free **Trainer Peer Learning Collaborative** - BPT calls and periodic in person events.
- 7) How to host a free ASAP-NYCB Peer Recovery [Exam Prep workshop](#)
- 8) [ASAP-NYCB.Training-Curriculum Approval-Application.Sep-2018](#)

Resources for Students:



On-line Trainings for Certification, Renewal & Deeper Learning

- [Motivational Interviewing in a Chemical Dependency Setting](#)
- [Motivational Interviewing Online Courses from NAADAC](#)
- [NYS Mandated Reporter Training](#)
- [Academy of Peer Services free online courses](#)
(approved for CARC/CRPA renewals)
- [Mental Health First Aid Courses](#)



NYCB Certification Standards

[Initial certification](#)

[Renewal program](#)

IC & RC Peer Recovery Examination Preparation

- [Certification Exam Study Guide](#) – Rhode Island
- [Candidate Guide Exam Prep](#) – IC & RC
- Computer Tutorial: [How to take the on-line exam](#).
- NYCB Peer Recovery (CRPA) [Exam Prep Workshop](#)

To request screening tool or for more information email tknorr@for-ny.org.

Check out Resources at: <https://for-ny.org/coach-peer-advocate-resources/>