



# Behavioral Health Peer Support Services

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# Peer Support is Similar to CHW

- ▶ Person-Centred Approach
- ▶ The relationship is the foundation.
- ▶ Begin with welcoming - outreach and engagement
- ▶ Services are based on the person's experience and the help they request
- ▶ Services work toward quality-of-life goals
- ▶ Treatment and rehabilitation are goal driven
- ▶ Personal recovery is central from beginning to end
- ▶ Track personal progress toward recovery
- ▶ Use methods that promote personal growth and self-responsibility
- ▶ Peer support is voluntary; people engage or disengage as they choose.
- ▶ The relationship may change and grow throughout and continue even after services end

Adapted from Ragins, M., *The Recovery Model*. Handouts and Reference Materials, MHA Village Integrated Service Agency, a program of the National Mental Health Association of Greater Los Angeles.

# What is unique about Behavioral Health Peers?

*The Power is in Our Stories!*

*Self Disclosure = Hope & Inspiration*

- ▶ Lived experience with behavioral health system is **REQUIRED**.
  - ▶ At least 1 year in recovery before training. (some employers require more)
  - ▶ Experience may have been personal or as a parent/caregiver of a child in services.
  - ▶ Lived experiences determine area of work.
  - ▶ Actively promotes Principles of Recovery & Resiliency
  - ▶ Work to reduce stigma in community and systems

