IC&RC Domains of Peer Recovery

Listed below are the four domains for peer recovery, as defined by IC&RC. Please find examples of these domains to assist with identifying what activities constitute which domain. It is suggesting a profession, or organization, use this information for peer recovery experience hours tracking and documentation for the ICAADA CPRC certification:

Advocacy:

- Advocate within systems to promote person-centered recovery/wellness support services.
- Describe the individual's rights and responsibilities.
- Apply the principles of individual choice and self-determination.
- Explain importance of self-advocacy as a component of recovery/wellness.
- Recognize and use person-centered language.
- Practice effective communication skills.
- Differentiate between the types and levels of advocacy.
- Collaborate with individuals to identify, link, and coordinate choices with resources.
- Advocate for multiple pathways to recovery/wellness.
- Recognize the importance of a holistic (e.g., mind, body, spirit, environment) approach to recovery/wellness.

Ethical Responsibility:

- Recognize risk indicators that may affect the individual's welfare and safety.
- Respond to personal risk indicators to assure welfare and safety.
- Communicate to support network personal issues that impact ability to perform job duties.
- Maintain documentation and collect data as required.
- Adhere to responsibilities and limits of the role.
- Apply fundamentals of cultural competency.
- Recognize and adhere to the rules of confidentiality.
- Recognize and maintain professional and personal boundaries.
- Recognize and address personal and institutional biases and behaviors.
- Maintain current, accurate knowledge of trends and issues related to wellness and recovery.
- Recognize various crisis and emergency situations.
- Use organizational/departmental chain of command to address or resolve issues.
- Practice non-judgmental behavior.
- Report suspicions of abuse or neglect to appropriate authority.

Mentoring and Education:

- Serve as a role model for an individual.
- Recognize the importance of self-care
- Establish and maintain a peer relationship rather than a hierarchical relationship.
- Educate through shared experiences.
- Support the development of healthy behavior that is based on choice.
- Provide resource linkage to community support and professional services.

- Assist the individual in identifying and establishing positive relationships.
- Establish a respectful, trusting relationship with the individual.
- Demonstrate consistency by supporting individuals during ordinary and extraordinary times.
- Support the development of effective communication, problem-solving and conflict skills.
- Apply principles of empowerment.

Recovery/Wellness Support:

- Assist the individual with setting goals.
- Recognize that there are multiple pathways to recovery/wellness.
- Contribute to the individual's recovery/wellness team(s).
- Assist the individual to identify and build on their strengths and resiliencies.
- Apply effective coaching techniques such as Motivational Interviewing.
- Recognize the stages of change.
- Recognize the stages of recovery/wellness.
- Recognize signs of distress.
- Develop tools for effective outreach and continued support.
- Assist the individual in identifying support systems
- Practice a strengths-based approach to recovery/wellness.
- Assist the individual in identifying basic needs.
- Apply basic supportive group facilitation techniques.
- Recognize and understand the impact of trauma.

Harm Reduction:

- Understand and apply the core concepts of harm reduction in the context of substance use and mental health support.
- Equip individuals with practical methods and techniques to minimize risks and adverse outcomes.
- Explore harm reduction practices and accessible support systems, including recognizing behavioral patterns and understanding the stages of change.
- Share knowledge on preventing overdoses and connect individuals with essential tools and services, such as naloxone, local programs, and testing supplies.
- Locate and utilize supportive services that address broader needs beyond primary treatment, such as housing, employment, and transportation.
- Reflect on and acknowledge personal attitudes and potential biases regarding harm reduction approaches.
- Examine supportive models that focus on safety and well-being without requiring abstinence or cessation of substance use.