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Peer Services 101

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Peer and Recovery Services

Overview



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- Role and qualifications of a certified peer specialist
- Types and scope of peer services
- Competencies of peers specialists
- How recovery services and clinical services compliment each other

Definition of Recovery



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To clearly define recovery, the Substance Abuse and Mental Health Services Administration (SAMHSA) developed:

SAMHSA Consensus Statement:

- A journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her potential.

SAMHSA Working Definition of Recovery:

- Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.



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Ten Guiding Principles of Recovery

- Hope
- Person-driven
- Many pathways
- Holistic
- Peer support
- Relational
- Culture
- Addresses trauma
- Strengths/
responsibility
- Respect

Recovery Support Services



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Recovery Support Services are evidence-based practices funded through SAMHSA that support services to increase long-term recovery and recovery quality.

- Services are provided by peer specialists, typically through a recovery community center or a recovery program:
 - ▶ One-on-one peer support
 - ▶ Group support
 - ▶ Wellness-recovery planning
 - ▶ Instrumental support
 - ▶ Recovery events and activities
 - ▶ Connection to the recovery community

Visit the HHS web page to learn more and find a list of providers: hhs.texas.gov, search for "Recovery Support Services."

Peer Support



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- Peer support occurs when someone with lived experience gives encouragement and assistance to help someone with a mental health condition or a substance use disorder achieve long-term recovery (SAMHSA, 2018).
- Peer support services were declared an evidence-based practice by the Centers for Medicare and Medicaid Services in 2007.

Sources: SAMHSA. (2018). Value of Peers Infographics: General Peer Support. Infographic. Retrieved from https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tac/peer-support-2017.pdf. Center for Medicare and Medicaid Services, US Department of Health and Human Services. (2007). CMS Guidance Document on Peer Support Services. Faces and Voices of Recovery. <https://facesandvoicesofrecovery.org/wp-content/uploads/2019/06/CMS-Guidance-Document-on-Peer-Support-Services-2007.pdf>

Benefits of Peer Support

- Reduces hospitalization
- Improves social functioning
- Reduces substance use
- Reduces depression
- Increases chances of long-term recovery
- Increases rates of family unification
- Reduces justice system involvement and recidivism
- Increases hope, quality of life



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Source: Tracy, K., & Wallace, S. P. (2016). Benefits of peer support groups in the treatment of addiction. Substance abuse and rehabilitation, 7, 143-154.
<https://doi.org/10.2147/SAR.S81535>

Peer Specialist Services Rules



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Chapter 531, Texas Government Code, §531.0999 establishes peer specialists services rules for training, certification, supervision, scope of services, and any other rules necessary to protect the health and safety of persons receiving peer services in this state.

Peer Specialist



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- A peer specialist is a person who uses lived experience, in addition to skills learned in formal training, to deliver strengths-based, person-centered services to promote a recipient's recovery and resiliency.
- All peer specialist services are recovery-oriented, person-centered, relationship-focused, and trauma-informed.
- Peer support is always voluntary!

Peer Specialist Qualifications



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- Person with lived experience
- Be at least 18 years of age
- Able to demonstrate self-directed recovery
- Pass criminal history checks
- Willing to appropriately share their story with recipients

Peer Specialist Services



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- Peer specialist services may include:
 - ▶ Recovery and wellness support: providing information on, support with, and assistance planning for recovery;
 - ▶ Mentoring: serving as a role model and providing assistance in finding needed community resources and services; and
 - ▶ Advocacy: providing assistance in stressful or urgent situations and helping to ensure that the person's rights are respected.
- Services may be provided individually or in a group.
- Participation is voluntary.

Peer Specialist Settings



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- Common organizational programs where peer specialists work:
- Community mental health centers
- Substance use recovery community centers
- Mental health rehabilitation services
- Substance use treatment centers



Peer Specialist Training



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- Core competencies
- Performance domains
- Code of ethics
- Six-hour core training
- 46-hour specialized training
- 250-hour supervised hours
- Supervised (or co-supervised) by certified Peer Specialist Supervisors

Code of Ethics

Peer specialists are obligated to uphold ethical principles specific to their role as described in Texas Administrative Code rules and expanded by the Texas Certification Board.

- Will be guided by the principle of self-determination for all
- Will openly share their recovery stories and supports that promote their recovery
- Will advocate for those they serve in decisions for themselves
- Will keep current with emerging knowledge relevant to recovery
- Will not dispense expert/clinical opinions



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Source: Texas Certification Board.(2019). Recovery Support Peer Specialist; Full Certification [PDF File]. Austin, TX: Certification Applications; Retrieved from https://cdn.ymaws.com/www.tcbap.org/resource/resmgr/certifications/_rsps/full_rsps_nov_2019.pdf

Peer Specialist Certification



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Credentials related to peer support are administered by the Texas Certification Board.

- Peer specialists
- Peer specialist supervisors
- Training entity certification
- www.tcbap.org



Peer Services Credentials



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HHSC peer support credentials:

- Mental Health Peer Specialist
- Recovery Support Peer Specialist
- Peer Specialist Supervisor
- Certified Family Partner

By the Numbers: Medicaid Peer Specialists



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As of July 2021, many peer specialists have been trained and certified.

