

MONTANA BOARD OF BEHAVIORAL HEALTH
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CERTIFIED BEHAVIORAL HEALTH PEER SUPPORT SPECIALIST

BEHAVIORAL HEALTH DISORDER RECOVERY

To qualify as a Certified Behavioral Health Peer Support Specialist, you are required to have a "behavioral health disorder" and be engaged in "behavioral health disorder recovery" or "recovery from a behavioral health disorder".

"Behavioral health disorder recovery" or "recovery from a behavioral health disorder" means a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."

Eligibility for certification is contingent on the applicant's behavioral health disorder recovery that does not include any period of incarceration, or hospitalization or any inpatient admission related to a behavioral health disorder that exceeds 72 hours, within the two years immediately preceding application for certification.

If you have an ethical or legal history, the Board will ask for a personal account of your recovery program to gauge your risk to the public and or your rehabilitation. Please know that this is the Board's duty and it occurs with ALL credentials under the Board of Behavioral Health as well as many other professions under the Department of Labor and Industry. If ethical or legal issues are not partnered with your behavioral health diagnosis you may simply attest to the disorder without providing your personal account.

In your own words describing your current recovery program. The account should include physical, emotional, mental, social, financial, and spiritual aspects of *your* recovery program. Examples may include attendance at 12-step or alternative support groups, sponsorship; physical components may include exercise, yoga, or weightlifting; spiritual aspects perhaps a religious affiliation or cultural practice—i.e., sweat lodge or smudging; emotional or mental examples may include therapy, a life coach, journaling, sponsorship, gender specific groups. It is recognized that recovery programs vary and are as individual as those that establish them. We are interested in your process and what elements sustain you and your wellbeing.