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Department of Behavioral Health

PEER SUPPORT IN SPECIALTY COURT PROGRAMS

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PRESENTATION OBJECTIVES:

- Participants will have a better understanding of Peer Support services and certification.
- Participants will be better prepared for Peer Services in their Specialized Court Programs
- Participants will become more knowledgeable of the benefits of Peer Services in Specialty Court Programs

WHO WE ARE



OhioDBH provides statewide leadership of a high-quality mental health and addiction prevention, treatment, and recovery system that is effective and valued by all Ohioans.

WHO WE SERVE



- 6,000 people in six regional hospitals
- 17,000 incarcerated men and women
- 2,000 mental health and addiction services providers
- 50 ADAMH Boards
- Countless individuals across the state

OUR PRIORITIES



- Grow prevention and early intervention efforts
- Increase community capacity for clinical care
- Improve criminal justice and forensic systems for those with mental illness
- Grow recovery supports

BUREAU OF RECOVERY SUPPORTS

Coordinates, funds, and provides technical assistance to local and statewide systems to help people living with mental illness and addiction obtain and maintain recovery and thrive in their communities. Recovery Supports help make recovery possible for people, families, and communities.



**Housing &
Homelessness**



**Community
Integration**



Peer Services



**Supported
Employment**

PEER SERVICES TEAM



Program administration



Statewide leadership, collaboration, and coordination



Peer Support training and continuing education



Technical assistance, support, and resource development



Policy development



Peer Support certification

The Peer Services team works with statewide partners, individuals with lived experience, and providers to build, expand, and strengthen the peer services ecosystem in Ohio

WHAT IS PEER SUPPORT?

- *Peer support is the act of people who have had similar experiences giving each other encouragement, hope, assistance, guidance, and understanding that aids in recovery. It can be done anytime or anywhere when two or more peers are in a mutual, supportive relationship.*

Appalachian Consulting Group, 2011



PEER SUPPORTERS HAVE MANY NAMES...

Peer Bridger

Patient
Navigator /
Advocate

Recovery
Coach

High-Risk
Community
Liaison

Peer Support
Specialist

Wellness
Coach

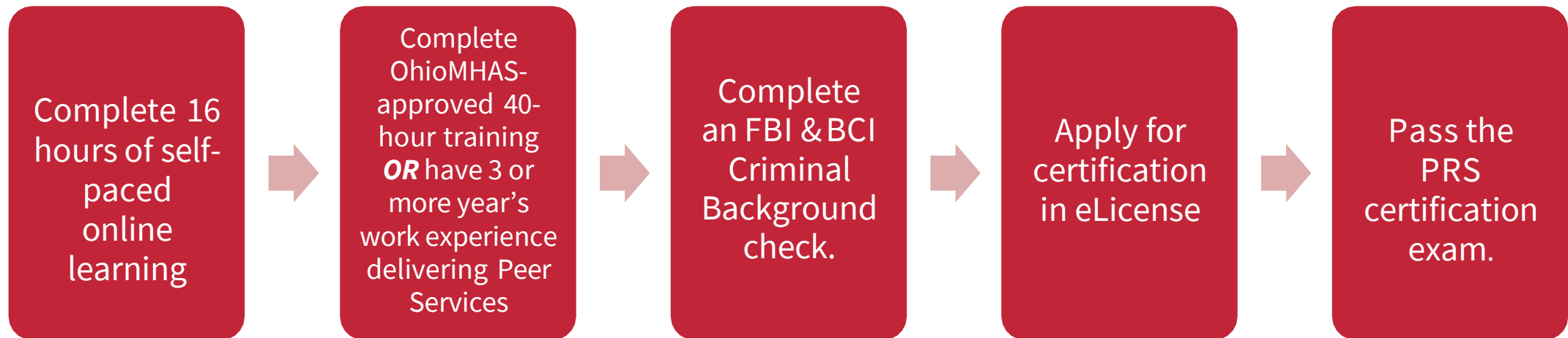
Peer
Recovery
Supporter

WHY PEER SUPPORT?

