

# North Dakota Peer Support Initiative

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**A collaborative effort by North Dakota  
Stakeholders**

***Sponsored by:***

**The North Dakota Department of Human Services  
Division of Mental Health and Substance Abuse**

# THANK YOU

This project was made possible through a grant provided  
by:

**Substance Abuse Mental Health Services  
Administration (SAMHSA)**

*in collaboration with*

**National Association of State Mental Health  
Program Directors (NASMHPD)**



# **Mental Health System Transformation in North Dakota**



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Mental Health System Transformation takes many forms in North Dakota. The Division of Mental Health and Substance Abuse Services is leading the community-based public mental health system and its partners in implementing various mental health transformation activities throughout the state.



# PEER SUPPORT PRACTICES

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In addition to the Peer Support Initiative, North Dakota continues to be engaged in the four significant forces identified in NASMPHD's Emerging Peer Support Practices:

- ✦ The growth of self-help groups to address a wide range of conditions;
- ✦ The movement of people with special needs from institutions to communities;
- ✦ The mobilization of the consumer/survivor movement; and
- ✦ The growing support of consumer inclusion and concepts of recovery.

THE NEXT STEP



# PEER SUPPORT INITIATIVE

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North Dakota's Peer Support Initiative will prepare people with mental illness to become Certified Peer Support Specialists, using their shared experience to guide others toward recovery.

# **First and Foremost: Ask the Experts**

## **Persons in Recovery**

The true experts who  
must be included in  
every step of the  
process.



## **Peer Support Consultant**

*Wilma Townsend*  
*WLT Consultants*

## **North Dakota** **“Champions”**

*Western Sunrise*  
*JoAnne Hoesel*  
*Dawn Bonner*

# Who, What, When, Where & Why?

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Who will provide the service? Will the provider be a private or state agency? How will the service be paid for? What Medicaid Option is the best fit for the state? What criteria/process will be used to authorize the service? What criteria will be used to determine program eligibility, step down, and discharge? How many hours/units of service will be allowed? How will quality, access, and program impact be monitored? What are the outcomes? How will outcomes be measured? What data will be collected and how will it be collected and reported? What are the documentation requirements? How will you determine a rate? What will the job description entail? What qualifications does a PSS need? What specific interventions will be provided by the PSS? What is the role of Peer Support Specialist? Who will supervise? Who will provide initial and ongoing training for the Peer Support Specialist? The System? How will system readiness be determined? How will the system be prepared? How many hours of training will be provided? Will training be provided in one week or spread out over a period of time? How much is the PSS paid? What will the curriculum include? Who and what agency will provide statewide oversight of the program?

# OBJECTIVE #1

**Develop a  
Work Group**

**Include System  
Wide Stakeholder  
Representation**

**Develop  
Subgroups**

**Two Co-Chairs for each  
Subgroup**

- 1. Person in  
Recovery**
- 2. Specialist**

# **The Stakeholder Work Group**

**Consumers, Family Members, Mental Health Planning Council, Medicaid, Protection and Advocacy, Mental Health America, NAMI, Technology Division, Fiscal Administration, ND State Hospital, ND Center for Persons w/ Disabilities, Psychosocial Rehabilitation Centers, Division Staff, Human Service Center Staff, Employment Benefits Specialists, Tribal, Research, Aging, Private Providers, Legislative Representation**

# The 5 Subgroups

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- **Tech Support & Research**
- **Medicaid/Funding**
- **Training**
- **Psychosocial Rehab Centers**
- **Peer Support Curriculum**

# OBJECTIVE #2

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## Complete the Project Management Plan



## Example of the Project Management Plan

### Objective #1: Develop a Work Group and Subgroups

TASK	PERSON RESPONSIBLE	START DATE	END DATE	COMMENTS
Schedule Meeting #1	Dawn Pearson	2-01-08	2-22-08	(1) Completed
Schedule Meeting #2	Dawn Pearson	4-5-08		

**Notes:**

(1) Meeting held and meeting notes forwarded to Attendees.

# OBJECTIVE #3

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# Design the Research & Technology Plan

# **OBJECTIVE #4**

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## **Develop the Peer Support Certification Curriculum**

# OBJECTIVE #5

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## Peer Support Specialist & Stakeholder Training

- **Peer Support Specialist Training**
  - 20 – 40 hours of training
  - Certification Process
  - Ongoing Continuing Education Requirements
- **Stakeholder Training**
  - Assess system for readiness
  - Prepare the system for Peer Support Services

# **OBJECTIVE #6**

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**Define the Recovery Principles  
Approach  
Within the 8 Regional  
Psychosocial  
Rehabilitation Centers**

# **OBJECTIVE #7**

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## **Complete and Submit the Medicaid Requirements**

**North Dakota is using the Rehab Option  
&  
the Freedom of Choice Waiver (1915b)**

# What Have We Learned?

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- Persons in Recovery are the experts and their involvement is critical.
- Proper planning is key.
- Be flexible - Deviation from the best thought out plan is inevitable.
- Hire a consultant and/or other experts.
- Aim for a wide variety of Stakeholder involvement.
- Key Stakeholders must be at the table.
- Obtain support from decision makers.
- Be patient and persistent.
- There is no “one right way” to set up Medicaid Funded Peer Support Services.

# CONTACT INFORMATION

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# THANK YOU