

California Mental Health Services Authority (CalMHSA)
Peer Training Curriculum Core Competencies- Working with Persons who are Unhoused
Area of Specialization for Certified Medi-Cal Peer Support Specialist

Medi-Cal Peer Support Specialists who demonstrate understanding can:

Use a range of recovery-focused interventions to help individuals with behavioral health needs who are unhoused or at risk of being unhoused by using one's own live experience and recovery in mental health and/or substance use conditions to engage individuals in least restrictive services support their recovery.

The performance expectations above was developed using the elements in the CalMHSA Landscape Analysis Report for Peer work for persons who are unhoused or at risk of being unhoused..

The specialized training for Peer work in crisis care builds on the knowledge, skills, and abilities of certified Medi-Cal Peer Support Specialists. The training in this area of specialization is not endorsed as a stand-alone training. The training is endorsed for individuals with Medi-Cal Peer Support Specialist Certification. The 17 core competencies for Medi-Cal Peer Support Specialist certification are shown below.

1) The concepts of hope, recovery, and wellness; 2) The role of advocacy; 3) The role of consumers and family members; 4) Psychiatric rehabilitation skills and service delivery, and addiction recovery principles, including defined practices; 5) Cultural and structural competence trainings; 6) Trauma-informed care; 7) Group facilitation skills; 8) Self-awareness and self-care; 9) Co-occurring disorders of mental health and substance use; 10) Conflict resolution; 11) Professional boundaries and ethics; 12) Preparation for employment opportunities; 13) Safety and crisis planning; 14) Navigation of, and referral to, other services; 15) Documentation skills and standards; 16) Confidentiality; and 17) Digital literacy.

The California Mental Health Services Authority has undergone a thorough landscape analysis of existing Peer certification programs across the United States to compare core curriculums, training standards, required skills, and best practices. This landscape analysis will focus on the core skills and practices of peer support for persons who are in unhoused. The training content must cover all core competency areas noted below for this area of specialization.

1. Application of Lived Experience	2. Empowerment and Promotion of Recovery	3. Co-Occurring Disorders: Mental Health and Substance Use Disorders
4. Special Populations and Cultural Considerations	5. Trauma Informed Care	6. Self-Awareness and Self-Care
7. Conflict Resolution	8. Professional Boundaries and Ethics	9. Safety and Crisis Planning
10. Systems and Resource Navigation		

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<p>1. Application of Lived Experience</p> <ul style="list-style-type: none"> * Knowledge of self * Understand use of self- disclosure 	<p>2. Empowerment and Promotion of Recovery</p> <ul style="list-style-type: none"> * Understand peer-to-peer relationship * Knowledge of trauma informed care * Knowledge of person centered care * Use of strengths based approaches * Knowledge of skills building; future planning 	<p>3. Co-Occurring Disorders: Mental Health and Substance Use Disorders</p> <ul style="list-style-type: none"> * Understand trauma symptoms vs. symptoms of disorders * Understand supporting people with co-occurring diagnosis and/or conditions * Knowledge of recovery approaches
<p>4. Special Populations and Cultural Considerations</p> <ul style="list-style-type: none"> * Understand cultural humility and awareness * Knowledge of resources and cross-sector referrals and support 	<p>5. Trauma Informed Care</p> <ul style="list-style-type: none"> * Understand impact of trauma * Understand isolation and impact * Understand exposure to violence * Knowledge of stigma * Understand impact of loss of relationships * Knowledge of exposure to violence, cultural intersection 	<p>6. Self-Awareness and Self-Care</p> <ul style="list-style-type: none"> * Understand compassion fatigue and burnout * Use of hobbies and therapies * Knowledge of community care
<p>7. Conflict Resolution</p> <ul style="list-style-type: none"> * Understand stages of distress * Knowledge of escalation and de-escalation cycles and techniques * Understand mandated reporting * Knowledge of risk and safety planning 	<p>8. Professional Boundaries and Ethics</p> <ul style="list-style-type: none"> * Understand code of ethics for peer specialists * Understand laws governing confidentiality * Knowledge of mandate reporting and legal requirements * Use of conflict resolution techniques 	<p>9. Safety and Crisis Planning</p> <ul style="list-style-type: none"> * Be aware of environmental factors affecting wellness * Knowledge of protective strategies * Knowledge of conducting risk assessment * Understand safety planning * Knowledge of de-escalation techniques
<p>10. Systems and Resource Navigation</p> <ul style="list-style-type: none"> * Knowledge of outreach strategies * Understand care coordination * Understand available resources 		