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

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

Training Pathways

- Mental Health
- Youth & Family
- SUD

Employment

- CPC Generalist
- Peer Bridger
- Supportive Housing
- Supported Employment
- WISe
- Parent & Youth Partners
- Recovery Coaches
- PACT Teams
- Mobile Crisis

Continuing Education

- WRAP
- Ethics
- Trauma Informed Care
- Crisis & Suicide Prevention
- Housing & Supportive Employment
- Co-Occurring Disorders
  - Forensics
  - Whole Health Wellness

- PACT Teams
- Mobile Crisis
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
WlSe 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