

Certified Peer
Support Specialist
curriculum and training
modules

Resource list

Aging and older adults

AARP Foundation – Resources for financial stability, employment, and social support.

www.aarp.org/aarp-foundation/find-help

Ageism Assessment Tool – Self-assessment for recognizing and addressing ageism.

ageismtoolkit.vcu.edu/media/chp-college-of-health-professions/ageism-toolkit/pdf/ResidentAgeism_AbleismSelf-Assessment.pdf

Census Reports on Aging – Data on the U.S. population aged 65 and older.

www.census.gov/newsroom/press-releases/2020/65-older-population-grows.html

National Institute on Aging – Information on aging, wellness, and mental health.

www.nia.nih.gov/health/healthy-aging

Washington State Office of Financial Management (OFM) – State-level statistics and research on aging.

ofm.wa.gov

Crisis and mental health support

Crisis Text Line – Free, 24/7 support via text. Text "HELLO" to 741741.

www.crisistextline.org

National Suicide Prevention Lifeline – Call 988 for 24/7 crisis intervention.

988lifeline.org

Teen Link – Confidential peer support for youth.

www.teenlink.org

Washington Warm Line – Non-emergency peer support. Call **1-877-500-9276**.

Washington Recovery Help Line – 24-hour support for mental health and substance use. Call **1-866-789-1511**.

Disability and advocacy

Code of Federal Regulations (CFR) – The official codification of rules and regulations issued by U.S. federal agencies.

www.ecfr.gov

Disability Rights Washington – Legal advocacy for individuals with disabilities.

www.disabilityrightswa.org

National Disability Rights Network (NDRN) – Nationwide legal advocacy for disabilities.

www.ndrn.org

Office of Behavioral Health Advocacy (OBHA) – Support for navigating behavioral health services in Washington.

Revised Code of Washington (RCW) – The codified laws of the State of Washington as passed by the Legislature.

apps.leg.wa.gov/rcw/

Washington Autism Alliance – Advocacy and services for individuals with autism.

washingtonautismalliance.org

Washington Administrative Code (WAC) – The compilation of rules and regulations adopted by Washington State agencies.

apps.leg.wa.gov/wac/

Ethics and Peer Support guidelines

Cultural Humility: A Key Element of Trauma-Informed Care

– Published by the Center for Health Care Strategies, this article discusses the importance of cultural humility in delivering trauma-informed care.

www.chcs.org/cultural-humility-key-element-trauma-informed-care

Washington State Department of Health (DOH) Ethical Guidelines for Certified Peer Specialists

DRAFT – Washington State is in the process of finalizing rules for Certified Peer Specialists, with key milestones such as public workshops in 2023 and 2024 and a January 2025 rule hearing. Finalized rules are anticipated by July 2025.

doh.wa.gov/licenses-permits-and-certificates/professions-new-renew-or-update/peer-specialist/rules-progress

Ethical Guidelines for the Delivery of Peer-based Recovery Support Services

– This guide addresses complex ethical and legal issues in peer-based recovery support services.

dbhids.org/wp-content/uploads/2015/07/Philadelphia-Papers-Ethical-Guidelines-for-the-Delivery-of-Peer-Based-Recovery-Support-Services.pdf

National Practice Guidelines for Peer Supporters

– Developed by the National Association of Peer Supporters (N.A.P.S.), this document outlines core values and practice guidelines for peer supporters.

www.peersupportworks.org/wp-content/uploads/2021/02/nationalguidelines_updated.pdf

The Copeland Center's Peer Support Ethics Online Course

– This course covers ethical principles guiding peer support, the importance of confidentiality, and strategies for setting and maintaining appropriate boundaries. It's designed to help peer support professionals uphold ethics in their practice.

copelandcenter.com/peer-support-ethics

Employment and reentry resources

American Job Centers (AJCs) – Career counseling and job search support.

www.careeronestop.org

Goodwill Industries – Job training and placement programs.

www.goodwill.org

National Reentry Resource Center (NRRC) – Reentry training and support.

csgjusticecenter.org/nrrc/

The Fortune Society – Reentry services including housing, education, and job support.

fortunesociety.org

The Second Chance Act – Federal grants for reentry services.

ojp.gov/programs/second-chance-act

Washington Trauma Recovery Network – The Trauma Recovery Network (TRN) of Western WA is a group of therapists specially trained to assist survivors of natural or man-made disasters recover from traumatic stress.

www.wcnursing.org/wp-content/uploads/documents/fliers/TRN-Flyer2-1.pdf

Family and youth support

A Common Voice | COPE Project – Support for parents of children with behavioral health challenges.
www.acommonvoice.org

Dads MOVE – Dads MOVE provides family-centered wraparound style peer services and education to help meet the needs of families in Washington.
www.dadsmove.org

