



NEW MEXICO OFFICE OF PEER RECOVERY & ENGAGEMENT

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CERTIFIED PEER SUPPORT WORKER TRAINING AND DEVELOPMENT

“No matter how dark
it seems, you can
always turn it around
and help someone
from what you have
been through.”

Dallas Grassbaugh, CPSW



QUALIFICATIONS FOR CPSW TRAINING & CERTIFICATION

- Must be at least 18 years old.
- Have a high school diploma or GED.
- Self-identify as a person receiving or who has received mental health and/or substance use treatment or support services.
- Have at least three years of demonstrable recovery from mental health and/or substance use disorders. (and be able to provide written verification, if requested)
- Complete the application with the Office of Peer Recovery and Engagement.
- Attend and complete a weeklong training, Monday thru Friday with evening reading assignments.

THE CERTIFIED PEER SUPPORT WORKER (CPSW) TRAINING EMPHASIZES GENERAL, CORE PEER AND RECOVERY PRINCIPLES.

CPSW's work in a variety of locations throughout New Mexico. Through culturally and linguistically appropriate services that assist individuals and families working toward recovery, peer-operated supports and services provide important resources to assist people along their journeys of recovery and wellness (SAMHSA, 2016).

HEALING Taking Control Family Piece of Mind

SUPPORT • TRAINING • DEVELOPMENT

Joy COURAGE Happiness GIVING BACK HOPE

Peers incorporate a full range of social services that facilitate recovery, wellness, and connection to and coordination among service providers.

“ Stay in your heart to help others. Bring your heart to the table every time and keep your compassion and empathy strong, even for yourself. ”
Natasha Garica, CPSW

Peers who encourage and engage other peers provide a vital sense of belonging, supportive relationships, valued roles, and community. Peer supports improve the quality of life for people seeking recovery and their families. Through helping others and giving back to the community, one helps oneself.

"In my humble opinion, the power of Peer Support, in the hospital and mental health settings, is more significant and valuable than any other evidence-based practice I have ever seen...In every work area since, peer support staff were the "magic makers." The innate skills of peer support workers are legendary in my personal experience. And at this point I strongly believe that at least 50% of the mental health provider system needs to be peer support workers if we are to get a system of care that is truly recovery oriented, trauma informed, ADA compliant, and where people with serious mental illness can find hope, courage and the energy to recovery their lives in a way that works for them."

Kevin Huckshorn. PHD, RN, MSN, CADC, Director, Division of Substance Abuse and Mental Health and Social Services.