



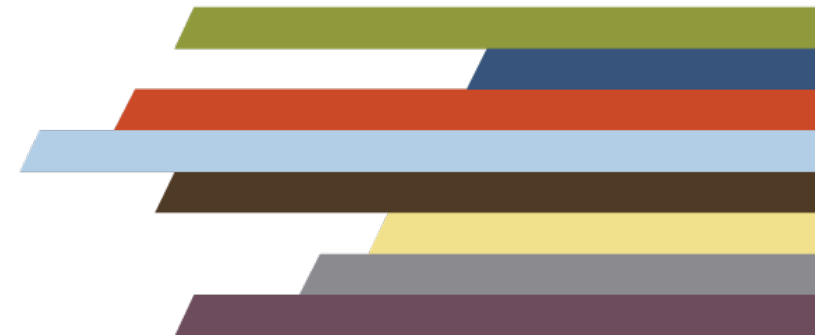
Mountain Plains ATTC (HHS Region 8)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

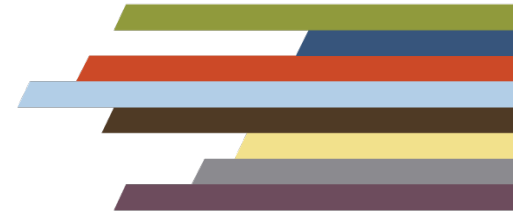
OPTIONS FOR PEER SUPPORT IN FRONTIER AND TRIBAL COMMUNITIES

January 30, 2020



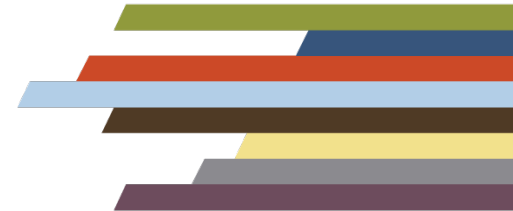
Melissa Witham

- Technical Assistance Manager, C4 Innovations
- 5 years managing TA - ORN, BRSS TACS, SPARS, GDTA
- Additional Background in vocational rehabilitation, disability benefits



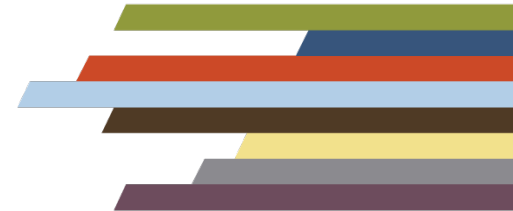
Definition of “Peers”

- Individuals with lived experience with mental health and/or substance use disorders who are successful in their recovery.
- Serve in paid and volunteer capacities
- On average, in recovery without recurrence for 2 years
- Known as peer support specialists, recovery coaches, peer advocates, peer navigators



Definition of “Peers” (continued)

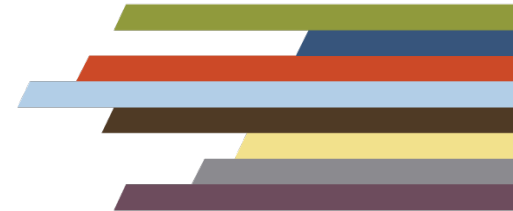
- Self-directed and empowering support
- Personal guide and mentor
- Walk the walk, show how to accomplish goals
- Has contacts in the recovery community already
- An equal (less power differential)



Family Peers ▶

- As a family successfully navigates the complex behavioral health systems on behalf of their loved one, they may wish to offer support to another family on the same journey.

- This support is unique as it is not provided to the *individual* who is experiencing the behavioral health challenge but is provided to their *network of support*.



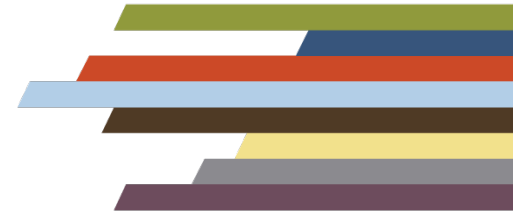
Role: Counselors vs. Peers

Counselor

- Formal education
- Works within organizational treatment philosophy
- Significant power differential (therapist/client)
- Formal and strategic
- Self-disclosure discouraged or prohibited
- Focus on past hx and behavior

Peer

- Experiential knowledge
- Works across multiple frameworks of recovery
- Minimal power differential (equals)
- Informal and personal
- Shares own story; acts as role model
- Focus on future



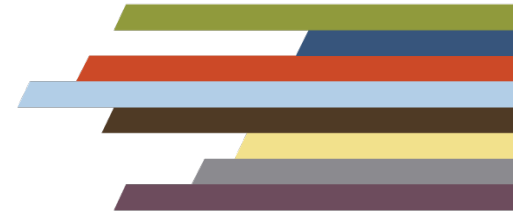
Role: SUD Peer vs. “Sponsor”