- ***Research has found participating in peer support services:*** reduced relapse rates, increased treatment participation, improved treatment attendance/treatment adherence, improved perceptions of social support and quality of life, reduced feelings of guilt and shame, reduced stigma, reduced recidivism, longer stays in the community, increased employment, lower rates of incarceration, and reduced recurrence of use and decrease in re-hospitalizations.
- ***Peer support in drug courts enhances the effectiveness of the program.***

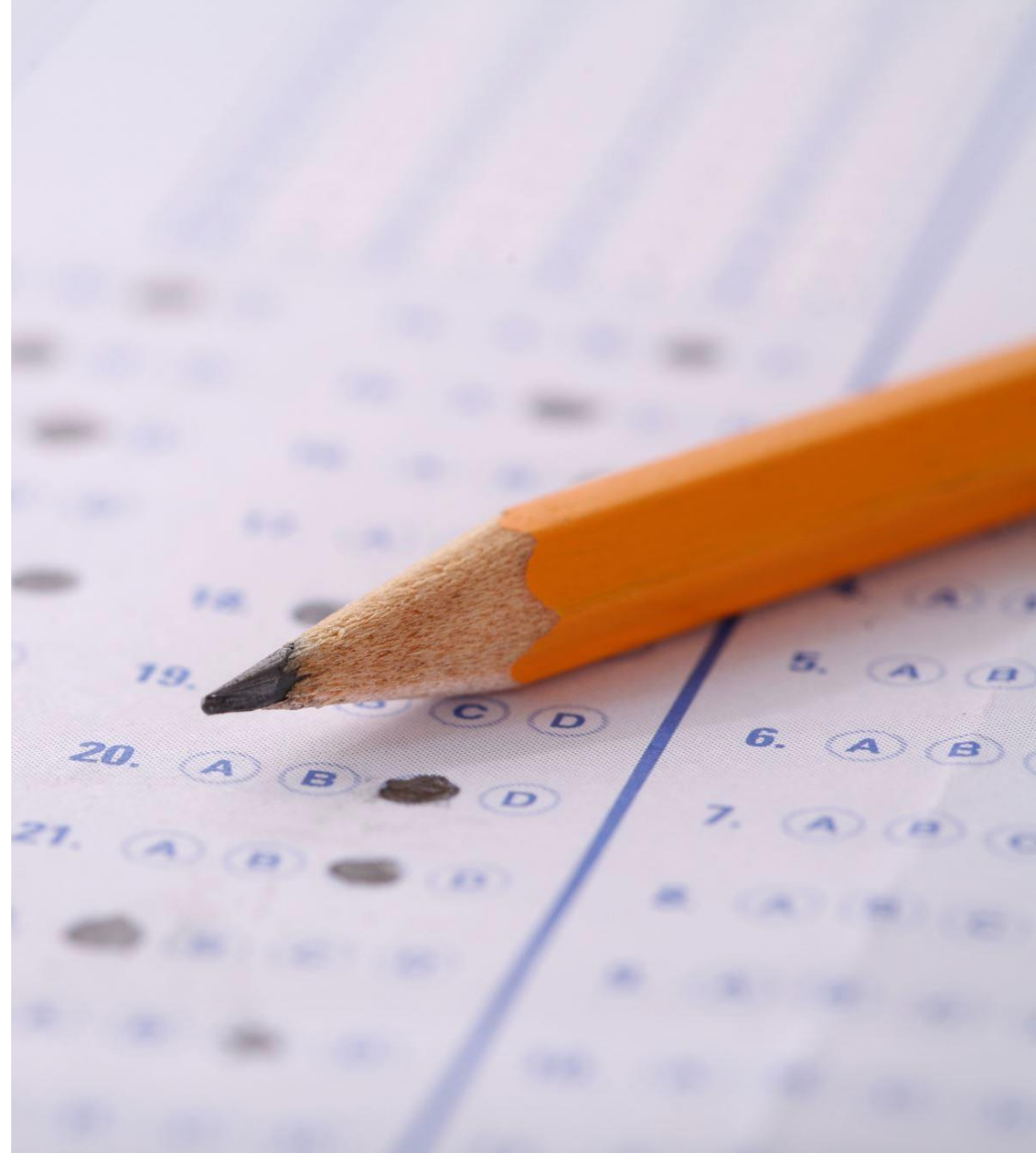
TO BECOME A PEER RECOVERY SUPPORTER

- A Certified Peer Recovery Supporter (CPRS) is an individual with a **direct lived experience, who has self-identified as being in recovery from a mental health or substance use disorder** and has been certified pursuant to the rule (5122-29-15.1)
 - Must be **18 years or older**
 - Must have a **high school diploma or GED**



