

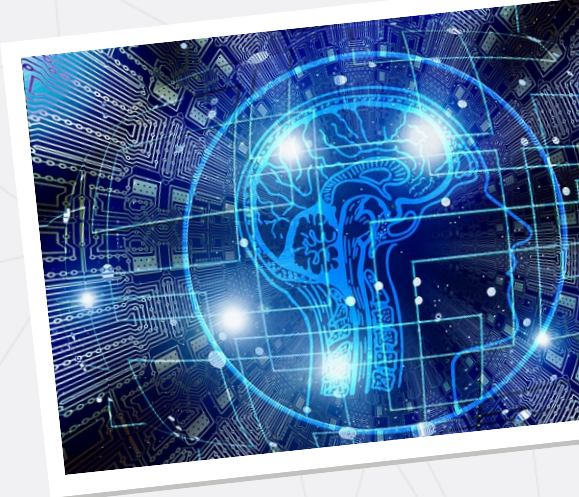
# Youth Peer Specialist. What is it?

Peer Specialists have experienced recovery firsthand and, therefore, have the unique role of being change agents for recovery within systems. Peer Support is mutual support—including the sharing of experiential knowledge, skills, and social learning. Youth Peer Support Services are designed to support youth and young adults with behavioral health conditions through mutual connectivity, shared activities, and peer-focused interventions.



## Goals of Youth Peer Support

- Supporting youth empowerment;
- Assisting youth in developing skills to improve quality of life; and
- Working collaboratively with others involved in delivering the youth's individual care.



## Role of Youth Peer Supporters



- Provide one-on-one support;
- Model self-advocacy and support the development of those skills in youth;
- Advocate for the voice of the youth in team meetings;
- Facilitate group meetings;
- Help to develop a support network; and
- Educate communities



## Benefits to Youth Receiving Peer Services



Youth peer services increase hope and belief in the possibility of recovery; empowerment and self-esteem; self efficacy and self-management of difficulties; social inclusion; engagement and social networks.



## Benefit to the Certified Recovery Peer Specialist



- Employment opportunities;
- Develop professional, leadership, and advocacy skills;
- Improve self-confidence; and
- Make a difference in the lives of others and your community.



## Training and Related Experience

- 40 hours among the following content areas is required: Advocacy; Mentoring; Recovery Support; Cultural and Linguistic Competence; Motivational Interviewing; Vicarious Trauma/Self-Care; Professional Responsibility; and Whole Health.
- 500 hours of supervised work and/or volunteer experience must be directly related to the core competencies of the credential. Information on how the required hours may be met can be found at the Florida Certification Board's link below.

## Certification



The Florida Certification Board oversees the certification process in Florida for peer specialists and has a Youth endorsement. Requirements for Certified Recovery Peer Specialist-Youth (CRPS-Y) are as follows:

- Applicants are between the ages of 18 and 29;
- Have lived experience with a significant life challenge(s) during the ages of 14-25;
- Are currently living a wellness and recovery-oriented lifestyle for a minimum of two years; and
- High school Diploma or GED.

Scholarships are available for Certification. For information about the certification process, contact the Florida Certification Board:

<https://flcertificationboard.org/certifications/certified-recovery-peers-specialist/>

## Networking Opportunities



Peer networks are where peers from local, state, and national groups can come together to support each other and share resources. The following peer network resources can provide information about peer support services, training and certification requirements, and how to become certified and employed.

Check these links to learn more and get connected:

- Youth Move National: <https://youthmovenational.org/find-a-chapter/>
- The Peer Support Coalition of Florida: <https://www.peersupportfl.org/>

