

*Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.* [SAMHSA](#)

**Certified Peer Support Specialist (CPSS): readiness to serve**

The job of a Certified Peer Specialist is to help instill the hope of recovery from mental illnesses, addiction disorders or both, in part by being able to demonstrate or model recovery skills they have learned from their own lived experience. A person seeking to become a peer support specialist in South Carolina must complete the training program and pass a certification exam for their state certification.

To help you decide if you are ready for peer support certification training, please check YES or NO to the questions below.

A “YES” answer means you are willing & prepared to give a detailed response (*reverse side available for response if requested*).

Questions	YES	NO
1. Are you willing to disclose to clients, staff and the general public that you have been diagnosed with a mental illness, addiction disorder or both?	<input type="checkbox"/>	<input type="checkbox"/>
2. Can you describe in detail what has helped you to move from where you were to where you are now? What did you do? What did others do?	<input type="checkbox"/>	<input type="checkbox"/>
3. Can you describe what you have had to overcome to get where you are today?	<input type="checkbox"/>	<input type="checkbox"/>
4. Can you describe what you have learned about yourself and what we call recovery? Can you describe some of the strengths you have developed?	<input type="checkbox"/>	<input type="checkbox"/>
5. Can you describe some of the things that you do daily to keep yourself on the right path?	<input type="checkbox"/>	<input type="checkbox"/>
6. Can you describe what your diagnosis means, how it impacted your life and what things you did to change that?	<input type="checkbox"/>	<input type="checkbox"/>
7. Can you describe the purpose of your medications, any side effects you experienced and plans you developed to deal with them? (If you do not take medications leave blank.)	<input type="checkbox"/>	<input type="checkbox"/>
8. Can you describe some of the beliefs and values you have or have developed that help to strengthen and support your recovery and why do you believe they do?	<input type="checkbox"/>	<input type="checkbox"/>
9. Can you describe some of the things you have found helpful in combating negative self-talk?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you have a WRAP plan or other type of written wellness plan? Can you describe what it was like to put one together and how it has helped you?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you believe that you could talk to a person to help them understand recovery or try to convince someone who did not believe in recovery that it is possible?	<input type="checkbox"/>	<input type="checkbox"/>
12. Can you describe the role that a sense of hope and resiliency played in your life, your recovery?	<input type="checkbox"/>	<input type="checkbox"/>
13. Can you describe some of the community support you have and how they help you deal with your mental illness/addiction?	<input type="checkbox"/>	<input type="checkbox"/>
14. Can you describe how you deal with a crisis? With recurrence of your symptoms? With relapse?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever led a group? What did you like about it?	<input type="checkbox"/>	<input type="checkbox"/>
16. Do you have experience with advocacy organizations like NAMI, FAVOR, SC SHARE or Mental Health America? Can you discuss how they supported/helped your recovery efforts?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered YES to 6 or less questions, you may not be ready to be a peer support specialist yet. We suggest that you check out the recovery programs available at your community mental health center, Mental Health America, SC SHARE and other mental health programs recognized by South Carolina. Being grounded in your own recovery is the best step you can take to help others become grounded in theirs.

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*Who completed this self-assessment?*

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*Printed Name*

*Signature*

*Date*