The IC&RC Peer Recovery Certification in NYS

CERTIFIED RECOVERY PEER ADVOCATE:

Role Knowledge | Skills | Abilities

The International Certification & Reciprocity Consortium's *Peer Recovery (PR) Exam Candidate Guide* (approved April 2025, effective July 2025) identifies five performance domains with the following associated tasks (requiring specified knowledge, skills and abilities) as forming the basis of its peer recovery certification exam. The standards for the New York Certified Recovery Peer Advocate (CRPA) are grounded in the IC&RC Peer Recovery Certification and aligned with its competencies and certification exam. CRPA is exclusively offered by the non-profit InUnity Alliance - New York Certification Board (NYCB), a member of the Institute for Credentialing Excellence (ICE).

Candidates for this professional certification are required to demonstrate these competencies to NYCB per standards determined by the Board and posted to its website: https://www.asapnys.org/certified-recovery-peer-advocate-crpa-and-crpa-provisional/.

Domain 1: Advocacy *(20% of exam)*

1. Identify strategies for relating to the individual as an advocate.
2. Recognize opportunities for advocacy within systems to promote person-centered recovery/wellness support services.
3. Explain to the individual their rights and responsibilities.
4. Apply principles of individual choice and self-determination in advocacy.
5. Explain the importance of self-advocacy as a component of recovery/wellness.
6. Use person-centered language.
7. Recognize strategies for effective communication.
8. Differentiate between the types and levels of advocacy.
9. Provide links to resources.
10. Identify multiple pathways of recovery/wellness (e.g., individual, systemic, self-advocacy).
11. Recognize holistic approaches to recovery/wellness (e.g., mind, body, spirit, environment).

Domain 2: Ethical Responsibility *(30% of exam)*

12. Recognize risks that may affect the individual's welfare and safety.
13. Respond to personal risk indicators to assure welfare and safety.
14. Report personal issues that may impact ability to perform job duties.
15. Report abuse or neglect to appropriate authority.
16. Discuss the individual's satisfaction with their progress toward recovery/wellness goals.
17. Maintain documentation and collect data as required by your role.
18. Demonstrate compliance with responsibilities and limits of role.
19. Apply fundamental principles of cultural awareness (e.g., attunement, competency, humility).
20. Demonstrate compliance with confidentiality and privacy policies.
21. Maintain professional and ethical boundaries.
22. Apply techniques in response to crises and emergency situations.
23. Use organizational/departmental chain of command to address or resolve issues.

Domain 3: Mentoring and Education *(20% of exam)*

24. Recognize the importance of self-care.
25. Establish a peer-to-peer relationship rather than a hierarchical relationship.
26. Recognize when to self-disclose or share.

27. Employ strategies to support the development of healthy behavior that is based on self-directed choice.
28. Describe skills needed to self-advocate.
29. Support the individual in identifying and establishing healthy relationships.
30. Recognize strategies to build rapport.
31. Support the individual's development of effective communication skills.
32. Support the individual's development of conflict resolution skills.
33. Support the individual's development of problem-solving skills.
34. Apply principles of empowerment.
35. Discuss resource options for community support and professional services.

Domain 4: Recovery/Wellness Support *(15% of exam)*

36. Support the individual with setting goals.
37. Recognize that there are multiple pathways of recovery/wellness.
38. Assist the individual to identify and build on their strengths and resiliencies.
39. Utilize coaching techniques (e.g., motivational interviewing, active listening, empathizing, healthy boundaries).
40. Recognize stages of change.
41. Recognize stages of recovery/wellness.
42. Recognize signs of crisis or distress.
43. Demonstrate effective utilization of tools for outreach and continued support.
44. Assist the individual in identifying support systems.
45. Assist the individual in identifying basic needs.
46. Practice a strength-based approach to recovery/wellness.
47. Apply peer-to-peer supportive group facilitation techniques.
48. Recognize the impact of trauma and link individuals to appropriate resources.
49. Recognize co-occurring and mental health disorders and link individuals to appropriate resources.

Domain 5: Harm Reduction *(15% of exam)*

50. Recognize principles of harm reduction in SUD and mental wellness.
51. Provide tools and strategies to reduce harm and negative consequences.
52. Discuss harm reduction strategies and readily available resources (e.g., recognizing patterns and behaviors, stages of change).
53. Provide overdose prevention education and link to resources (e.g., naloxone, community resources, testing strips).
54. Identify resources for ancillary/wraparound services.
55. Practice self-awareness of personal beliefs and biases towards harm reduction.
56. Identify alternative approaches that do not seek to prevent or end substance use.

For more information about IC&RC, please see their website: https://internationalcredentialing.org/creds/pr

Standards for demonstrating Peer Recovery Role Competence in NYS can be found on the NYCB website:
https://www.asapnys.org/certified-recovery-peer-advocate-crpa-and-crpa-provisional/