

PEER SUPPORT:

**BUILDING
RECOVERY-ORIENTED SERVICES**

USING

KENTUCKY PEER SPECIALIST



Recovery happens...

PEOPLE WITH
SEVERE MENTAL ILLNESS
CAN AND DO
RECOVER!

NOT ONLY THAT...

“...recovery should be the
expectation.”

*Transforming Mental Health Care in America:
The Federal Action agenda: First Steps, p.18*

We should expect people with
severe mental illnesses
to *RECOVER*?



What SMI people
with are
“they”
working with?!?

What is Recovery?

Recovery is:

"A personal process of overcoming the negative impact of a psychiatric disability despite its continued presence".

Ohio Department of Mental Health

Definition of Recovery

Recovery is:

A process of regaining one's life to a usable form; reclaiming one's personal power from one's illness.

**Adapted from Webster's II
by: Molly Clouse**

Definition of Recovery New Freedom Report

Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities.

BUT...

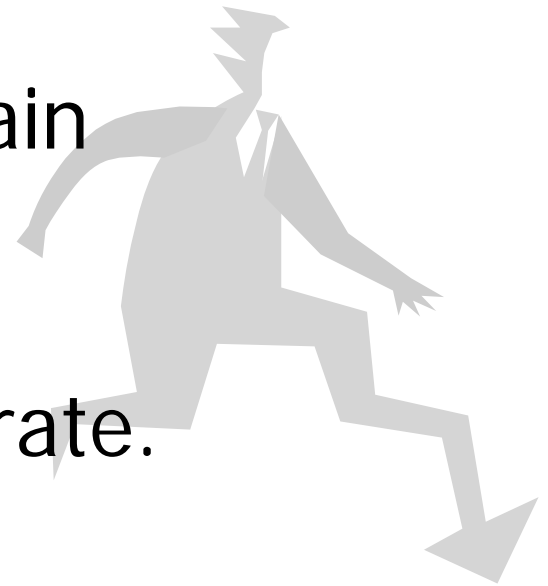
that's
NOT
what's
been
taught!



History of Recovery: Where We Were

If consumers were diagnosed before 1987 research said - and providers were taught:

- They would *never* recover.
- They *might* be able to maintain
“what they had”.
- They would *probably* deteriorate.



What Happened?

Large numbers of consumers kept writing and talking about their own recovery.

- The word “Recovery” appeared in consumer literature as early as the 1930s.
- The term seldom appeared in the professional mental health literature until the late 1980s.



The **D**iagnostic and **S**tatistical **M**anual of Mental Disorders 3rd Edition - Revised

- Published 1987
- The concept of “recovery vs. deterioration” was mentioned for the 1st time in DSM III-R.
- B criterion for childhood onset of schizophrenia- “to avoid the term deterioration which suggests that recovery never happens”

What Else Happened?

After de-institutionalization, longitudinal studies headed by Courtenay Harding found:

- People diagnosed as “Incurable Schizophrenics” *had shed their symptoms.*
 - 65% of Vermont patients
 - 46% of Maine patients



The Difference?

- Vermont had a very comprehensive rehabilitation program.



- Maine focused on stabilizing mental patients with medications.

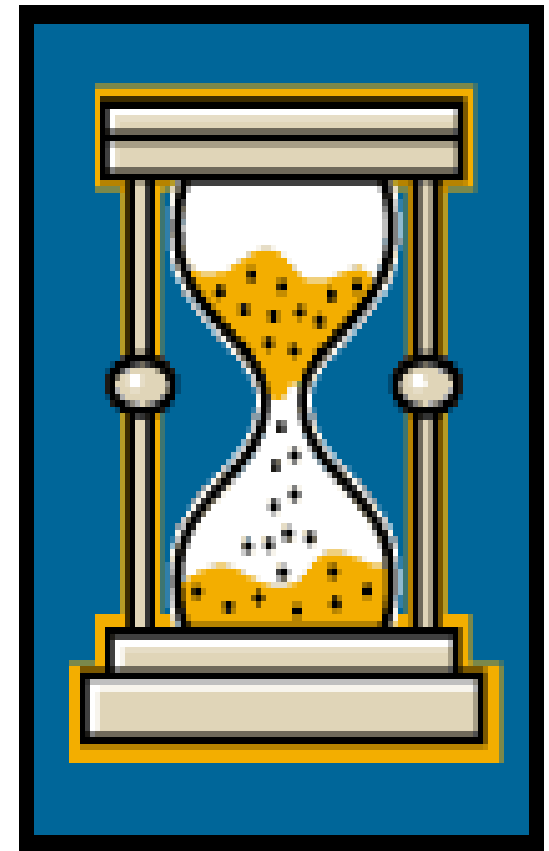


Mental Health Treatment has evolved!

The Institute of Medicine reports it takes 15-20 years to get a treatment from *discovery* to *incorporation* into “routine patient care”.

It's been 20 years...

Best Practice Care
has shifted from
The Medical Model
to the
Recovery Model



Peer Support and Leadership Academy

Are two of the
RECOVERY-ORIENTED SERVICES
leading the
TRANSFORMATION

of

Mental Health Service-Delivery Systems
across America and around the World.



Peer Support:



support that is provided by consumers to consumers in order to bring about a desired social or personal change.

Hope

“Peer specialists offer hope because they are walking, talking examples of recovery.”

