

## **HUSC 123**

### **Peer Recovery Specialist Skills**

4 Credits

Community College of Baltimore County

Common Course Outline

#### **Description**

**HUSC 123 – Peer Recovery Specialist Skills:** offers the students a practical introduction to the knowledge, skills, and abilities required for work as a Peer Recovery Specialist, including the four global domains of peer work: mentoring, ethical practice, recovery wellness, and advocacy. This course meets the minimum educational requirements for certification as a Certified Peer Recovery Specialist in Maryland, and prepares students for the certification exam.

#### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. describe the historical context of peer work and its evolution within the recovery-oriented system of care movement;
2. apply the twelve core competencies of peer work;
3. describe the roles and expectations of the peer recovery specialist, including the four domains of peer work;
4. advocate within the community for clients and related services;
5. apply the Maryland Code of Ethics to a variety of ethical dilemmas as experienced by diverse populations;
6. demonstrate cultural competence within peer interventions;
7. distinguish appropriate boundaries in peer work compared to related professions;
8. demonstrate effective peer communication around personal recovery experiences;
9. demonstrate empowering and collaborative practices as a peer, using a strengths-based perspective;
10. exhibit appropriate conflict resolution skills and restorative practices;
11. reflect upon the interrelationship between Stages of Change Theory and the practice of Motivational Interviewing;
12. apply appropriate outreach and referral skills; and
13. develop a self-care plan that includes maintenance of personal recovery.

#### **Major Topics**

- I. Introduction and Historical Context of Peer Support
- II. Twelve Core Competencies of Peer Support Work
- III. Roles and Expectations of Peer Work
- IV. The Voice of the Advocate
- V. Cultural and Ethical Practices in Peer Recovery Work
- VI. Sharing and Boundaries
- VII. Conflict Resolution and Restorative Practices

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

- VIII. Outreach and Referrals
- IX. The Importance of Self-Care
- X. Navigating the Certification Process

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two examples of client case notes
- Completion of a mock certification exam
- A live or recorded demonstration of an intervention session with a mock client
- A written reflection of the role of one's own recovery in their peer work
- A detailed self-care and recovery plan

### **Other Course Information**

This course meets the educational standards for certification as a Peer Recovery Specialist in Maryland, and may meet the requirements for certification in other states or jurisdictions.

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