Peer Recovery Coach

- Paid or volunteer
- Versed in many recovery groups including SMART recovery, All Recovery, AA/NA, etc.
- Help document recovery plans and identify “recovery capital”

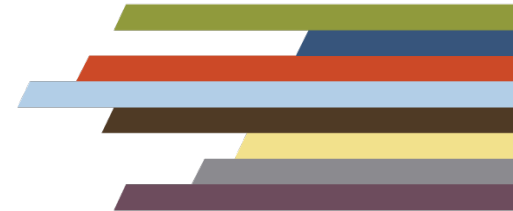
12-step Sponsor

- Unpaid
- Part of 12-step AA or NA group
- Volunteer to fulfill their 12-steps (“giving back”)
- Encourage following the Steps to sustain sobriety



What Peers Do

What Peers Do	What Peers DO NOT Do
Listen and provide emotional support and hope	Biopsychosocial intakes
Help navigate community-based recovery supports and link clients to resources	Conduct SBIRT assessments
Develop recovery action plans	Run samples to the lab
Answer calls/texts during non-business hours to provide support	Give clients rides to appointments
Accompany clients to community appts	Preach or deliver sermons
Help clients connect with their own friend & family support networks	Provide counseling or therapy
Facilitate recovery support groups or lead <i>a native talking/healing circle</i>	Dispense medications





Improved access to
social supports



Reduced substance use



Increased social functioning

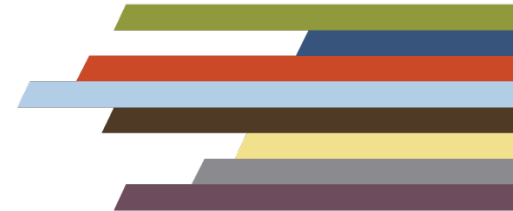


Decreased costs to the
mental health system

Peers Add Value

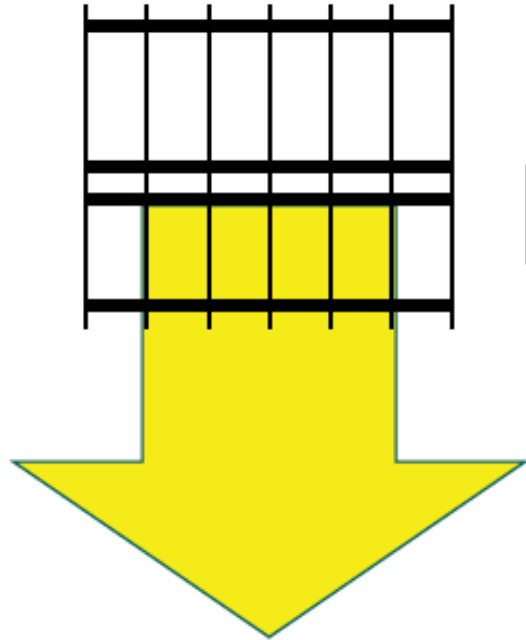
Source: Value of Peers, 2017.

https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tac/value-of-peers-2017.pdf





Improved relationship with treatment providers



Decreased criminal justice involvement

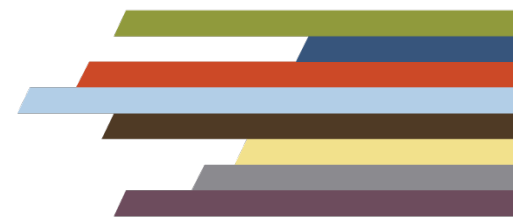


Increased empowerment and hope

Peers Add Value (Continued)

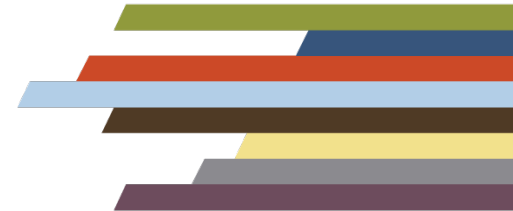
Source: Value of Peers, 2017.

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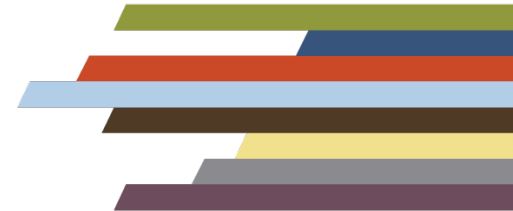
Where do peers work/volunteer?