Family, Youth, System Partner Round Table (FYSPRT) – A collaborative group improving youth behavioral health services in Washington.
www.hca.wa.gov/about-hca/programs-and-initiatives/behavioral-health-and-recovery/family-youth-system-partner-round-table-fysprt

Partnerships for Action, Voices for Empowerment (PAVE) – Training and support for families impacted by disabilities.
wapave.org

Washington State Community Connectors (WSCC) – By strengthening family participation in service planning and policy development, WSCC enhances family voice and choice across Washington state.
wsccsupport.org

WiSe (Wraparound with Intensive Services) – Behavioral health services for youth and families.
www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/wraparound-intensive-services-wise

Gambling and addiction support

Evergreen Council on Problem Gambling – Gambling addiction support services.
www.evergreencpg.org

Gam-Anon – 12-step support for families of those with gambling problems.
www.gam-anon.org

Gamblers Anonymous – 12-step recovery program for gambling addiction.
www.gamblersanonymous.org

HCA Problem Gambling Division – Washington State resources on gambling addiction.
www.hca.wa.gov

Mental health and Peer Support training

Alternatives to Suicide (Alt2Su) – Peer-run support groups for suicide prevention.
alt2su-nsw.net

Forefront Suicide Prevention (UW Program) – Suicide prevention resources and training.
inthe forefront.org

HIPAA Privacy Rule and Sharing Information Related to Mental Health – The Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule provides important privacy rights and protections with respect to their health information, including controls over how their health information is used and disclosed by health plans and health care providers.
www.hhs.gov/sites/default/files/hipaa-privacy-rule-and-sharing-info-related-to-mental-health.pdf

National Alliance on Mental Illness (NAMI) – Education and support for mental health.
www.nami.org

National Alliance on Mental Illness Washington – State-specific NAMI resources.
www.namiwa.org

Substance Abuse & Mental Health Services Administration (SAMHSA) – Toolkits and resources.
www.samhsa.gov

University of Buffalo School of Social Work – Trauma-Informed Toolkit for Peer Workers.
socialwork.buffalo.edu

Trauma-informed and cultural resources

Communities in Schools of Washington – Trauma-informed school support programs.

www.ciswa.org

National Center for Trauma-Informed Care (NCTIC) – Training and resources.

www.samhsa.gov/nctic

National Child Traumatic Stress Network (NCTSN)

– Youth and family trauma resources.

www.nctsn.org

SafeCrossings Foundation – Trauma and grief support for children and families.

www.safecrossingsfoundation.org

Washington Therapy Fund Foundation – Mental health support and resources for marginalized communities.

therapyfundfoundation.org

Other notable resources

Washington 211 – Statewide social service referral network. Call 211 or visit

wa211.org

Washington Peer Network - A virtual space where peers connect to share their experiences, seek advice, explore educational opportunities, and support one another. **See the flyer on the next page for more information.**

washingtonpeernetwork.org

Washington State Department of Health Peer Specialist webpage – This webpage offers key

information on certification, licensing, and rules in progress for Peer Specialists.

doh.wa.gov/licenses-permits-and-certificates/professions-new-renew-or-update/peer-specialist

Washington State Health Care Authority Peer Specialist webpage – This webpage provides

information for providers, including program details, certification, and resources for Peer Specialists.

www.hca.wa.gov/billers-providers-partners/program-information-providers/peer-specialists



WASHINGTON PEER NETWORK

SCAN THE QR CODE TO SIGN UP



What is the Washington Peer Network?
The Washington Peer Network is a dynamic virtual platform for peers to share their personal experiences, success stories, and challenges with seamless communication and information sharing.

This digital hub is a repository of resources featuring articles, best practices, and current news. Our network cultivates an inclusive environment where peers receive professional support and find a sense of belonging.

Contact us



info@washingtonpeernetwork.org

Why Join?
Joining the Washington Peer Network isn't just about connecting; it's about seizing opportunities, making a difference, and unleashing your full potential.

Access

- exclusive events
- workshops and webinars
- 1 on 1 connection with other peers
- user-created forums
- job and volunteer opportunities
- ongoing training

Peer Connections
At the nucleus of the Washington Peer Network lies "Peer Connections," a virtual space where peers converge to share their unique experiences, seek advice, explore educational opportunities, and extend unwavering support to one another. This platform is carefully crafted to foster a dynamic environment, promoting collaboration and the exchange of invaluable insights among peers. It's more than just a network—a community where connections are forged and strengthened.

Help 4 Helpers Trainings
Integral to the WPN experience is the transformative "Help 4 Helpers Training." This vital initiative focuses on enriching the skills and knowledge of peer support workers. By providing individuals with resources and educational tools, this training ensures that they are well-prepared to deliver optimal support to their peers in the field.

SCAN THE QR CODE TO ACCESS THE RESOURCES PAGE



Certified Peer Specialist training handouts are located on the resources page!

WASHINGTONPEERNETWORK.ORG