



Promoting wellness and recovery

John R. Kasich, Governor
Mark Hurst, M.D., Director

Peer Recovery Support Services

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Objectives

- Define who provides peer recovery support services
- Understand the roles of peer recovery supporters
- Identify three benefits of incorporating peer recovery supporters into existing teams

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Introduction

- My story of recovery and employment

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Peer Recovery Support

- “Peer support is the act of people who have had similar experiences giving each other encouragement, hope, assistance, guidance, and understanding that aids in recovery. It can be done anytime or anywhere when two or more peers are in a mutual, supportive relationship.”
- Appalachian Consulting Group, 2011

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Peer Recovery Support

- An individual with a lived experience of mental health and/or substance use disorder who is actively in recovery and want to help others.
- Ohio Definition of Recovery - Recovery is the personal process of change in which Ohio residents strive to improve their health and wellness, resiliency, and reach their full potential through self-directed actions.

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Peer Recovery Support

- PRS service provides community-based supports to individuals with or in recovery from a mental health or substance use disorder with individualized and recovery focused activities that promote recovery, self-determination, self-advocacy, well-being and independence through a relationship that supports a person's ability to promote his or her own recovery.

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Peer Recovery Support Services

- (1) Ongoing exploration of recovery needs;
- (2) Supporting individuals in achieving personal independence as identified by the individual;
- (3) Encouraging hope;
- (4) Supporting the development of life skills such as budgeting and connecting to community resources;
- (5) Developing and working toward achievement of personal recovery goals;
- (6) Modeling personal responsibility for recovery;
- (7) Teaching skills to effectively navigate to the health care delivery system to effectively and efficiently utilize services;

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Peer Recovery Support Services

- (8) Providing group facilitation that addresses symptoms or behaviors, though processes that assist an individual in eliminating barriers to seeking or maintaining recovery, employment, education, or housing;
- (9) Assisting with accessing and developing natural support systems in the community;
- (10) Promoting coordination and linkage among similar providers;
- (11) Coordinating or assistance in crisis interventions and stabilization as needed;
- (12) Conducting outreach;
- (13) Attending and participating in treatment team; or,
- (14) Assisting individuals in the development of empowerment skills through self-advocacy and activities that mitigate discrimination and inspire hope.

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Peer Recovery Support Training

- OhioMHAS supports and coordinates the OhioMHAS Integrated Peer Support Training which offers 16 hours of on-line E-Based Academy courses, 40 hours on in-person peer support training, and an exam for individuals with a direct person lived experience of mental health and/or substance use disorders who are actively in recovery. The 56-hour training helps individuals build the foundation of hard and soft skills needed to offer quality peer support services.

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Peer Recovery Support Certification

- Individuals eligible to apply to be a Certified Peer Recovery Supporter include:
 - Persons with a direct lived experience of a mental health and/or substance use disorder who are actively in recovery and have:
 - Completed the required 16 hours of E-Based Academy courses; and
 - Passed the OhioMHAS Peer Supporter Exam
 - Passed the BCI background check (if an individual has lived outside of Ohio, please also complete the FBI background check
 - Completed an approved 40 hour in-person peer support training OR have a minimum of 3 years verifiable experience as a peer support, peer recovery coach, peer specialist, or peer navigator

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Peer Recovery Support Certification: Disqualifying Offenses

