



Peer Support Services

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Overview

- What is Peer Support
- History and where we are now
- Adding peer services to Substance Use Treatment programs
- CPC training program requirements
- Roles, & titles of peers
- Operationalizing Peer Support

Ice breaker



What is unique about Behavioral Health Peers?

The Power is in Our Stories!

Self Disclosure = Hope & Inspiration



- Lived experiences create connections
- Actively promotes Principles of Recovery & Resiliency
- Work to reduce stigma in community and systems

What is Peer Support?

- Personal recovery is central from beginning to end
- Peer support is voluntary; people engage or disengage as they choose.
- The relationship is the foundation.
- Begin with welcoming – outreach and engagement
- Peer Support is Trauma Informed
- Peer supports work toward quality-of-life goals, purpose and passion.
- Use methods that promote personal growth and self-responsibility

HCA Certified Peer Counselor (CPC) Training Program

History

- Peer Support Certification classes started in 2005
- Washington was one of the first 11 states to begin Peer Services
- Initially only mental health peer services were in the CMS contract

Currently...

- The DBHR certification program trains over 400 Peers per year.
- Over 350 peers receive DBHR sponsored continuing education
- We expect 400+ peers to attend the Peer Pathways Conference
- Currently we have 242 agencies licensed to provide MH peer services
- Foundational Community Support (FCS) services rolled out in 2018, expanded the access to peers.

Peer services continue to grow and change...

Adding Peer Services for People in recovery from Substance Use (SUD Peer Services)

- Legislative Directive: 2018 Budget Proviso 213(5)(ss) (SSB 6032)
- SUD Peer Services Stake Holder Work Group
- Adding Peer Services to WAC
- Preparing Agencies & Developing Workforce
- Timeline for many moving parts
- Target date is July 2019- January 2020



**Many
moving
parts**

Current Process to Become a Certified Peer Counselors

Anyone can apply and go through the certification process

- Qualified Peer Counselor: a personal lived experience as MH/SUD consumer or parent of child in services
- Application/approval process
- Training: online & 40 hour
- Testing: oral & written
- Required DOH credential / AAC upon employment + DSHS background
- Part of a clinical team and responsible for documentation
- Peer services connected to treatment goals
- Mandatory reporters
- Oversight by DBHR, DOH, & agency
- Continuing education topics recommended: WRAP, Boundaries, Trauma Informed, etc.

Behavioral Health (Mental Health and SUD) Certified Peer Counselor

“CPC” These are peers working a
Behavioral Health Medicaid agency

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- Application/approval process
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Clarifying Peer Definitions & Roles

Community Peer

These would be peers working in non-Medicaid agencies or community organizations

- Personal lived experience as MH/SUD consumer or parent of child in services
- Services based on organizations mission
- Relationship based on availability of peers/agency funding
- Volunteer and/or employed
- Documentation minimal/determined by org and/or funding requirements.
- If required by organization:
- Training: online & 40 hour
- Testing: Oral & written
- Background checks depend on org. policy, funding, etc.
- Minimal required oversight

Recovery Coach

These are people who have been through the CCAR recovery coach training and work or volunteer in their community

- Personal experience, parent or community member affected by SUD
- CCAR training
- Volunteer and/or employed
- Recovery Community & network support
- Continuing education: boundaries, culture, etc.
- Autonomy, oversight by RC community.
- Flexibility to work with peer over time, regardless of treatment or services
- Confidential, not tied to treatment/services/documentation
- Minimal barrier: Level of background checks depend on org. policy, funding, etc.

Bridging from Recovery Coach to CPC

Similarities

Recovery Coach & Peer Support have similar Core Principles of Recovery and similar trainings.

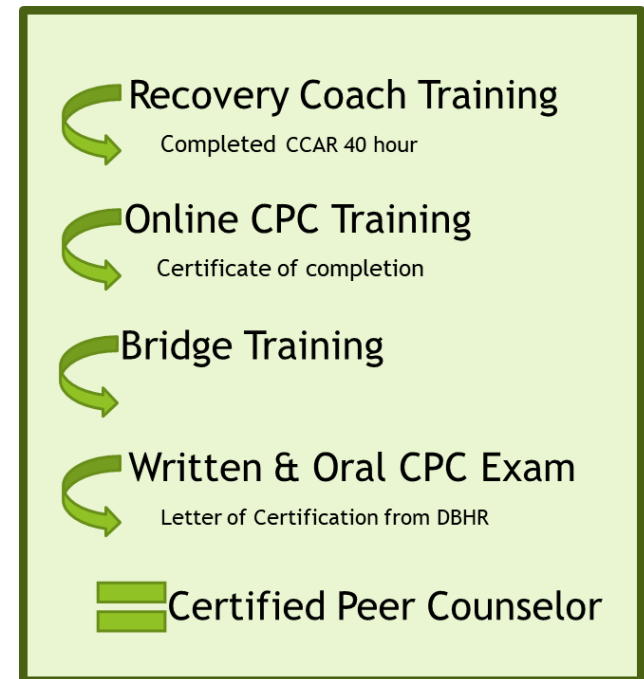
- Person-Centered Approach
- The relationship is the foundation
- Begin with welcoming – outreach and engagement
- Both trainings includes:
 - Trauma Informed
 - Ethics and Boundaries
 - Recovery options
 - Communication
 - Outreach
 - Person Centered
 - Goal setting
- Personal recovery is central from beginning to end
- Peer support & coaching is voluntary; people engage or disengage as they choose

Bridge Training

*This 2day bridge training is being developed as part of the SUD Peer workforce strategic plan.

Additional training/skills needs to become a CPC.

- Appropriate use of personal story
 - Ethics and boundaries for clinical work
 - Documentation
 - Mandatory Reporting
 - Supervision Requirements
 - Working on a treatment team
- Plus
- Online CPC course
 - Pass written and oral exam



All certified peer counselors must be able to obtain a Agency Affiliated Counselor Registration from the Department of Health and pass all required background checks

Operationalizing Peer Support (OPS)

- DBHR sponsored technical assistance (TA) on Peer Support. Training with BHO, MCO, ASO, BHA, agencies or programs on:
 - Supervision
 - Roles
 - Documentation
 - Recovery Culture
 - Resources

<https://www.peerworkforcealliance.org/operationalizing-peer-support>

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CPC Applications and Training

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Operationalizing Peer Support

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<https://www.peerworkforcealliance.org>

Foundational Community Supports

<https://www.myamerigroup.com/washington-fcs/home.html>