

Peer Support Professionals

supporting someone in their
recovery/wellness journey



Learning Objectives

Who are Peer Support Professionals?

Why include peer support professionals in a person's recovery/wellness journey?

Identify how Peer Support Professionals support recovery

Recognize Peer Support Professionals can compliment anyone's recovery process

Who Are Peer Support Professionals?

Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

*<https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers>



Why should Peer Support Professionals be considered:

- Peer Support Professionals combine their lived experience of recovery and educational training, and credentialing, to assist a person with creating a structure that will assist all involved with guiding the individual's life on a forward path. By utilizing the Peer Support Professional's training, and certification, along with ethical and effective use of their personal story, the Peer Support Professionals can assist with identifying and removing barriers to an individual's sustained recovery. Peer Support Professionals work alongside other supports, both organizationally and in the community, to provide resources, support, and guidance towards meeting the person's designated goals.

Peer Support Professional Credentials

Lived Experience isn't all that's needed

Certified Addiction Peer Recovery Coach (CAPRC)

- The Certified Addiction Peer Recovery Coach credential is a non-clinical recovery support certification for people with direct, personal, lived experience of recovery from substance use, mental health, or co-occurring disorders who wish to provide recovery support to those seeking/in recovery from substance use issues. There are two levels to this credential.



Certified Addiction Peer Recovery Coach I

Recognized by DMHA/Indiana Medicaid/IPGAP/Recovery Works

Pre-requisite

- Personal, lived experience in their own recovery from addiction, mental illness, or co-occurring substance and mental disorders.

Previous Education

- High school diploma or HSE

Education & Training

- 30 hours of peer training (CCAR Recovery Coach Academy)
- 16 hours of Peer Recovery Ethics training

Recovery Time Expectation

- One year self-attested

Experience

- None

Code of Ethics

- The applicant must sign, and agree to abide by the ICAADA Certified Peer Addiction Recovery Coach (CAPRC) Code of Ethics

Residency

- Candidate must live or work in Indiana at least 51% of the time

Examination

- Applicant must pass the [IC&RC Peer Recovery Exam](#)

Recertification

- Non-renewable after 2 years



Certified Addiction Peer Recovery Coach II

Recognized by DMHA/Indiana Medicaid/IPGAP/Recovery Works
IC&RC Reciprocity

Pre-requisite

- Personal, lived experience in their own recovery from addiction, mental illness, or co-occurring substance and mental disorders.

Previous Education

- High school diploma or HSE

Education & Training

- 30 hours of peer training (CCAR Recovery Coach Academy OR DMHA CHW/CRS training)
- 16 hours of peer recovery ethics training
- 6 hours HIV/STI education

Recovery Time Expectation

- One year self-attested

Experience

- 500 hours of peer support (volunteer or paid) and 25 hours of direct supervision

Examination

- Applicant must pass the [IC&RC Peer Recovery Examination](#)

Code of Ethics

- The applicant must sign, and agree to abide by the ICAADA Certified Addiction Peer Recovery Coach (CAPRC) Code of Ethics.

Residency

- Candidate must live or work in Indiana at least 51% of the time

Recertification

- 40 hours of related CEU every two years, including 6 in Peer Recovery Ethics



Community Health Worker/Certified Recovery Specialist

This credential is offered through Mental Health America of Northeast Indiana in a grantee position through Department of Mental Health and Addiction (DMHA) and is a credential for individuals who have lived experience with substance use or mental health concerns.



Community Health Worker/Certified Recovery Specialist

Recognized by DMHA/Indiana Medicaid/IPGAP/Recovery Works

Prerequisite

- Personal, lived experience in their own recovery from addiction, mental illness, or co-occurring substance and mental disorders.

Previous Education

- High school Diploma or HSE

Education & Training

- 5-day DMHA CHW/CRS training

Recovery Time Expectation

- Minimum one-year

Examination

- Applicant must pass the DMHA CHW/CRS Examination

Recertification

- 14 hours of related CEU every year



What do Peer Support Professionals Do?

