

**Certified Peer Recovery Mentor -  
Michigan**

**(CPRM-M)**

**Appendix A**

**Performance Domains**

# **Certified Peer Recovery Mentor – Michigan (CPRM- M)**

## **Knowledge and Skill Domains**

Below is a listing of topics for education and skill development in each of the identified four (4) Domains for the MCBAP Certified Peer Recovery Mentor credential. The sub-items listed are examples. There are many other topics that fit into these Domains; some topics could fit in more than one Domain. [ \* indicates a required topic]

### **1. Advocacy**

- Supporting client-driven recovery plans\*
- Person-centered planning as advocacy
- Building recovery oriented systems of care
- Networking and communications skills
- Supporting clients in the change process
- Navigating health care and other community systems
- Promoting care coordination for recovery
- The Peer role as part of a clinical team
- Identifying a client's support systems
- Effective public speaking
- Strength-based approach to recovery\*
- Current issues pertaining to the recovery community
- Advocating for recovery resources and services

### **2. Mentoring and Education**

- Communicable disease, HIV-AIDS education\*
- Client responsibilities and recipient rights
- Basics of alcohol/drug addiction\*
- Mental health basics\*; Co-occurring mental health disorders\*

- The role and impact of family relationships
  - Effective treatment methods\*, including medication-assisted treatment\*
  - Trauma-Informed Care\*
  - “*Seeking Safety*” principles and methods
  - Auricular acupuncture as a technique
  - Problem-solving techniques
  - Successful methods for client teaching
  - Social learning through shared experiences
  - Establishing and maintaining a peer relationship
  - Peer life skills modeling
  - Self-forgiveness, self-acceptance
  - Resource identification
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### **3. Recovery and Wellness Support**

- Stages of change – stages of recovery\*
- Motivational interviewing, motivational enhancement \*
- Skills practice, role-playing exercises\*
- Wellness planning; promoting wellness\*
- Empathetic and active listening skills
- Cultural sensitivity; recognizing different paths of recovery
- Collaborative recovery planning
- Signs and symptoms of chemical dependency, relapse
- Crisis assistance\*, contingency planning & management\*
- Active care coordination and documentation
- Celebrating success, positive supports

- Recovery Case Management
- Keeping clients engaged in their recovery
- Finding support systems
- Lapse & relapse prevention; resistance to triggers and urges

#### 4. **Ethical Responsibilities**

- Understanding the professional Code of Ethics\*
- Ethical behavior and decision making\*
- Role clarification\*; peer support – not sponsor or counselor
- Managing professional boundaries\*
- Confidentiality rules in addiction treatment, mental illness, HIV/AIDS\*
- Privacy laws for health information, HIPAA\*
- Michigan Mandated Reporting laws and processes\*
- Michigan Recipient Rights rules\* – SUD, MH
- Protecting client safety and welfare
- Giving and getting feedback
- Respecting cultural differences
- Professional self-care, professional growth
- Service documentation requirements
- Knowing your own strengths and limitations
- Recognizing professional and personal boundaries
- Self-care and personal development\*; maintaining own recovery
- Stress management for professionals

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\*indicates a required education topic