

# Peer Recovery Specialist Training

*A **Certified Peer Support Specialist** (also known as a Certified Peer Specialist) supports individuals struggling with challenges pertaining to mental health, psychological trauma or substance use. This specialist has significant life experience in substance use, incarceration, mental health challenges, or other challenging life experiences. This training focuses on the core competencies used in the peer recovery model and on effective strategies, methodologies, tools, and techniques used in the model.*

**DESCRIPTION:** This 72- hour training is one of several elements required for PRS certification thru the Virginia Certification Board.

**DURATION:** 72-hour curriculum:

- 6 weeks, 10 hours per week (60-class room hours)
- 12 hours of homework during 6-week training

**DATES/HOURS:** Saturdays: 9:00 AM–5:00 PM and Thursdays: 5:00 PM – 8:15 PM

Starting Date: Thursday, March 12th, 2020  
Ending Date: Saturday, April 18th, 2020

**\*\* Saturdays include coffee, a 30-min. lunch break & two 15-minute breaks\*\***  
**\*Thursdays include one 15-minute break\***

**COST:** \$950, due with application. **Applications due by Feb 20th**

**INFORMATION:** For more information or to request/submit application, go to [www.ArmandArm.org](http://www.ArmandArm.org) or contact:  
[ArmandArm2014@yahoo.com](mailto:ArmandArm2014@yahoo.com) Phone: 571-245-4568

**LOCATION:** 8220 Russell Rd, Alexandria, VA 22309

**TRAINING:** As a peer-to-peer reentry organization Arm & Arm provides peer support, outreach, mentoring, programs, and training to returning citizens from incarceration with a focus on building inclusively whole and healthy communities. Arm & Arm uses Certified Peer Recovery Specialists (CPRS) and Trainer of Trainers authorized by the Department of Behavioral Health and Developmental Services (DBHDS) to train individuals in the 72-hour curriculum needed for the certification as a CPRS from the Virginia Certification Board. These Skilled Trainers are now offering their experience, skills, knowledge and abilities to bring this Peer Recovery Specialist Training to individuals in Northern Virginia and the surrounding regions.

