# The State of Connecticut Recovery Support Specialists Core Training Components and Competencies

By the completion of any Recovery Supports Training Course, students will be assessed of their knowledge on the following Core Components (A-I) and Competencies (32):

A. History and Foundations of Recovery and Peer Support (Values/ethics/principles/recovery and trauma informed care)
B. Use of Lived Experience and Telling our stories to inspire hope
C. Empathic Listening and cross-cultural communication
D. Skills for Engaging and Connecting with PIRs
E. Ethical considerations in peer support
F. Evidenced based practices in peer support (person centered/health/wellness/recovery)
G. Advocacy, Social Justice and Equity
H. The RSS in the Workplace: development and leadership
I. Working with Families and Communities: Navigating systems, supports and resources

## RSS Course Components and Competencies

**A. <u>History and Foundations of Recovery and Peer Support</u>**
1. CT RSS values, ethics and principles
2. The history of the consumer-survivor-peer movement
3. Recovery Oriented Systems of Care
4. Basics of peer support: history and purpose
5. Basic understanding of mental health, addictions, and the CT behavioral health system
6. Self-care and Wellness
7. Cultural responsiveness and equity in peer support
8. Trauma informed care principles

**B. <u>Use of Lived Experience and Telling our stories to inspire hope</u>**
9. Self-awareness and identity in peer support
10. Skills in telling your story
11. The skill of inspiring hope
12. The use of self-disclosure and effective ways to disclose

**C. Empathic Listening and cross-cultural communication**
13. Empathy vs sympathy; effective, empathetic communication skills
14. Listening skills: Verbal and non-verbal communication; Awareness of one's style of communication; Responding to content and feeling; Cross-cultural communication styles
15. Empowerment and self-determination
16. Understanding power dynamics: Mutuality, equality and equity

**D. Skills for Engaging and Connecting with PIRs**
17. First Contact, Engagement, and Connection
18. Power dynamics and Mutuality
19. Boundaries and Setting limits
20. The role of peer supports on teams; working across disciplines

**E. Ethical considerations in peer/recovery support**
21. Ethical considerations
22. Confidentiality in peer support

**F. Evidenced based practices in peer recovery supports**
23. Person centered recovery principles
24. Social Justice and Health Equity principles
25. Principles of psychiatric rehabilitation and basic skills of peer supporters
26. Other evidenced based practices (by permission to present such as WRAP, Overviews of Intentional Peer Support; Motivational Interviewing; PCRP; WHAM; HVN; etc.)

**G. Advocacy Social Justice and Equity**
27. Ways in which RSSs can support and advocate for individuals
28. Teaching others to advocate and navigate systems
29. Human rights, the ADA, fair housing, entitlements, and other issues
30. Understanding and working to improve health equity: examining health disparities and social determinants of health

**H. The RSS in the Workplace: development, partnership, and leadership**
31. The importance of self and relational care
32. Basics of documenting (putting the work of the RSS/peer support) in writing
33. Transitioning into the workplace as a RSS
34. Development and Leadership in the Recovery Supports field

**I. Working with Families and Community: Navigating systems, supports and resources**
35. Working with Families and Natural Supporters
36. Working with community based organizations and programs
37. Navigating community resources