Joseph A. Rogers, president and CEO of the Mental Health Association of Southeastern Pennsylvania (MHASP)



Overall Goal of a KPS...

To facilitate the efforts of other consumers as they acquire the knowledge and skills they need to both 'manage the illness' and 'manage life's challenges'.



3 Keys to Peer Support

- **For consumers by consumers**
- **All must self-identify as consumers**
- **Support developed around principles of respect, shared responsibility and mutual agreement of what is helpful.**

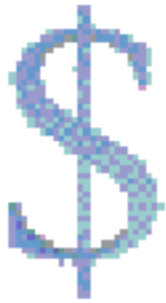
What is a Peer Specialist?

- A Peer Specialist Service is a structured and scheduled therapeutic activity with an individual client or group provided by a trained, self-identified consumer of mental health services.
- A Kentucky Peer Specialist (KPS) guides clients toward the identification and achievement of specific goals defined by the client and specified in the Individual Treatment Plan.

The Training

- The application includes a pre-test that is “blind scored” by 3 people with 5 point Likert Scales in content, grammar and legibility.
- 30 hour Training from 9 am - 5 pm Monday to Friday.
- Curriculum developed by Larry Frisk and Ike Powell from Appalachian Consulting Group & Empowerment Partners, LLC in Georgia.
- Must pass a written and oral exam on a skills set that can be implemented from the first day of employment.

What are the *BARRIERS*?

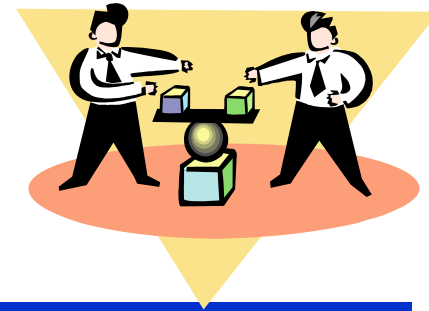


MONEY



FEAR

Lessons Learned



- **There are NO age limitations on Peer Specialist Services**
- **Regional vs. Statewide Trainings**
- **Be sure our supervising QMHP is KSP friendly.**
- **Provide training for existing staff about our roles – what we do and what we don't do.**
- **Remember that we are also on a recovery journey – be professionally patient with us – we are trying to do it right.**

A few final facts...

- Georgia was the first state to make peer specialist services Medicaid-reimbursable.
- Larry Fricks helped make this happen when he headed the Georgia Division of Mental Health Office of Consumer Relations.

A few final facts...

- Peer Support Services is a Best Practice.
- Substance Abuse and Mental Health Services Administration (SAMHSA) is due to release a resource kit called *Building a Foundation for Recovery – How States Can Establish Medicaid-Funded Peer Support Services and a Trained Workforce of Peers.*

A few final facts...

- Other states with Medicaid-reimbursable peer specialist services include:

Arizona

Hawaii

Illinois

Iowa

Michigan

New

Hampshire

New Jersey

New York

North Carolina

Pennsylvania

South Carolina

Washington

District of Columbia

Coming Soon: KENTUCKY

If you have a question, CALL...



Sandy Silver

or

Phyllis Parker

At

502-564-4456

West Virginia
Leadership Academy

Collective Self-Determination:
Consumer Involvement in Civic
Participation



Leadership Academy:

A Program of Support for
Collective Self-Determination & Systems Change

- Kathy Muscari, West Virginia
- David, Boothe, West Virginia
- Lolita Crews, West Virginia

Overview

- Collective Self-Determination
- Description of Leadership Academy
- Discussion of impact at the individual and systems level
- Sharing of lessons learned
- Questions and discussion

Mental Health Block Grant Funds

- WV Leadership Academy addresses an area of focus of the Mental Health Planning Council through peer supports:
 - Improve skills in conducting meetings
 - Identify issues and create action plans
 - Build coalitions and apply collective advocacy skills

Need

- To promote recovery and resiliency in WV through advocacy training facilitating self-confidence, empowerment, awareness of community needs.
- To learn to communicate well, correspond with policy makers on issues and to advocate for better services in the community.

Curriculum & Organization



- CMHS Pilot in 90's
- Adapted by WV by team of consumers, family, and Office of Behavioral Health
- Leadership Academy Coordinator with Planning team develop, implement, evaluate
- Workshops, Annual Conference, Quarterly Teleconferences

Leadership Academy: 3-Day Workshop

Food, travel, lodging, training provided to learn to:

- Identify Issues
- Hold Effective Meetings
- Develop Action Plans
- Create Community Change
- Facilitate Empowerment
- Network

Important Concepts

- Participants learn to form advocacy groups to identify issues and create action plans
- Participants apply the skills and knowledge from the Leadership Academy to collective advocacy
- Participants encouraged to select an advocacy project to carry on after graduation
- Graduates teach workshops, attend meetings, serve on committees and boards, follow through on action plans

Annual Leadership Academy Conference for West Virginia Graduates



West Virginia: Challenges

- Transportation
- Funding for expansion
- Outreach to rural communities

West Virginia: Lessons Learned

- People with mental illness can and do make a positive difference in their communities: collective empowerment
- Public education and promotion of Leadership Academy training/outcomes is important to strengthen community awareness and support

For more information:

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CONTAC

**Consumer Organization &
Networking Technical Assistance Center**

1-888-825-8324

**National Self-Help Project funded by the
Center for Mental Health Services that can
help to bring Leadership Academy to your area.**

Thank you!