

# Making a Transformation (MAT) Conference 2024



# Peer Support Specialists: Experience, Knowledge, and Recovery

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# Peer Support



# Benefits of Peer Recovery Support Services

- » Increases engagement in outpatient treatment
- » Increases active involvement in care planning and self-care
- » Improves social functioning
- » Increased hope, quality of life, and satisfaction with life
- » Reduces depression and demoralization
- » Improves chances for long-term recovery
- » Reduces average service costs per person

# Medi-Cal Peer Support Specialist Scope of Service

## Educational Skill Building Groups

Provided in a supportive environment in which the consumer and their families learn coping mechanisms and problem-solving skills to help the consumer achieve desired outcomes.

Groups promote skill building for the consumer in areas of socialization, recovery, self-sufficiency, self-advocacy, development of natural supports, and maintenance of skills learned in other support services.

## Engagement

Lead activities and coaching to encourage and support consumers to participate in behavioral health treatment.

Engagement may include supporting consumers in their transitions between levels of care and supporting beneficiaries in developing their own recovery goals and processes.

## Therapeutic Activity

A structured non-clinical activity to promote recovery, wellness, self-advocacy, relationship enhancement, development of natural supports, self-awareness and values, and the maintenance of community living skills to support the consumer's treatment to attain and maintain recovery within their communities.

Activities may include, but are not limited to, advocacy on behalf of the consumer; promotion of self-advocacy; resource navigation; and collaboration with consumers and others providing care or support to the consumer, family members, or significant support persons.

# Medi-Cal Peer Support Specialist 17 Core Competencies

Training cover the following core competencies:

1. The concepts of hope, recovery, and wellness.
2. The role of advocacy.
3. The role of consumers and family members.
4. Psychiatric rehabilitation skills and service delivery, and addiction recovery principles, including defined practices.
5. Cultural and structural competence trainings.
6. Trauma-informed care.
7. Group Facilitation skills.
8. Self-awareness and self-care.
9. Co-occurring disorders of mental health and substance use.
10. Conflict resolution.
11. Professional boundaries and ethics.
12. Preparation for employment opportunities, including study and test-taking skills, application and resume preparation, interviewing, and other potential requirements for employment.
13. Safety and crisis planning.
14. Navigation of, and referral to, other services.
15. Documentation skills and standards.
16. Confidentiality.
17. Digital literacy.

# Medi-Cal Peer Support Specialist Code of Ethics

- Hope
- Person driven
- Family driven and child-centered
- Holistic wellness
- Authenticity
- Cultural responsiveness
- Respect
- Integrity
- Advocacy
- Confidentiality
- Safety & protection
- Education
- Mutuality
- Reciprocity
- Strengths-based
- Wellness, recovery resiliency



# Questions

## Qualities and skills

- What are the qualities and skills that are important when considering becoming a CPSS?
- What makes you successful as a CPSS?

## Success and Challenges

- What are your greatest successes? Challenges?
- How do you define your role? How does your role fit into the larger organization?

**Questions?**



# Further Resources

## *Link to Peer Support Toolkit*

[https://dbhids.org/wp-content/uploads/1970/01/PCCI\\_Peer-Support-Toolkit.pdf](https://dbhids.org/wp-content/uploads/1970/01/PCCI_Peer-Support-Toolkit.pdf)

## *Link to SAMHSA Tip 64: Incorporating Peer Support Into Substance Use Disorder Treatment Services*

<https://store.samhsa.gov/product/tip-64-incorporating-peer-support-substance-use-disorder-treatment-services/pep23-02-01-001>

## *Link to CalMHSA Certification Information*

<https://www.capeercertification.org/>