- 1. 2903.01 - aggravated murder
- 2. 2903.15 - permitting child abuse
- 3. 2903.16 – failing to provide for a functionally impaired person
- 4. 2903.21 – aggravated menacing
- 5. 2905.32 – human trafficking
- 6. 2905.33 – unlawful conduct with respect to documents
- 7. 2903.34 – patient abuse and neglect
- 8. 2903.341 – patient endangerment
- 9. 2905.04 – child stealing (as it existed prior to July 1, 1996)
- 10. 2905.05 – criminal child enticement
- 11. 2907.02 – rape
- 12. 2907.03 – sexual battery
- 13. 2907.04 – unlawful sexual conduct with a minor (formerly corruption of a minor)
- 14. 2907.05 – gross sexual imposition
- 15. 2907.06 – sexual imposition
- 16. 2907.07 – importuning
- 17. 2907.08 – voyeurism
- 18. 2907.12 – felonious sexual penetration
- 19. 2907.21 – compelling prostitution
- 20. 2907.22 – promoting prostitution
- 21. 2907.31 – disseminating matter harmful to juveniles
- 22. 2907.32 – pandering obscenity
- 23. 2907.321 – pandering obscenity involving a minor
- 24. 2907.322 – pandering sexually-oriented matter involving a minor
- 25. 2907.323 – illegal use of minor in nudity-oriented material or performance
- 26. 2907.33 – deception to obtain matter harmful to juveniles
- 27. 2909.22 – soliciting/providing support for act of terrorism
- 28. 2909.23 – making terrorist threat
- 29. 2909.24 – terrorism
- 30. 2913.40 – Medicaid fraud
- 31. 2919.22 – endangering children
- 32. 2925.02 – corrupting another with drugs
- 33. 2925.23 – illegal processing of drug documents
- 34. 2925.24 – tampering with drugs
- 35. 2925.36 – illegal processing of drug samples
- 36. 3716.11 – placing harmful objects in food or confection

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Supervision

- Certified peer recovery supporters must be supervised by an individual who either:
 - (1) Has been delivering peer services for five years, as a peer navigator, peer supporter, peer specialist, peer recovery coach, or peer recovery supporter;
 - (2) Is a clinician with one of the following licenses:
 - (a) Licensed social worker;
 - (b) Licensed independent social worker;
 - (c) Licensed professional counselor;
 - (d) Licensed chemical dependency counselor II;
 - (e) Licensed chemical dependency counselor III;
 - (f) Licensed professional clinical counselor;
 - (g) Licensed independent chemical dependency counselor;
 - (h) Licensed marriage and family therapist;
 - (i) Licensed independent marriage and family therapist
 - (j) Psychologist; or,
 - (k) Psychiatrist.

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Supervision Continued...

- Certified peer recovery supporters must be supervised by an individual who has also: completed the sixteen hour on-line E-Based academy courses offered through the Ohio department of mental health and addiction services, and have completed the four hour in-person supervising peers training administered by the Ohio department of mental health and addiction services recovery support staff or their designee.

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Benefits of Employment

- Connection
- Purpose
- Self-efficacy
- Hope
- Exploration
- Growth
- Possibility
- Financial

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Value Add of PRS

- Reduction in service utilization
- Reduction in hospital stays
- Reduction in intensive services
- Increase in connection
- Increase in engagement
- Increase in quality of life
- Increase in income

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Making the Connect: The Lived Experience

- Behavioral health diagnosis
- Pathways to recovery
- Pathways of recovery
- Emotional experiences
- Possibility of a poverty experience
- Possibility of experience with un or underemployment
- Overcoming barriers
- Possibility of transitioning off of entitlements

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PRS Implementation: Barriers

- Explicit bias
 - Attitudes and beliefs we have about a person or group on a conscious level. Much of the time, these biases and their expression arise as the direct result of a perceived threat.
- Implicit bias
 - Unconscious attribution of particular qualities to a member of a certain social group. Implicit stereotypes are influenced by experience, and are based on learned associations between various qualities and social categories.
- Lack of:
 - Role clarity
 - Resources necessary to do the job
 - Work incentive planning
 - Livable wage

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PRS Implementation: Barriers

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PRS Implementation: The Basics

- Start the internal conversation before trying to hire a PRS
- Conduct a Recovery Orientation Readiness Assessment
- Implement an organizational Recovery Orientation education and training series
- Educate the organization about PRS
- Gain team buy-in
- Look for someone who has gone through your program
- Work with a SME to develop PRS policies and procedures

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