

2023 CRSS/CPRS Competency Training

Registration now open!

The Illinois Department of Human Services/Division of Mental Health will be hosting six virtual training opportunities in 2023. This training is offered as six half-day trainings. Each Session will be offered 3 different days, during morning and afternoon times during the week to allow participants to select the most convenient time to attend. Sessions 1, 2, 3 & 4 focus on the CRSS Core Domains and Sessions 5 & 6 focus on the CRSS Ethics.

Participants will have opportunities to gain knowledge and increase skills and competency during the training. CEUs will be provided within one month following the last training date for each Session. Individuals will get the CEU hours based on their actual attendance and participation in the training (WebEx automates this data). You are free to choose which of the days and times that are most convenient for your attendance. Pre-registration is REQUIRED and will be completed through the Webinar platform.

Free Virtual CRSS/CPRS Training:

Half-Day Trainings	Monday 9:00 AM – 12:00 PM	Wednesday 1:00 PM – 4:00 PM	Friday 9:00 AM – 12:00 PM
Session 1	June 26	June 28	June 30
Session 2	July 10	July 12	July 14
Session 3	July 24	July 26	July 28
Session 4	August 7	August 9	August 11
Session 5	August 21	August 23	August 25
Session 6	August 28	August 30	September 1

WHO SHOULD ATTEND:

- CRSS & CPRS professionals who wish to increase their skills
- Individuals interested in pursuing either the CRSS or CPRS credential
- Supervisors of recovery support specialists and other CRSS or CPRS staff

WHAT YOU WILL LEARN AND PRACTICE:

- CRSS Overview
 - What is the CRSS
 - Steps to obtain CRSS
- Advocacy
 - Serving as Agents of Culture Change
- Professional Responsibility
 - Understand the Differences, Act on the Commonalities: Enrichment through DEI
- Mentoring
 - Effective Recovery Messaging
- Panel
 - CRSS/CPRS Opportunities Panel
 - Recovery Support Panel
- Recovery Support
 - Assisting Individuals in Various Stages of Change
 - Motivational Interviewing: Promoting Growth from Crisis
- Ethics
 - Code of Ethics Overview
 - Maintaining Ethical Boundaries in Complex Relationships
 - Knowing the What, When, Who, Why & How of Reporting
 - Responding Well to Burnout, Compassion Fatigue, and Vicarious Trauma
 - 7 Steps in Ethical Decision Making

CRSS/CPRS Competency Training Series for 2023

SESSION 1: June 26, 28, 30

CRSS Overview

Participants will:

- Identify the requirements of the CRSS credential
- Recognize the steps to obtain the CRSS credential
- Determine where individuals are, in the process of becoming a CRSS

Effective Recovery Messaging

Participants will:

- Explain what a "constituency of consequence" is and how to effectively contribute to one as a person in recovery
- Identify ways to use inclusive messaging as a tool to reduce both external and internal stigma
- Determine appropriate recovery messaging for various audiences and situations
- Compose your own effective recovery messages

SESSION 2: July 10, 12, 14

Motivational Interviewing: Promoting Growth from Crisis

Participants will:

- Identify the guiding R.U.L.E. of motivational interviewing
- Analyze the S.P.I.R.I.T. of motivational interviewing
- Practice motivational interviewing skills in a crisis scenario

CRSS/CPRS Opportunities Panel

Participants will:

- Obtain tips individuals can offer to others who are working towards achieving their CRSS or CPRS credential
- Identify how Recovery Support Specialists have utilized their story to provide hope and support to others
- Recognize how others have utilized motivational interviewing when working with others

SESSION 3: July 24, 26, 28

Understand the Differences, Act on the Commonalities: Enrichment through DEI

Participants will:

- Recognize how our experiences shape our perspectives
- Differentiate between Diversity, Equity, and Inclusion (DEI)
- Identify the value of recognizing other's life experiences

Serving as Agents of Culture Change

Participants will:

- Give examples of what a culture of recovery can look like at an organizational level
- Identify specific steps towards improving organizational cultures of recovery
- Describe the roles recovery support specialists can play as agents of culture change
- Recognize the connection between having lived expertise and leading by example

CRSS SESSION 4: August 7, 9, 11

Assisting Individuals in Various Stages of Change

Participants will:

- Identify the five stages of change (precontemplation, contemplation, preparation, action, and maintenance)
- Recognize signs indicating which stage a person is in
- Practice listening for “change talk” while supporting an individual moving toward the next stage of change

Recovery Support Panel

Participants will:

- Identify various techniques used when working with people from different cultures and backgrounds
- Discover opportunities for impacting team or organizational recovery culture
- Recognize how others work with people to support them in moving forward through the stages of change

SESSION 5: August 21, 23, 25

Code of Ethics Overview

Participants will:

- Determine the reason for having a code of ethics
- Identify the importance of the CRSS/CPRS Code of Ethics
- Recognize the commitment being made when submitting an application for CRSS/CPRS certification

Maintaining Ethical Boundaries in Complex Relationships

Participants will:

- Define dual/complex relationships
- Identify effective problem-solving tools to utilize when dual/complex relationships are unavoidable
- Apply problem solving tools to address possible issues in a complex relationship

Responding Well to Burnout, Compassion Fatigue, and Vicarious Trauma

Participants will:

- Differentiate between the characteristics of burnout, compassion fatigue and vicarious trauma
- Assess their own levels of burnout, compassion fatigue and vicarious trauma
- Identify effective methods for self-care when dealing with burnout, compassion fatigue or vicarious trauma

Knowing the What, When, Who, Why & How of Reporting

Participants will:

- Identify situations in which the “duty to inform” would be applicable
- Recognize the role of the Office of Inspector General (OIG) in cases of abuse and neglect
- Determine when and how to report cases of abuse and neglect to OIG according to Rule 50

7 Steps in Ethical Decision Making

Participants will:

- Identify the 7 steps in the ethical decision-making process
- Develop action plans using the 7 steps in the decision-making process
- Explain how the CRSS Code of Ethics can influence decision making