- Recovery-community organizations (RCOs)
- Emergency rooms and hospitals
- On primary care teams
- MAT clinics
- Correctional facilities
- Drug courts
- IHS clinics
- Tribal community centers
- Inpatient and outpatient treatment programs (IOP/OTP)
- Embedded with first responders
- High schools
- College campuses
- Recovery residences
- Telephone help lines
- Faith-based organizations
- Labor/delivery/NICU



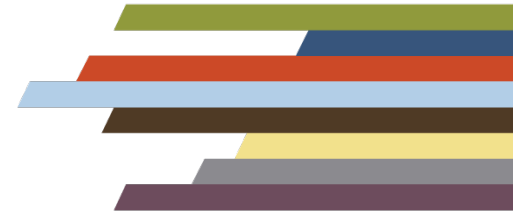
Hiring and Reimbursement for Peers

- In many states, RCOs have relied on grant funding to be able to offer peer supports
- State Medicaid programs are increasingly providing reimbursement for peer support services
- Third-party/private insurers also beginning to cover peer services
- Rates of reimbursement need to allow employers to pay a certified peer a competitive wage



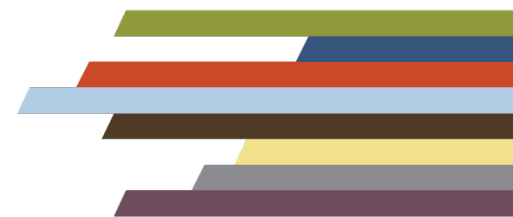
Hiring and Reimbursement for Peers (cont)

- Wages vary from \$13-\$30 per hour to start
- PT and FT job opportunities available
- Certified peers are seeking job stability, benefits and livable wages, which helps them sustain their own recovery success
- In many cases, organizations contract peer services from established RCOs



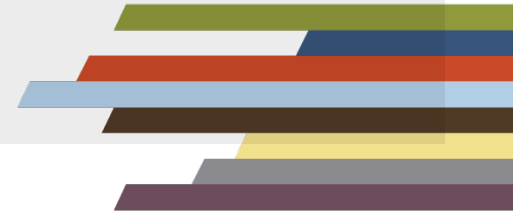
Certification of Peers

- Typically, 40 hours of baseline training, with additional work-based experience required after certification
- Coursework includes:
 - ✓ Motivational Interviewing
 - ✓ Role/function of peers
 - ✓ Stages of change
 - ✓ Sharing your story/self-disclosure
 - ✓ Ethics and boundaries
 - ✓ Building recovery capital
 - ✓ Pathways to recovery
 - ✓ Self-care



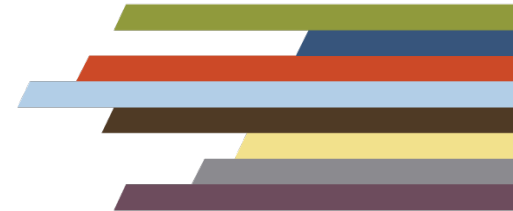
Supervision of Peers

- The role of peers is still relatively new, requires care and attention
- Being a person publicly in recovery is challenging
- Supervision of peers is different than clinical supervision – the boundaries, role modeling
- Peer role can be stressful
- Supervisors need training in recovery principles and how best to support a person in recovery at work



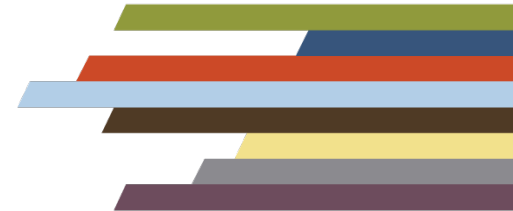
Getting Started in Frontier/Tribal Areas

- Establish recovery-oriented systems of care for all behavioral health services
- Include tribal elders and frontier community leaders in policy discussions
- Delegate funds to pilot peer services
- Work with Medicaid to assure permanent budgeted funding
- Assure funding includes reimbursement for peer travel time



Getting Started in Frontier/Tribal Areas (cont)

- In-person peer supports during busy hours at key locations and on-call 24/7
- Partnership with ride share services to help transport people to attend groups in person
- Regional support groups online, radio talk show
- Automated and interactive texting
- Healing circles oriented towards addiction recovery and native teachings



Resource List

Peer Support Specialists Care For and Connect Rural Behavioral Health Clients

An Assessment of Innovative Models of Peer Support Services in Behavioral Health to Reduce Preventable Acute Hospitalizations and Readmissions

Peer Support Toolkit

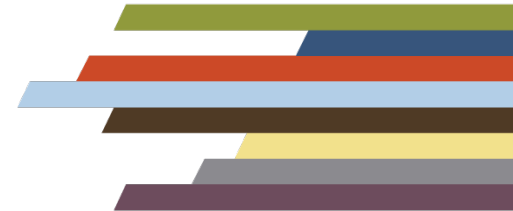
Core Competencies for Peer Workers in Behavioral Health Services

Sponsor, Recovery Coach, Addiction Counselor: The Importance of Role Clarity and Role Integrity

Wellbriety Movement (White Bison)

The Effectiveness of Peer Support Services: Highlights from the Research

Value of Peers (Infographic Series from SAMHSA, 2018)



Thank you!

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