



Massachusetts Certified Peer Specialist Training Application Packet Winter 2018

This packet includes everything you will need to apply for the Massachusetts Certified Peer Training Program for Winter 2018. There are several steps to this process, which are clearly outlined in the Instructions below, so be sure to read all of them completely!

WINTER 2018 **Edith Nourse Rogers Memorial
Veterans Hospital
200 Springs Road
Bedford, MA 01730**

**Class Dates: Jan 25, Feb 1, 15, 22, March 1, 8, 15
Retreat (Plymouth, MA) Feb 5, 6 and 7
CPS Exam March 29, 2018**

Retreat: Hampton Inn & Suites, 10 Plaza Way, Plymouth, MA

DEADLINE TO REQUEST AN INTERVIEW IS OCTOBER 31, 2017

*INTERVIEW TIMES ARE LIMITED. SO PLEASE SCHEDULE YOUR INTERVIEW
EARLY FOR INCREASED AVAILABILITY*

Only Winter 2018 Interview Requests are being accepted now.
Spring 2018 Interview Requests for the Boston Class will begin in December 2017.

ELIGIBILITY REQUIREMENTS FOR THE CPS TRAINING PROGRAM:

- Age is 18 or over
- A high school diploma or a GED or HiSET certificate
- History of psychiatric diagnosis, or experience with emotional distress or trauma resulting in significant life disruption
- Willingness to share recovery story with peers

OTHER RELEVANT CONSIDERATIONS

- The applicant demonstrates a foundation of knowledge and experience in peer-to-peer relationships and understands the peer specialist role in the mental health system.
- The applicant has basic knowledge about the differences between a maintenance-based mental health system and one that is recovery-oriented.
- The applicant has knowledge of recovery through personal experience and experience with leadership, advocacy, or other relevant peer support roles.
- The applicant is committed to completing the CPS course, taking the CPS exam, and working as CPS in mental health services.
- Admitting the applicant will contribute to the mandate to compose a class that includes diversity of experiences, perspectives and world views.



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INSTRUCTIONS

Please Read All the Instructions Carefully Before You Begin.
Your ability to follow these instructions is part of our evaluation of readiness.

1. **Am I ready to apply?** We recommend that you first complete the CPS Training self-assessment on our website, <http://transformation-center.org/home/training/certified-peer-specialists/>. The CPS training is not typically meant as an entry-level training. It is designed for people who have already done some work (volunteer or paid) in peer roles and have thought about what working in a peer role would mean for them.
2. **Download the application (if you have not done so already)** on the Transformation Center website: <http://transformation-center.org/home/training/certified-peer-specialists/> (If you do not have Internet access, please use a library, or ask a friend to download it for you.)
3. **IMPORTANT: You will need an email account that you can access on a regular basis to prepare for and participate in the class.**
4. **Request an Interview by email before the October 31st deadline.**
cps@transformation-center.org.
The deadline for requesting an interview is Tuesday October 31st
An interview is required for the application process.
5. **Complete the written Application.** Take the time to fill out the application (attached below) in a meaningful and thoughtful way. You will be asked about your responses during the interview. Neatness and legibility count; the application is a reflection of you.
5. **Obtain Two (2) Letters of Recommendation**
 - Letters of recommendation should be written specifically for this application. (That means a recommendation you used a few years ago for another reason is not advised.)
 - Employers, volunteer supervisors, educators, friends, or other people that have a good understanding of your characteristics and skills that might apply to the CPS role are potential references. We are particularly interested in your ability to form supportive relationships and any experience you have with peer support. Family members may **not** provide letters of recommendation. (Recommendations from treatment providers detailing your mental health diagnosis and treatment are discouraged.)
 - **One letter of recommendation must be from someone directly involved in peer support.**
6. **Bring your completed application and Two (2) letters of recommendation to the interview.** *Without a completed application and two letters of recommendation brought with you to the interview, you cannot be accepted into the class!*



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Name: _____ Date: _____

I am currently working / volunteering / not-working (please circle answer)

Job Title: _____ Organization: _____

Hours/week: _____ How Long in this Position? _____

Does your position require CPS certification? Yes / No

Do you have a valid driver's license Yes / No

1. *Why do you want to be a Certified Peer Specialist?*

2. *How do you plan to use this training?*



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3. What **peer-led** activities have you participated in? (Examples: Recovery Learning Communities, Peer Support Groups, DBSA, NAMI Connections, Latinos en Accion, Black Voices in Recovery, Blacks United in Recovery, Vet2Vet, MPower...)

- Describe your involvement:

4. What formal peer trainings have you completed and when? Examples: Wellness Recovery Action Plan (WRAP); Peer Support Facilitator training; Hearing Voices Facilitator Training; Intentional Peer Support Training; Alternatives to Suicide Facilitator Training; Addictions and Trauma Recovery Integration Model (ATRIUM); Peer Employment Training; CPS Prep Course; Massachusetts Leadership Academy; Whole Health Action Management (WHAM) Training

- Describe your involvement:

5. What does recovery mean to you?



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6. *Peer Support is at the core of our role as peer specialists. Please provide example of how you have received and/or given peer support?*
7. *As part of the training you will share a 5-minute recovery story in front of the class. Do you agree to share your story? Yes No (circle one)*
- a. *What are reasons it is important for peer specialists to share their recovery story?*
- b. *What skills have you used in your recovery?*
- c. *What supports or resources have played an important role in supporting you to move forward? (We are especially interested in supports you've developed in the community, outside of your treatment team.)*

8. *Being involved in changing the mental health system for the better is also one of our roles. Can you tell us something in your current work place, volunteer site or where you receive services that you'd like to be a part of changing? How might you facilitate this change?*

9. *This is a rigorous program that requires you to be able to participate in a full day of training and do homework every week. The attendance policy is strict and we expect that you will take the exam at the end of the course and seek employment in the field. Do you feel able to fully commit to this?*

Yes

No

-- Please explain your response

10. *Is there anything else you feel we should know about your preparation to become a Certified Peer Specialist?*



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Agreements for Participation (DO NOT TYPE). *Initial each statement that you agree with.*

_____ I completed this application on my own.

_____ I identify as having had a psychiatric diagnosis, receiving services in the mental health system, or have experienced extreme emotional distress and/or trauma resulting in significant life disruption.

_____ I have been working on my own recovery or healing process for at least one year.

_____ I understand that the CPS program is not a job placement program.

_____ I understand that I will be asked to share my recovery story as part of this training and in my job/work as a CPS.

_____ If accepted, I agree to take the certification exam following completion of the training.

_____ I intend to seek employment as a CPS.

_____ I have a high school diploma or hold a GED or HiSET certificate. (If requested, I can provide documentation)

_____ I have reviewed the training dates and can attend ALL sessions.

_____ The CPS course requires homework and study time between classes. I am prepared to invest the time needed.

_____ If accepted, I understand that I am responsible for all travel arrangements & costs for getting to class and the retreat.