CERTIFICATION PROCESS

- **E-Based Academy Courses**
- **In-Person Training (40 hours)**
- **Application Process**
- **Background Check**



PEER SUPPORTERS

Provide recovery support to people who are seeking or in recovery:

- Share their personal “lived experience.” **Provide HOPE!!**
- Provide a role model motivate individuals
- Create strengths-based recovery plans / create recovery-specific goals
- Educate, Advocate, & Fight Stigma
- Linkage to resources
- Increase recovery capital
- Build relationship skills
- Provide an example of healthy recovery lifestyles.
- Connect with Recovery Community!

PEER SUPPORTERS CORE VALUES

The National Association of Peer Supporters developed the [National Practice Guidelines for Peer Specialists and Supervisors](#) which recognizes the following 12 core values of peer support:

1. Peer support is voluntary
2. Peer supporters are hopeful
3. Peer supporters are open-minded
4. Peer supporters are empathetic
5. Peer supporters are respectful
6. Peer supporters facilitate change
7. Peer supporters are honest and direct
8. Peer support is mutual and reciprocal
9. Peer support is based on equally shared power
10. Peer support is strengths-focused
11. Peer support is transparent
12. Peer support is person-driven

WHAT ARE THE FIVE PRINCIPLES OF PEER SUPPORT?

- 1. Recovery-oriented:** This principle focuses on empowering individuals to envision and pursue a meaningful life, recognizing diverse paths to recovery.
- 2. Person-centered:** Services are tailored to the individual's hopes, goals, and needs, ensuring that recovery support is personalized.
- 3. Voluntary:** Participation is based on the individual's choice, with peer workers acting as partners rather than imposing services.
- 4. Relationship-focused:** A respectful, trusting, and collaborative relationship between peer workers and individuals is fundamental to effective support.
- 5. Trauma-informed:** Support is grounded in creating a safe environment, ensuring physical and emotional safety, which empowers individuals with trauma histories.

WHAT PEERS *CANNOT* DO :

Clinical Services

- Peers should not take the place of case managers, CDCA or other clinical staff
- Diagnose, assess for or treat SUD
- Diagnose or provide counselling on mental health issues
- Collect urine or other bodily samples for testing or conduct room or body searches for substances.

Should not perform tasks that shift the Peer dynamic

- Peers are not sponsors
- Peer support services do not take the place of AA / NA or other supports

