



**Division of
Mental Health
and Addiction**



ODD ECHO Clinic for Community Health Workers and Peer Recovery Coaches/Specialists

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Today's Agenda

- History of Peer Supports
- Certified Recovery Specialist/Community Healthcare Worker Program in Indiana
- Certified Addiction Peer Recovery Coach Program in Indiana



History of Peer Supports

RECOVERY



Peers are a vital part of a person's recovery.

Mutual Aid Societies date back to the 1700's.

Recovery focused treatment, support, and services are on the rise. Addiction treatment in the United States is in the middle of a huge transition.

- Early Native Recovery “Circles” (1737-1770)
- Handsome Lake Religion (1799)
- Shawnee Prophet Movement (1805)
- Washingtonians (1840)
- Dashaway Association (1859)
- Ribbon Reform Clubs
- Drunkard’s Club (1871)
- Native American Church (1918)

Mutual Aid Societies in History



- Indian Shaker Church (1882)
- Keeley Leagues (1891)
- Brotherhood of St. Luke (1904)
- Alcoholics Anonymous (1935)
- Addicts Anonymous (1947)
- Narcotics Anonymous (CA) (1953)
- Alateen (1957)
- Celebrate Recovery (1991)
- Dual Diagnosis Anonymous (1998)
- Prescription Drugs Anonymous (1998)

Long-term addiction recovery is a reality in the lives of millions of individuals and families.

- There are many pathways to addiction recovery—and ALL are cause for celebration.
- Recovery gives back to individuals, families, and communities what addiction has taken.



- Lack of data supporting specifics around recovery
- Many people once diagnostically labeled as chemically dependent do not self identify as being in recovery
- <http://www.williamwhitepapers.com/pr/Recovery%20Prevalence%20and%20Health%20Profile%20of%20People%20in%20Recovery%202013.pdf>

RECOVERY:



- *Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life despite a disability. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that having hope plays an integral role in an individual's recovery.*



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Current Addiction Recovery Numbers

Over twenty million people are in recovery from addiction in the United States. This is something to celebrate! When people give up alcohol and drugs they already have something great to enjoy.



SAMHSA has delineated four major dimensions that support a life in recovery:

- **Health**—overcoming or managing one’s disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being
- **Home**—having a stable and safe place to live
- **Purpose**—conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
- **Community**—having relationships and social networks that provide support, friendship, love, and hope



Let's Look at the Dimension of Purpose

For a number of people finding work in the field of peer supports is their way of giving back and also a way of bringing purpose to their experiences.

It's an employment option as well so the financial supplement is an incentive as well.

Peer Supports are recognized by multiple Federal and State authorities.



U.S. Department
of Veterans Affairs



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SAMHSA supports the development of peer and family support efforts through many different initiatives.

Peer support services usually operate in conjunction with clinical services which amplify the benefit of treatment by engaging peers in services they might otherwise not accept, offering ongoing support and psychosocial rehabilitation, and encouraging peers to stay in treatment and services by sharing their stories of recovery.

<https://blog.samhsa.gov/2014/05/26/the-value-of-peer-and-family-support/#.WsT-JE2Wypp>



- CMS recognizes that the experiences of peer support providers, as consumers of mental health and substance use services, can be an important component in a State's delivery of effective treatment. CMS is reaffirming its commitment to State flexibility, increased innovation, consumer choice, self-direction, recovery, and consumer protection through approval of these services.

<https://downloads.cms.gov/cmsgov/archived-downloads/SMDL/downloads/SMD081507A.pdf>



U.S. Department
of Veterans Affairs



Peer Specialists serve as role models by sharing their personal recovery stories, showing that recovery from mental illness is possible. They teach goal setting, problem solving, symptom management skills and a variety of recovery tools.

VA has recognized the value and importance of Veterans being able to see recovery taking place and have a fellow Veteran help them navigate the VA system for quite some time. <https://www.vacareers.va.gov/peer-to-peer/>



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Peer Support Specialists are able to promote recovery; enhance hope and social networking through role modeling and activation; and supplement existing treatment with education, empowerment, and aid in system navigation (Chinman, et al., 2006)

https://secure.in.gov/isdh/files/ASPINandDMHA_-_CHW_Presentation.pdf

Office of Consumer and Family Affairs



In Indiana, the Bureau Chief of Consumer and Family Affairs position is held by a person with lived experience.

The State of Indiana recognizes the power of Peer Support and leads by example.



Certified Recovery Specialist/Community Healthcare Worker Program in Indiana



Certified Recovery Specialist/Community Healthcare Worker Program

- The Division of Mental Health and Addiction owns the CRS/CHW Program
- DMHA has contracted out the CRS/CHW program to Mental Health America of Northeast Indiana
- This is a 5 day Primary Care and Behavioral Health Integration curriculum that is certified by DMHA and recognized by Medicaid
- Dual certification for CHW and CRS
- To be certified the person has to be in recovery from serious mental illness or substance use disorder



What is a Certified Recovery Specialist (CRS)?

(Official Language MHANI)

- An individual who can use their own lived life experiences to help others (peers) through treatment and toward the path of sustained recovery from mental illness and/or substance abuse.
- Must have firsthand experience with a mental illness and/or substance abuse challenge as well as have lived in recovery for at least one year.
- Work very closely with case management staff in order to assist clients in maintaining long-term recovery.
- The primary focus of a CRS is maintained support in the recovery process.

<https://peernetworkindiana.org/>

What do CRS's do?