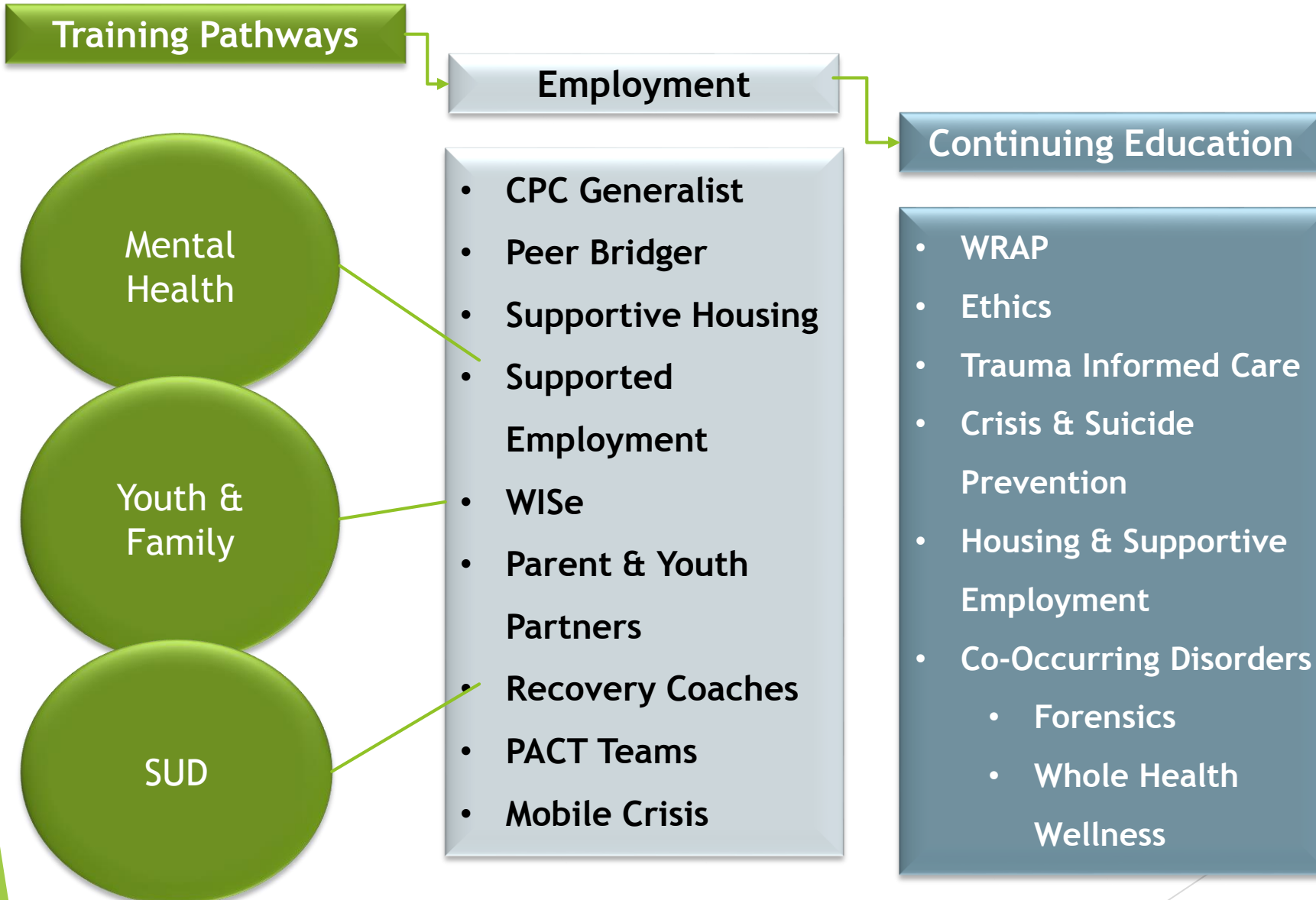
# Recovery Is Possible

- ▶ Emerges from Hope
- ▶ Person-Driven
- ▶ Occurs via Many pathways
- ▶ Is Holistic
- ▶ Supported by Peers and Allies
- ▶ Supported through Relationships & Social Networks
- ▶ Culturally Based & Influenced
- ▶ Supported by Addressing Trauma
- ▶ Involves Individual, Family & Community Strengths and Responsibility
- ▶ Based on Respect

*HOPE: An emotional belief in a positive outcome related to events and circumstances within one's personal life. Hope implies a bit of perseverance - i.e. believing that a positive outcome is possible even when there is evidence to the contrary.*



# DBHR Certification & Training Programs



# How does someone become a certified Peer Support Specialist?

## DBHR Certification & Training Programs

### Process for Certification:

1. Online Training Course
2. Application Submission to DBHR
3. Approved applicants invited to trainings
4. DBHR sponsored Regional & Statewide or Local BHO sponsorship
5. 40 hour training Curriculum (2 versions: Standard or Youth & Family)
6. Written and Oral test

### Once Employed at BHA:

1. DSHS Background check
2. Application to DOH for Agency Affiliated Counselor Registration
  - \* Not required at community organization

- The DBHR certification program trains 300-400 Peers per year.
- Approximately **275** peers received continuing education
- Currently we have **242** agencies licensed to provide peer services

# Training Core Competencies

- ▶ Recovery & Wellness
- ▶ Communication
- ▶ Trauma Informed Practice
- ▶ Ethics & Boundaries
- ▶ Documentation
- ▶ Engagement

# Peers can provide a wide variety of services through a variety of employers

- ▶ Behavioral health Agencies
- ▶ State Hospitals
- ▶ Treatment programs
- ▶ Forensics: Courts, Jails & Detention centers
- ▶ Community organizations
- ▶ Consumer & family run organizations
- ▶ Recovery Café'
- ▶ Health programs

Mental Health Treatment  
Peer Bridgers  
PACT teams  
Navigators  
WISE teams  
Crisis teams  
Reunification programs  
Parent and family Services  
Youth Programs  
Schools  
Homeless Outreach  
Substance Treatment Programs  
Recovery Coaches  
Older Adults  
Supportive Housing  
Supportive Employment  
Community Volunteers



# Day in the life of a peer..



- ▶ One on one
- ▶ Outreach: homes, community, schools, jails, housing, etc.
- ▶ Support groups:
  - ▶ Recovery supports, Life skills, Art, Parenting, Meditation, TIC....
- ▶ WRAP: Wellness Recovery Action Plan
- ▶ Team meetings
- ▶ Community Connections
- ▶ Advocacy
- ▶ Resources
- ▶ Crisis response
- ▶ Suicide prevention

- **MANY Big Changes Coming**

**Integration**

**New Services**

**1115-B Waiver**

**SUD Peer services**

**Forensics**

**Tribal Peers**



Questions?  
Comments?

Thank you