



What are Continuing Education Units?

Continuing Education Units (or CEUs) are critical to maintaining professional knowledge in a career as a Peer Support Specialist. CEUs include time spent learning about mental health, substance use, ethics, and Peer Support services. CEUs DO NOT include time spent in an employment and/or volunteer position. CEUs are measured in hours (1 hour of learning = 1 hour of CEU).

Where Can I Find Continuing Education Units?

Conferences - At the end of a conference, you will usually receive a certificate that includes the number of hours that you spent at the event. If there was a presentation in a particular area (such as Ethics or Mental Health), make note of the details about that presentation since it will not be recorded on the certificate and you will need to track it on the attached sheet.

Webinars – Internet learning opportunities may be free or may have an associated cost. There may be a certificate that you can print out at the end. If there is no certificate, or if you don't have access to a printer, record the details on a tracking sheet.

Workshops, Seminars, Trainings, Presentations – This does not include work-related meetings UNLESS there is a relevant presentation that lasts at least one hour. If a special presentation is arranged to teach your workgroup, then it could be included.

Self-Study – Individuals can sometimes receive CEU hours for time spent studying an appropriate topic outside of a formal setting. Remember to document the title, topics studied, hours, and indicate that it is self-study. A supervisor can sign off as the "instructor". To ensure that your study time will qualify for CEU credit, contact the Training and Outreach Coordinator at 260-422-6441.

For any questions regarding CEUs, please contact the Training and Outreach Coordinator using the contact information below

Mental Health America of Northeast Indiana

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260-422-6441

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