

# Institute for Recovery and Community Integration

The **Mental Health Association of Southeastern Pennsylvania** is home of the *Institute for Recovery and Community Integration*. The Institute has been authorized by the State Office of Mental Health and Substance Abuse Services to train and certify Peer Support Specialists and Peer Support Supervisors in the Commonwealth of Pennsylvania since 2007. We have trained over 3500 Certified Peer Specialists and 1200 CPS Supervisors.

The *Certified Peer Specialist* curriculum focuses on the principles and philosophy of recovery and, throughout the course relates to individuals by applying their personal lived experiences to the core skills, knowledge and beliefs of peer-to-peer support. The *Certified Peer Specialist Supervisor* course hones in supervisors' skills, knowledge and beliefs with to ensure the growth and development of Peer Support Specialists as they serve in the peer environment.



Both the 10 day/75 hour CPS curriculum and the 2 day/13.5 hour CPS Supervisor course are constructed within a three-part framework, emphasizing:

## 1. Recovery as Liberation and Independence

The content of the CPS and CPS Supervisor courses centers on the recovery model of behavioral health and on the core values and practices guiding peer-to-peer emotional and psychological wellness. By relating these concepts to the learner's personal experiences, the courses ensure a deep and personally meaningful understanding of peer support as a tool for ongoing recovery and development. The courses are trauma informed, and rooted in an anti-oppression/liberation framework. We believe that this training structure promotes independence, advocacy and activism, self-awareness and reflection and, a critical analysis of the impact of social determinants on the health and wellbeing of self and others.

## 2. Essential Skills of Peer Support and Peer Support Supervision

The two courses promote knowledge acquisition, skill development and practice and, reflective practice as the explicit focus of the classroom experience. The course designs incorporate adult learning strategies and principles, promote critical thinking, and self-directed and experiential learning to replicate the practice of recovery and peer support. Additionally the CPS Supervisor course introduces recent research on core principles of peer support and peer support supervision as demonstrated through administrative, educational and supportive functions.

## 3. Experiential Group Process

The primary learning modality is experiential and much of the learning occurs through direct, personal experience, rather than by lecture. The curriculum is implemented through dynamic and engaging methods, which include student teaching, individual reflection, simulation of peer support interactions, small and large group process, and instructor feedback.

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The Institute for Recovery & Community Integration offers the two day *Copeland Wellness Recovery Action Planning® Seminar I* training as part of the 10 day CPS course. This two day training meets the prerequisite for the 5 Day Copeland Wellness Recovery Action Planning® Seminar II Facilitator training.