A complimentary part of anyone's recovery process

Peer Recovery Support Scope of Practice

Peer Recovery Support services may vary depending upon the organization and community needs. However, there are core values and domains of effective and ethical peer recovery support that should not be deviated from.

Peer Recovery Support services are **NON-CLINICAL** services that serve in a complimentary capacity to a person's personal pathway to recovery.

Peer Support Professionals Role

- Peer Recovery Support involves the process of giving and receiving non-clinical assistance to support long-term recovery from addictive disorders. A Peer Recovery Support brings the lived experience of recovery, combined with training and supervision, to assist others in initialing and maintaining recovery, helping to enhance the quality of personal and family life in long-term recovery

* Adapted from SAMHSA Value of a Peer 2017

Peer Support Professional Core Competencies

- Recovery-oriented
- Person-centered
- Voluntary
- Relationship-focused
- Trauma-informed

Peer Support Professionals Ethical Responsibility

- Providing effective Peer Recovery Support services comes with a stern adherence to professional ethical guidelines. These guidelines enable the Peer Support Professional to focus on a person-driven approach to services while ensuring that proper boundaries, self-care and role distinction are in place.

Recovery/Wellness

How do Peer Support Professional support a person's process?

Social Determinates of Health

- Peer Support Professionals provide support and guidance to assist with a person improving their social determinates of health.



Economic Stability

- Employment
- Food Insecurity
- Housing Instability
- Poverty

Education

- Early Childhood Education and Development
- Enrollment in Higher Education
- High School Graduation
- Language and Literacy

Social and Community Context

- Civic Participation
- Discrimination
- Incarceration
- Social Cohesion

Health and Healthcare

- Access to Health Care
- Access to Primary Care
- Health Literacy

Neighborhood and Built Environment

- Access to Foods that Support Healthy Eating Patterns
- Crime and Violence
- Environmental Conditions
- Quality of Housing

How Does Peer Recovery Support Assist?



Assist with creating recovery plans and direction for recovery and stability in person's use or mental health situations.



Identify plans and means to improve financial situations and social determinates of health



Provide example that recovery is possible and there is hope for positive growth in the person's life

Are Peer Support Professional Services Effective?

- People who have worked with Peer Recovery Coaches provide strong testimonies of the positive impacts of peer recovery support on their own recovery journeys. The research supports these experiences. While the body of research is still growing, there is mounting evidence that people receiving peer recovery coaching show reductions in symptoms, improvements on a range of recovery outcomes, or both. Two rigorous systematic reviews examined the body of published research on the effectiveness of peer-delivered recovery supports published between 1995 and 2014. Both concluded that there is a positive impact on participants

Are Peer Support Professional Services Effective?

- Peer support services are an evidence-based mental health model of care which consist of a qualified peer support provider who assist individuals with their recovery from mental illness and substance use disorder. CMS (Center for Medicare & Medicaid Services) recognizes that the experience of peer support providers, as consumers of mental health and substance use disorder services, can be an important component in a State's delivery of effective treatment.- Center for Medicaid and State Operations letter to State CMS (*"purpose of this letter is to provide guidance to States interested in peer support services under the Medicaid program"*)

Are Peer Support Professional Services Effective?

- Tracy et al. (2011) provided evidence that PRCs may be effective in improving long-term treatment outcomes as those who received peer-delivered interventions reported a higher treatment adherence rate (48%) compared to the standard treatment group (33%). In addition, this study found that those who work closely with a PRC are less likely to become repeat offenders when compared to those who do not receive PRC treatment.

Peer Recovery Support Implementation

- Peer Recovery Support is a vital component to a person's recovery pathway. If you are interested in learning more about how peer recovery support services can maximize outcomes for the populations you serve, please contact us!

The logo features a stylized human figure with arms raised, composed of three curved segments in yellow, cyan, and magenta.