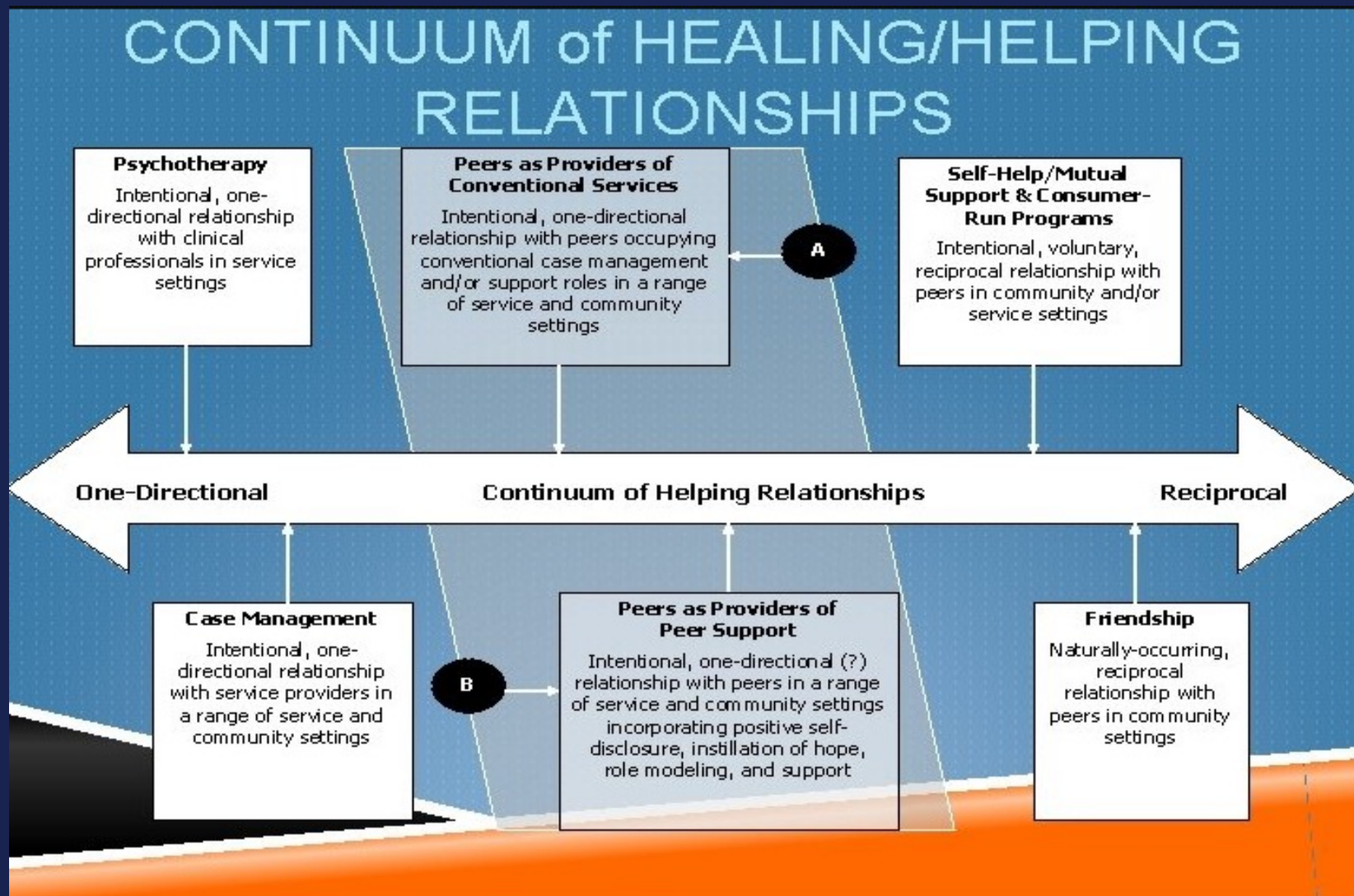
Number of currently certified peer specialists:

- 358 Mental Health Peer Specialists
- 248 Recovery Support Peer Specialists
- 207 Peer Specialist Supervisors

Clinical and Recovery Services Integration (1 of 2)



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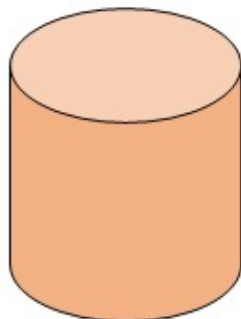
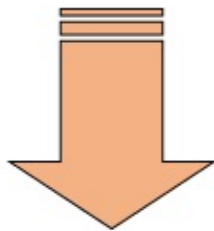
Source: Davidson, L., Chinman, M., Sells, D., & Rowe, M. (2006). Peer support among adults with serious mental illness: a report from the field. *Schizophrenia bulletin*, 32(3), 443-450. <https://doi.org/10.1093/schbul/sbj043>

Clinical and Recovery Services Integration (2 of 2)

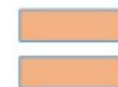
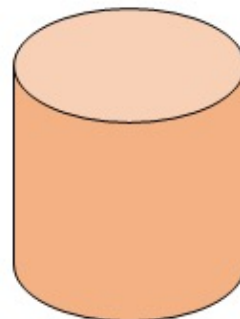
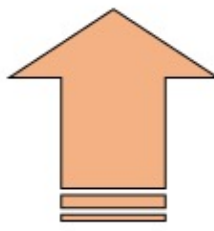


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Clinical Reduction
of or coping with
symptoms
through clinical
treatment



Recovery Support
Increase in recovery
capital through
provision of recovery
supports



**Sustained
Recovery**

Tondora, J., Heerema, Delphin, Andres-Hyman, O'Connell, M.J., & Davidson. (2008), 2nd ed. *Practice Guidelines for Recovery-Oriented Care for Mental Health and Substance Use Conditions*. New Haven, CT: Yale University Program for Recovery and Community Health.



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Thank you

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