(Formal Language MHANI)



- Provide outreach during early recovery
- Co-develop a personal recovery plan
- Articulate personal goals for recovery and holistic steps toward long-term recovery
- Assist in accessing community resources
- Create smooth transitions in level of care changes to ensure a continuum of support
- Guide and educate through the recovery process
- Engage in the recovery community
- Promote accountability and provide support before, during and after treatment
- Advocate for needs and community education about mental illness and substance abuse
- Facilitate recovery support groups
- Shared problem solving to identify and overcome barriers
- Explore and apply personal strengths
- Build positive social skills through role modeling

<https://peernetworkindiana.org/>



Peer Recovery Supports

(Medicaid Definition)



- Peer Recovery services are individual face-to-face services that provide structured, scheduled activities that promote socialization, recovery, self-advocacy, development of natural supports, and maintenance of community living skills.
- To be reimbursed for Peer Recovery services, the service must be provided by a certified recovery specialist (CRS) defined as individuals meeting DMHA training and competency standards for Peer Recovery services. Individuals providing Peer Recovery services must be under the supervision of a licensed professional or QBHP (Qualified Behavioral Health Provider).
- Documentation must be provided for each encounter and must reflect:
 - All items under general requirements
 - Nature of the services delivered to the member
 - Issues addressed during the session
 - Total number of minutes in the session
 - Progress made toward recovery goals
- Peer Recovery services must be identified in the IICP and correspond to specific treatment goals.

http://provider.indianamedicaid.com/ihcp/Manuals/mro_%20provider_%20manual.pdf

Certified Recovery Specialist Training



CRS certification involves a five day training, where participants are taught the skills they need to know to effectively mentor their peers; there is an exam at the end of the five day training that tests the knowledge participants have gained. Once a participant has passed the exam, they receive a formal state certification. Peers who complete and pass the CRS training also become certified as CHWs, as the CHW training is included in the 5-day CRS training.

<https://peernetnetworkindiana.org/>



Position Qualifications:

- Must have a minimum of a high school diploma or GED. Self-identify as a current or former consumer. Must be maintaining healthy recovery from mental illness.
- Must have excellent interpersonal communication skills and the ability to meet written communication requirements.
- Must be able to verify completion of state-approved training program and passing score on certification exam.

Employment Opportunities (Examples)



Cummins Behavioral Health Systems is adding a full time or part time **Peer Recovery Specialist** to work with our existing interdisciplinary team focused on recovery and goal achievement of residents here in Putnam County.

Cummins provides you...

- Competitive salaries
- Excellent work life balance (paid time off and holidays)
- Comprehensive benefit package (health, dental, vision, prescription drug and more)
- Matching contributions to your 401K program
- **Cummins** is one of the State's top-rated community mental/behavioral health and addiction services centers in Customer Satisfaction as recognized by the **Indiana Division of Mental Health and Addiction**.

Duties Include:

- Engage in assessments, person-centered service planning, and culturally competent service delivery
- Use unique skills and life experiences to guide the individuals served through the multiple life challenges and opportunities that exist

Education and/or Experience:

- Prefer candidates have experience with addictions.
- Minimum of a high school diploma or GED is required
- Must be able to verify completion of a state-approved Certified Health Worker/Certified Recovery Specialist (CHW/CRS) training program with a passing score on certification exam or certification as a Certified Addiction Peer Recovery Coach (CAPRC) with supporting verification documentation.

Apply at www.cumminsbhs.org today!





Peer Recovery Support Options in Indiana

1. **CRS/CHW'S** (Certified Recovery Specialists' /Community Health Workers)
 - A. Forensic Peer Supports
 - B. Gambling Endorsement
 - C. Substance Abuse Endorsement
 - D. (Youth Peer Supports)
2. **Peer Recovery Coaches -**
 - A. Certified Addiction Recovery Coach I (CAPRC I)
 - B. Certified Addiction Peer Recovery Coach II(CAPRCII)



Certified Addiction Peer Recovery Coach Program in Indiana



Quick Facts: Recovery Coaches

- State Level Governance Board
 1. Best Practices/Guidelines/Policies
 2. Service Language for Medicaid and DMHA
 3. Language for Services and Scope of Responsibilities
- State Level Recovery Coach Coordinator
- Infrastructure building up for the State

Quick Facts: Recovery Coaches cont....



- Primary Focus Substance Use Disorder
- Peer-Based / Lived Experience Credential
- Certified Training Offered by Multiple Trainers. IE...ICAADA, Four County, etc...
- Not owned by DMHA
- Not recognized by Medicaid (yet)



Where do Recovery Coaches work?

- Emergency Departments
- Jails
- Schools
- Treatment facilities
- Courtrooms
- Recovery Residences
- Health Departments



Some Examples in Indiana:

- Eskenazi Emergency Department
- Methodist Emergency Department
- Boone County Jail (7 more in Western Indiana)
- Reuben Engagement Center
- Life Recovery Center
- Centerstone(s)
- Fairbanks, Community North
- Anthem Insurance Company
- Community Outreach
- Austin, Indiana Health Department/HIV Clinic.

Current Peer Support Reimbursement Options Available:



- Medicaid/MRO
- Recovery Works
- Direct Contracts
- Managed Care Entities...ie...Anthem Blue Cross Blue Shield etc...



Community Healthcare Workers and Reimbursement

- Community Healthcare Worker is a new and emerging area
- Medicaid recently started funding CHW's
- OMPP- Office of Medicaid Public Policy and Planning will present

Links/Sources

Statewide Addiction Treatment
www.in.gov/fssa/addiction

Medicaid Updates
<http://provider.indianamedicaid.com/>

Office of Consumer and Family Affairs
<http://www.in.gov/fssa/dmha/4339.htm>

CRS/CHW Training Program
www.peernetworkindiana.org

Peer Recovery Coach Training
www.icaada.org

MEDICAID

<http://provider.indianamedicaid.com/ihcp/Bulletins/BT201826.pdf>



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