

Eligibility To Be a Peer Supporter

Persons with direct lived experience of mental health and/or substance use disorders who are actively in recovery and have:

- Completed the required 16 hours of E-Based Academy courses and the 40-hour in-person training
- Passed the OhioMHAS Peer Supporter Exam
- Completed the Bureau of Criminal Investigation (BCI) background check within 30 days of certification (If an individual has lived outside of Ohio, please also complete the FBI background check.)
- Complete certification application after completing training



How To Sign Up for In-person Training

1. Complete an application and return it to OhioMHAS:
 - A. The training application can be found at: <http://workforce.mha.ohio.gov/Workforce-Development/Job-Seekers/Peer-Support>.
 - B. Return to the email address on the application: peerservices@mha.ohio.gov.
 - C. Submit **two Reference Forms** from references with application.
2. Complete the required free 16 hours of E-Based Academy courses at: <http://www.ebasedacademy.org/lms/>.
- 3.. After submitting your application and completing the online coursework, the state will assign you to an in-person training. (The training schedule is available on the OhioMHAS website, <http://mha.ohio.gov>.)

Please send questions about training to peerservices@mha.ohio.gov.

Please send questions about becoming certified as an individual to ohiopeercertification@mha.ohio.gov.

Ohio Definition of Recovery

“Recovery is the personal process of change in which Ohio residents strive to improve their health and wellness, resiliency, and reach their full potential through self-directed actions.”



Fairfield County ADAMH Board
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www.fairfieldadamh.org



The Fairfield Mental Health
Consumer Group

Fairfield Mental Health
Consumer Group
1663 E. Main St.
Lancaster, Ohio 43130
www.fmhcg.org



Become a Peer Recovery Supporter!



*Treatment is Effective.
Recovery Happens.*

What is peer support?

Peer support is a process of giving and receiving support and education from individuals with shared life experiences. Through the promotion of sharing personal experience and knowledge, individuals engaged in peer support play an active role in laying the foundations for sustained recovery.

What is your role?



- To **inspire** hope of recovery from mental illness, drug addiction, and co-occurring disorders
- To **share** lived experiences in an appropriate manner to foster connectedness and build relationships with peers
- To **listen** to and understand peers' pain and isolation while exhibiting empathy and support as they move forward in recovery
- To **assist** peers in exploring options and overcoming barriers preventing them from moving forward in recovery
- To **provide** person-driven support that taps into peer strengths related to illness self-management
- To **aid** peers in developing strategies to communicate with and advocate for themselves
- To **support** peers in implementing a relapse prevention plan
- To **help** peers in adopting proactive roles in their own behavioral and physical health

For more peer support information, visit: <http://workforce.mha.ohio.gov/Workforce-Development/Job-Seekers/Peer-Support>.

Fairfield County Peer Support Training Information

The Fairfield County ADAMH Board and Fairfield Mental Health Consumer Group (FMHCG) collaboratively plan periodic Peer Support Worker trainings for Fairfield County residents. The purpose of these trainings is to create additionally trained persons in Fairfield County to become OhioMHAS-certified Peer Support Workers. FMHCG will provide technical assistance for persons trained to obtain Peer Support Worker Certification. For news about upcoming trainings, follow Fairfield County ADAMH Board on Facebook and check the website: www.fairfieldadamh.org.

Recognizing the benefits of peer support, some entities pay for peer support services. The Fairfield County ADAMH Board has paid for site-based peer support for a number of years: FMHCG. ADAMH began paying for clinical agency-based certified Peer Support in SFY 2017.

For more information about training in Fairfield County, contact Virginia Rzesutock at vrzesutock@ohiopps.org or 740.475.0409.



Facts About Peer Support Service

- A “certified peer recovery supporter” is an individual, with a direct lived experience, who has self-identified as being in recovery from a mental illness health or substance use disorder and has been certified by OhioMHAS.
- Peer support service is provided to self-identified individuals in recovery from mental illness, substance abuse, or both.
- Individuals who receive the peer support service are committed to their own recoveries.
- Peer supporters encourage, inspire, and empower peers to reach recovery goals through modeling the recovery way of life.
- Certification for Peer Recovery Support (PRS) requires individuals to provide declaration of being in recovery with a lived experience of mental illness or substance use disorder or co-occurring mental health and substance use disorders.
- PRS training is offered to individuals who complete and pass the Ohio Department of Mental Health & Addiction Services (OhioMHAS) application and screening.
- Candidates who complete the training must pass the Ohio Certified Peer Supporter (CPS) exam with 70-percent accuracy or more to be granted certification from the state.
- CPSs are required to complete 30 continuing education units (CEUs) every two years to maintain certification.
- Ohio’s Medicaid program now includes coverage of peer recovery support services for individuals with mental health and/or substance use disorders.