INDIANA RECOVERY NETWORK

- ▶ Recovery Community Organizations (RCO)
- ▶ Recovery Community Centers (RCC)
- ▶ Recovery Coalitions
- ▶ Recovery Residences

Three Guiding Principles



Recovery Vision



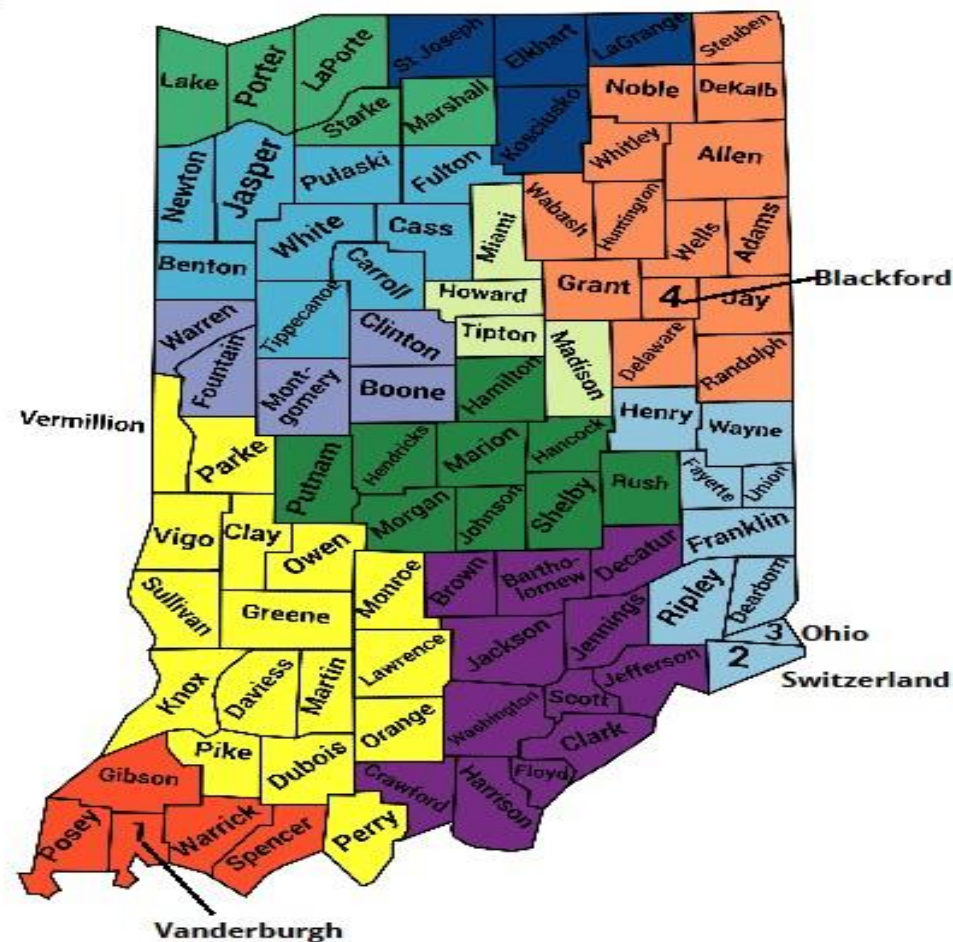
Authentic Voice



Accountability to recovery
community

Indiana Regional Recovery Hubs

- NW – The Artistic Recovery
- NW – InWell
- NW – Phoenix Paramedic QRT
- NE – Oaklawn
- NE – Jay Co. Drug Prevention Coalition
- NE – Turning Point SOC, Pick Yourself Up
- CENTRAL – IAIC, PACE, MRCl, Recovery Cafe Indy
- SW – Wabash Valley Recovery
- SW – Peace Zone
- SE – Scott Co. T.H.R.I.V.E
- SE – 1 Voice



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

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

Andrew Saunders

LSW, CADAC I, CAPRC I

andrew.saunders@aspireindiana.org