

Certified Intentional Peer Support Specialist CIPSS

Description of a CIPSS

Guided by the Intentional Peer Support model, a relational trauma-informed approach, CIPSSs engage in mutually supportive relationships while creating opportunities and knowledge for sustaining and creating community and natural supports. CIPSSs do not assist people with Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs).

To become a CIPSS, an individual must identify as having lived experience with mental health challenges and be willing to self-identify as such when in that role.

CIPSS Work Settings and Populations Served

- Works with Individuals living with impact of trauma, mental illness and/or substance use.
- Works in a variety of settings: Maine's Intentional Peer Support Warmline, Emergency Departments (patients ages 16+), Behavioral Health Homes, State Psychiatric Hospitals, Assertive Community Treatment (ACT) teams, Crisis Programs and Peer Centers. Various agencies throughout Maine are also open to have their Peer Support Specialists trained in Intentional Peer Support.

TRAINING REQUIREMENTS

- Consists of eight-day training. At the conclusion of the training, trainees take the CIPSS Course Content Exam. After successful completion, the trainee is provisionally certified and can begin field work. After a year of field work, and the completion of the CIPSS Skills Certification Exam, the trainee is fully certified.

Pre-Training Requirements

Required before applying for training:

- Peer Support 101: a 3-hour class offered to anyone interested in learning more about peer support.

OR

- Healthy Connections: Four day-long sessions that use the four tasks of Intentional Peer Support to address topics such as listening differently, challenging conversations, conflict, and crisis situations.

