



Certified Family Recovery Specialist Credential Available

To more formally recognize the value of family recovery specialists in the workforce, we are pleased to announce a new credential for family recovery specialists who wish to obtain the new certification offered by the Pennsylvania Certification Board (PCB). The development of the Certified Family Recovery Specialist (CFRS) credential was a joint effort between PCB and PRO-A and several family recovery specialists who were selected as Subject Matter Experts to develop CFRS core competencies and standards for the new credential.

The credential becomes available January 1, 2018. The requirements for the new credential include:

EDUCATION: 60 hours of training/education including: 24 hours in Family Recovery and Wellness; 12 hours in Advocacy and Support; 6 hours in Professional Ethics; 6 hours in Confidentiality; and 12 hours specific to substance use disorder.

- Minimum High School Diploma/GED
- There is no time limit on when training was acquired for initial certification

LETTERS OF REFERENCE/CHARACTER: Applicants must submit three (3) letters of reference/character. Letters may not be from family members. Letters should show the impact the applicant has made to the field. They should also include how the applicant practices self-care, how they have developed boundaries and how they work with other families. The letters of reference/character must be from each of the following areas:

- Personal (1)
- Professional/volunteer (1)
- Within recovery support services (1)

STATEMENT OF LIVED EXPERIENCE: Applicants must submit a written statement describing their experience navigating multiple systems; describing how their experience informs their work with other families, what resources they have accessed, and what family recovery means to them. Applicants should also describe how long they have considered themselves in recovery. Written statements must be a minimum of 1000 words.

RECERTIFICATION: 30 hours of relevant education including 6 hours in ethics and 3 hours in confidentiality every two years.

The CFRS application can be found [here](#). The CFRS Content Outline can be found [here](#).

Requests for applications and/or questions can also be emailed to: info@pacertboard.org.

This new formal certification through PCB is designed to help strengthen the profession and give CFRSs a strong voice, while maintaining the essence of the valuable work done by family recovery specialists.

Family recovery is a highly-individualized journey that provides a unique perspective regarding the recovery process. A CFRS understands the stigma associated with substance use disorder and its impact



on the family. This recovery journey is a voluntarily maintained lifestyle that includes the pursuit of spiritual, emotional, mental and physical well-being that is often supported by others but is not contingent upon the recovery of our loved one(s).

The CFRS credential is for adults who have been directly impacted by another person's substance use disorder. The CFRS shares their lived experience with other families to provide recovery support services.

CFRS's are trained to help families move into and through the recovery process. As a CFRS, an individual accepts and agrees that his/her experience will be known by their colleagues, persons served, and others with whom he/she may share that they have achieved this credential. Additionally, a CFRS will follow the Code of Ethical Conduct.

Pennsylvania Certification Board

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