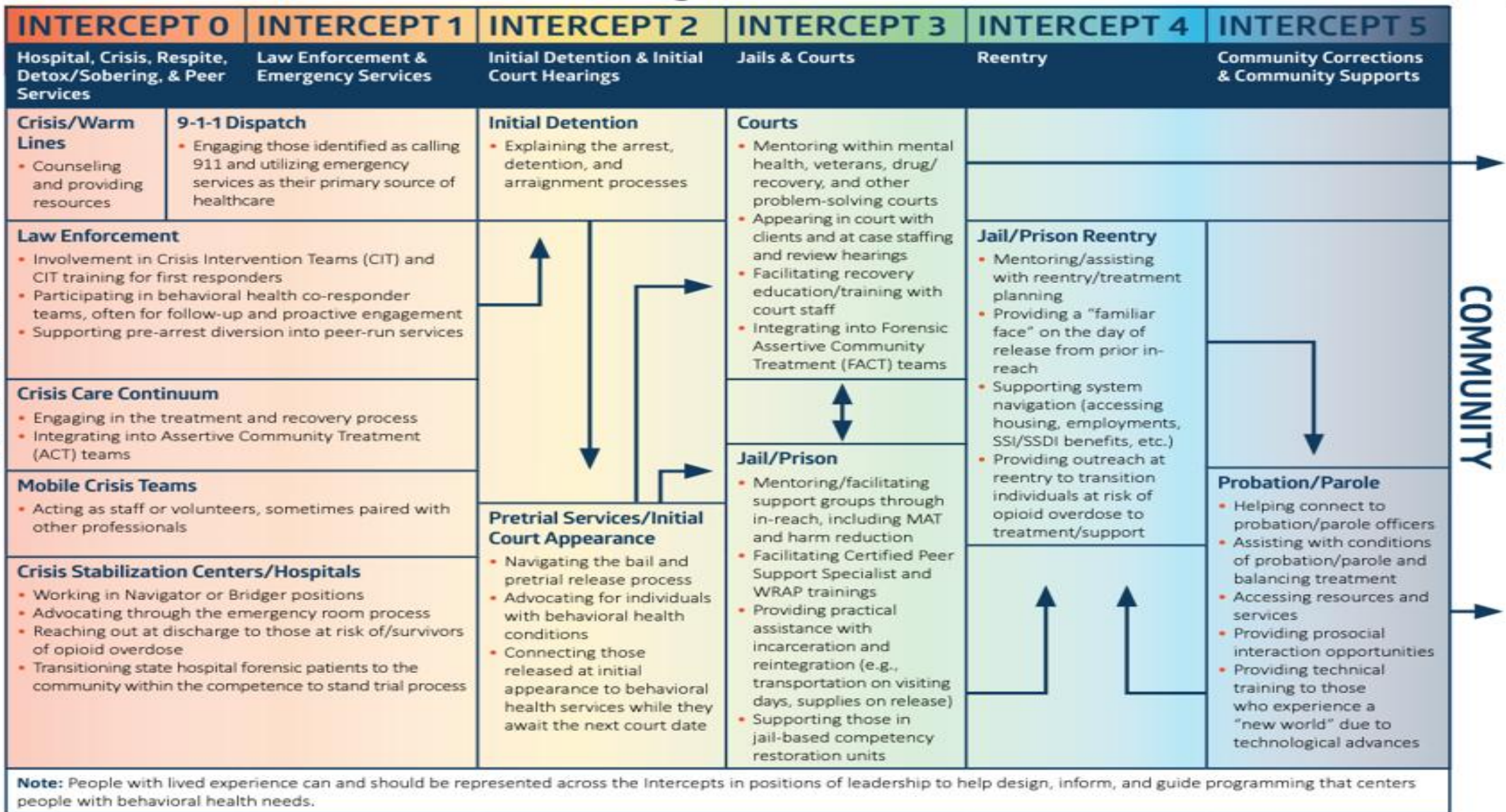
Peers do not provide advice or promote one pathway to recovery

- Peer Support **promotes all pathways to recovery**

JOB DUTIES

- Facilitate in-person/virtual support group- Recovery-focused skills training
- Advocating for the individual in stressful and urgent situations and in respect for their rights
- Assisting individuals with understanding and navigating the Justice Systems
- Assertive outreach
- Provides resources upon discharge from treatment
- Assist with recovery/personal goal setting
- Assist to increase Recovery Capital





COURT CONSIDERATIONS

- Ethics and Boundaries
- Staff Training
- Established processes for Recruiting, hiring, and orientating peer recovery supporters to the treatment court
 - Job Description for Peers
 - Case Load Size
- Agency Policy
- Supervision

WHO CAN SUPERVISE PEERS

Certified Peer Supporters are to be supervised by an individual who is either:

- A Peer Supporter with workforce experience of a cumulative of two years.

OR

- A clinician with one of the following credentials (**LSW, LISW, LPC, LPCC, LCDCII, LCDCIII, LICDC, LMFT, Psychologist, Psychiatrist**)
- All supervisors are required to take 16-hours of Ebased Academy coursework and complete the designated 4-hour Peer Supporter Supervision training.
- [Supervising Peer Supporters](#)

THE SUPERVISION OF PEER WORKERS

- Peer workers fill relatively new and unique
- Supervisors may not understand peer support role
- Organizations supervision guidelines
- Providing good supervision promotes good ethical practices
- Supervisors play a key role in the successful integration of peer workers in the workplace SAMHSA

