

Certified Recovery Support Specialist (CRSS)

CRSS: What is it?

- A credential for people who provide professional peer support services for persons in recovery from mental illness or co-occurring mental illness and substance use disorders.
- A professional trained to incorporate his/her unique personal recovery experiences in mental health and substance abuse services to support the recoveries of others.
- A credential that means a professional has the knowledge and skills that meet minimum acceptable standards of the Recovery Support profession, regardless of having an academic degree.

CRSS: Where To Start?

- Obtain and read the Illinois Model for Mental Health Certified Recovery Support Specialist (CRSS). The model explains the requirements for the credential.
- Complete and submit the completed application. A partial application can be submitted, but all application elements must be completed within one year of submission.
- Submit \$75.00 with the completed application.

CRSS Work Experience	CRSS Supervision	CRSS Education
<ul style="list-style-type: none"> • 2,000 hours • Can be either paid or volunteer • 51% of work duties must involve providing mental health recovery support services • Must be supervised, whether paid or volunteer • Primary responsibility providing recovery support services to an individual/group <ul style="list-style-type: none"> • Prepare recovery plans • Document client progress • Clinically supervised by individual knowledgeable in Performance Domains 	<ul style="list-style-type: none"> • 100 hours of supervision received in Performance Domains: <ul style="list-style-type: none"> • From paid or volunteer work • Supervision: <ul style="list-style-type: none"> • Hours individual spends being observed, directly/indirectly performing services • Time spent discussing CRSS topics in staff meetings • Time spent with supervisor discussing work performance 	<ul style="list-style-type: none"> • Degree <ul style="list-style-type: none"> • High School Diploma or GED • 100 clock hours: <ul style="list-style-type: none"> • 40 hours CRSS Specific • 6 hours Professional Ethics and Responsibility • 54 hours Core Functions • Sources (options): <ul style="list-style-type: none"> • Recovery Support Specialist Training • Wellness Recovery Action Plan—WRAP® • Psychiatric Rehabilitation Certificate Program—PRCP • College Courses • Seminars • Conferences • In-services • Workshops • Relias Online Learning

Examination Process

- Applicants approved for CRSS are required to take and pass a an online examination.
- The examination measures proficiency in the CRSS Performance Domains
- The examination is online and offered at multiple sites across the state of Illinois.
- Applicants may retest if they get a failing score.
- Examination fee = \$125.00

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CRSS: What's Next?

- You have demonstrated you have the knowledge and skills that meet the minimum acceptable standards of the CRSS profession.
- Frame your certificate and display it.
- Keep your certification number in your purse or wallet.
- Keep a file that includes: Maintaining your Certification and copies of certificates of training programs attended to be used for recertification.

Maintaining Your Certification in Illinois:

- Is expected for those whose primary professional identification is delivering peer-provided services with persons in recovery from mental illnesses or co-occurring mental illness with substance use disorders.
- Means you are committed to ongoing personal and professional growth.
- Means you will keep your certification and go beyond the minimal standards in the performance domains: **Advocacy, Professional Responsibility, Mentoring, and Recovery Support.**
- Benefits you, people receiving services and the CRSS profession.
- Assists you in building upon previously demonstrated competencies.

CRSS Annual Renewal	CRSS Biennial Recertification	CRSS Continuing Education Units (CEUs)
<ul style="list-style-type: none"> • Annual Fee <ul style="list-style-type: none"> • \$60.00 • Due on anniversary of certification date • Notification sent at least 30 days before due date • Submit renewal form with fee • \$10.00 per month late fee 	<ul style="list-style-type: none"> • CRSS recertifies every two years <ul style="list-style-type: none"> • \$60.00 annual fee • Notification sent at least 30 days before expiration date • Submit renewal form with fee and documentation of CEUs • New certificate issued upon receipt of fees & receipt and approval of 40 CEUs • Request extension if need more time to obtain CEUs <ul style="list-style-type: none"> • \$10.00 per month extension fee • Up to 6 months from expiration date 	<ul style="list-style-type: none"> • 40 CEUs required every 2 years • Obtained within two-year certification period • Not transferable to other certification periods • Receive credit once for a training event • One CEU equivalent to one clock hour • College credit hours <ul style="list-style-type: none"> • 1 semester credit hour = 15 CEUs • 1 quarter credit hour = 10 CEUs • 1 trimester credit hour = 12 CEUs • ICB CEUs <ul style="list-style-type: none"> • Petition trainings without ICB CEUs • \$10.00 fee • Two Categories <ul style="list-style-type: none"> • See Categories Information Box* (Page 3)

CRSS: Continuing Education

Mentoring (this is a suggested activity; no CEU's are given for this)

- Help someone else set up a "maintaining the Certification" records folder.
 - Include in folder:
 - "Maintaining Your Certification" document
 - Copies of CEU certificated and other proof of attendance at training programs

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CRSS: Continuing Education Units (CEUs)

* Category Information

CRSS I and CRSS II are categories of continuing education. They do not refer to different credentials or different levels of the credential. Category I CEUs (CRSS I) include education **specific to** knowledge and skills that are directly related to the core domains, which also directly relate to mental health recovery and the role of peer support in the recovery process. Category II CEUs (CRSS II) include education **related to** the core domains, by they do not have to be specific to mental health recovery and peer support.

- Category I
 - 15 CEUs
 - Education **specific** to knowledge and skills related to:
 - Mental health recovery
 - Role of peer support in the recovery process.
 - Advocacy, Professional Responsibility, Mentoring, Recovery Support

- Category II
 - 25 CEUs
 - Education **relevant** to knowledge and skills related to:
 - Core Functions of CRSS professionals
 - Does not have to be specific to mental health recovery and peer-support.
 - Covers support services skills, competencies, and knowledge base
 - **Examples:**
 - Evidence-based practices
 - Leadership skills
 - Communication skills
 - Trauma-informed care
 - Alternative therapies
 - Conflict resolution Confidentiality
 - Legal Systems
 - Crisis Intervention
 - Health and safety
 - Roles and Boundaries
 - Relapse Prevention
 - Cultural Competency
 - Intervention