

BRSS TACS

Bringing Recovery Supports to Scale

TECHNICAL ASSISTANCE CENTER STRATEGY

Core Competencies

for Peer Workers in Behavioral Health Services

Peer Worker Self-Assessment

What Are Core Competencies?

A competency is the ability to do something successfully. Competencies are comprised of the knowledge, skills, and attitudes required for performing specific tasks well. Core competencies are the basic or foundational competencies needed to do a specific job well. These are the core competencies recommended for peer workers in behavioral health services, including peer recovery coaches, peer recovery specialists, and dozens of other job titles that work in a variety of settings. In addition to these core competencies, some peer workers will go on to develop specialized competencies (for example, working in criminal justice settings, doing supported employment) or advanced competencies (for example, supervision, group facilitation).

Resources

- **Category I: Engages peers in collaborative and caring relationship:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC1.pdf>
- **Category II: Provides support:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC2.pdf>
- **Category III: Shares lived experiences of recovery:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC3.pdf>
- **Category IV: Personalizes peer support:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC4.pdf>
- **Category V: Supports recovery planning:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC5.pdf>
- **Category VI: Links to resources, services, and support:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC6.pdf>
- **Category VII: Provides information about skills related to health, wellness, and recovery:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC7.pdf>
- **Category VIII: Helps peers to manage crises:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC8.pdf>
- **Category IX: Values communication:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC9.pdf>
- **Category X: Supports collaboration and teamwork:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC10.pdf>
- **Category XI: Promotes leadership and advocacy:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC11.pdf>
- **Category XII: Promotes growth and development:** <https://c4innovates.com/brsstacs/CCSAT/Core-Competency-Self-Assessment-Mini-Tools-CC12.pdf>

This document was supported by contract number HHSS2832012000351/HHSS28342002T from the Substance Abuse and Mental Health Services Administration (SAMHSA). The views, opinions, and content of the document are those of the authors and do not necessarily reflect the views, opinions, or policies of SAMHSA or the U.S. Department of Health and Human Services (HHS).

C4 Innovations developed this resource with funding from the Substance Abuse and Mental Health Services Administration (SAMHSA). It was built under the Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) project, contract number HHSS2832012000351/HHSS28342002T. CAPT Wanda Finch and Amy Smith served as the Contracting Officer Representatives. This resource was prepared by Cheryl Gagne and Orla Kennedy.

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