CHALLENGES TO SUPERVISING PEER WORKERS- FOR NON- PEER SUPERVISORS

- Supervisors may lack experience and working knowledge of peer practice
- Supervisor may have a clinical approach to service provision
- Lack of knowledge among non- peer staff about peer roles and practice
- Organizations may not be aligned with recovery- oriented values, practices, and culture
- Challenges in integrating peer workers and recovery values in a treatment setting ...
SAMHSA

BENEFITS OF EFFECTIVE SUPERVISION

- Supervision is a tool that can be used to achieve the agency's mission and objectives
- Supervision improves performance and helps to manage resources
- The supervisor serves as the mediator and liaison between the agency and the worker
- Good supervision can increase morale and improve **retention**

SAMHSA



SUPERVISORS HELP ADDRESS ETHICAL AND BOUNDARY ISSUES

- All peer workers have been trained about ethics and follow a Code of Ethics that has been adopted by the **State of Ohio**
- Supervisors must review **agency code of conduct** with the people they supervise
- Peer workers are expected to **follow both** their Code of Ethics and the agency's code of conduct
- The nature of peer support means that boundary issues can be very nuanced and may require opportunities to reflect with a more experienced colleague

OHIO PEER SUPPORTER CODE OF ETHICS

- Adhere to privacy and confidentiality
- Respect the rights and dignity of their peers
- Openly share their personal recovery and resiliency stories
- Role-model recovery and resiliency
- Not enter dual relationships or commitments
- Not engage in sexual or intimate activities with colleagues or those they serve
- Not accept or give gifts of significant value from those they serve
- Comply with laws and regulations involving mandating reporting of harm, abuse or neglect
- Conduct themselves in a professional manner, including:
 - Never intimidating, threatening or harassing those they serve
 - Never make unwarranted promises of benefits to those they serve
 - Maintaining high standards of personal conduct

[Rule 5122-29-15.1 - Ohio Administrative Code |Ohio Laws](#)

KNOWLEDGE FOR SUPERVISORS OF PEER WORKERS

- Supervisors need knowledge of the principles and practices of peer support in order to provide effective supervision and improve utilization of the peer role
- Supervisors need to clearly know details of workers' jobs
- Supervisors must clearly identify professional expectations.
- Address supervision in a strength-based manner

KEY QUESTIONS

- What role will peer support workers play within our organization?
- What tasks will peer support workers perform?
- How will we differentiate clinical services from peer support services?
- How will we determine caseload size?
- How will we fund peer support services?
- What local or national resources are available to support our agency?

KEY ELEMENTS:

- Justice and Public Safety Agencies frequently partner with a treatment agency that has experience with peer support services or a peer-run recovery organization in the community.

KEY ELEMENTS:

Assistance in developing the peer support worker role. help with visioning a new peer support role ...providing support and feedback on job descriptions.

Access to peer support-specific information. up to date on the current emerging trends. Familiar with service delivery from a lived experience lens

Training for peer workers. Many peer support organizations offer training opportunities

Access to a community of peer workers. Peer workers benefit from connecting with others in similar roles.

Access to support for supervision for peer support workers.

KEY ELEMENTS:

- It is essential to avoid using peer support workers as a substitute for case aides, case managers, errand runners, van drivers, or community supervision officers. These other roles diminish the value of a peer support worker's role, create role ambiguity, and are beyond one's education, training, and experience.
- It may be helpful to have a technical assistance provider or organization with established peer support programs in your community review the draft position description and offer feedback.

QUESTIONS



RESOURCES

- Ohio DBH Peer Support Website - [Peer Supporters](https://dbh.ohio.gov/community-partners/peer-supporters)
<https://dbh.ohio.gov/community-partners/peer-supporters>
- SAMHSA BRSS TACS / Resources for the Supervision of Peer Workers
https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tacs/guidelines-peer-supervision-3-resources-cp4.pdf
- PeerTAC Peer Support Services Technical Assistance Center
- [PTAC-030_Supervision_Guide_06.07.24-3.pdf](#)
- National Practice Guidelines for Peer Specialists and Supervisors [National-Practice-Guidelines-for-Peer-Specialists-and-Supervisors-1.pdf](#)
- <https://legislativeanalysis.org/wp-content/uploads/2023/01/Peer-Support-Services-in-Justice-and-Public-Safety-Settings-A-Planning-and-Implementation-Toolkit-1.pdf>

THANK YOU



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