

recovery in order to tailor peer services as necessary to help the individual engage in the recovery process and achieve their whole health goals.

8. Recognize and understand your own personal values, culture, and spiritual beliefs; how they may contribute to your own judgments, biases, and beliefs about others; and how to respond if they inhibit your ability to effectively serve another individual.
9. Recognize and respect the individual's personal values, cultural, and spiritual beliefs and how these play a role in achieving their whole health goals.

- **Activation and Self-Management** (11 competency/job task statements)

Develop a working knowledge of the concepts of "activation" and "self-management" of whole health goals. Assist the individual to develop decision making strategies and function as an active member of his or her own recovery team, to include the selection of traditional and nontraditional recovery strategies, supports, and providers.

Assist the individual to identify and take actions necessary to develop behaviors that support achievement of their whole health goals.

Help the individual learn how to access and navigate formal and informal community resources and services.

Help the individual to anticipate and avert or safely manage any re-experience of symptoms of his or her condition(s) to ensure continued wellness.

Help the individual to respond to any setbacks on their recovery journey as an opportunity for learning additional techniques or strategies to achieve and maintain their whole health goals.

Identify indicators that the individual may be re-experiencing symptoms of his or her condition(s) and provide early intervention strategies to avert crisis and/or the need for intensive services.

Assist the individual to develop and activate self-management plans, advanced directives, recovery prevention strategies, and crisis prevention strategies.

Provide on-going support to assure the individual is engaged in long-term, recovery-oriented self-management.

Provide access to a range of activation and self-care tools and resources that the individual may find useful in achieving their whole health goals.

Help the individual learn how to locate and evaluate the effectiveness of online activation tools and resources like phone apps, Twitter, discussion boards, and interactive programs.

- **Advocacy** (4 competency/job task statements)

Demonstrate a working knowledge of relevant rights and laws to ensure that the individual's rights are maintained.

Promote self-determination and person-centered services when communicating with other members of the individual's care team.

Help the individual develop self-advocacy skills.

Identify and communicate gaps in the service system to supervisors or others in a position to respond to the unmet needs of individuals being served.

- **Professional and Ethical Responsibilities** (7 competency/job task statements)

Maintain confidentiality in accordance with state and federal laws.

Document service provision in accordance with agency policies and procedures.

Perform all job duties in accordance with federal and state rules and regulations.

Perform all job duties in accordance with published codes of ethics and professional conduct for credentialed peer support specialists.

Seek supervision as necessary and appropriate to competently perform the job duties of a peer support specialist in a manner that reflects the guiding principles and core values of the peer support movement, regardless of employer.

Practice personal safety and self-care.

Understand and explain the peer specialists' scope of service (i.e., know what you can and cannot do as a credentialed peer specialist).

The competencies were weighted by importance and frequency of use in the Role Delineation Study. Based on the results, MHA selected item writers from the peer community to develop questions for the 125-question examination. Item writers were trained on how to write valid multiple-choice questions based on accreditation standards. These questions were then reviewed and finalized based on subject matter expert discussions.

APPLICATION:

To be approved to sit for the MHA NCPS examination, applicants must meet the following requirements:

- A minimum of 3,000 hours supervised work and/or volunteer experience providing peer support within the past six years
- Current state certification with a minimum training requirement of 40 hours OR hold a certificate of completion of an MHA approved training program.
 - o Current approved trainings include:
 - RI International Peer Employment Training
 - Mental Health Partnership’s Institute for Recovery and Community Integration Certified Peer Specialist Training
 - DBSA Peer Specialist Training
 - Project Return Peer Support Network’s Peer Professional Training & Placement Program
 - NorCal MHA WISE U Peer Support Training Academy
 - Appalachian Consulting Group Peer Specialist Core Recovery Curriculum Training
 - Intentional Peer Support
- One professional letter of recommendation for certification
- One supervisory letter of recommendation for certification
- Attest to lived experience
- Agree to be bound by MHA NCPS Code of Ethics

EXAMINATION:

Applicants have three hours to complete the 125-question examination using approved testing software. Reasonable accommodations are provided as requested.

A passing score on the examination is 76 percent.

MAINTENANCE:

MHA NCPSs must renew their certification every two years. To qualify for renewal, NCPSs must complete 20 hours of Continuing Education. Continuing Education must be related to one of the six domains of practice (Foundations of Peer Support; Foundations of Healthcare Systems; Mentoring, Shared Learning, and Relationship Building; Activation and Self-Management; Advocacy; Professional and Ethical Responsibilities).

LAUNCH:

MHA launched the NCPS credential in March 2017.

EXAMINATION STATISTICS:

Year	Exam Candidates	Exam Passes	First Time Pass Rate
2017	13	13	100%

**TO FIND ADDITIONAL RESOURCES
AND BEGIN THE NCPS APPLICATION PROCESS
VISIT WWW.NATIONALPEERSPECIALIST.ORG.**