

# Peer Delivered Services: Medicaid Reimbursement and Beyond

National Association of State Mental Health Program  
Directors

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# DBSA, The Depression and Bipolar Support Alliance

- Consumer-led national organization
- Peer Support: 1,000+ groups
- Up-to-date and scientifically based recovery tools and information written in patient-friendly language
- 100,000+ brochures are downloaded/month
- Over 1,000,000+ brochures mailed out / year
- 1.2 billion+ media impressions
- World renown SAB
- 5,000,000+ people request and receive help

*We've been there, we can help*

# Five Stages in the Recovery Process

There are times when a person...



# 20 Critical Elements for Success

- **Clear Job Description**
- **On Going Continuing Education**
- **Networking and Information Exchange**
- **Non Peer Staff Training – Especially Supervisory Training and Team Preparedness**

# New Peer Roles for System Transformation

- Outreach to homeless, aging, young adults
- Trauma
- Community integration from institutions
- Peer-led health self-management

# Medicaid Reimbursement

- “The Centers for Medicare & Medicaid Services (CMS) recognizes that the mental health field has seen a big shift in the paradigm of care over the last few years. “
- ...”great emphasis on recovery from even the most serious mental illnesses when persons have access in their communities to treatment and supports that are tailored to their needs. “
- “ Peer support services are an evidence-based mental health model of care which consists of a qualified peer support provider ...”
- “ 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.”

# Medicaid Reimbursement

- Minimum requirements when electing to provide peer support services:
- Supervision; competent mental health professional
- Care-Coordination: within the context of a comprehensive, individualized plan of care that includes specific individualized goals. States should use a person-centered planning process .
- 3) Training and Credentialing: training and certification as defined by the State. Continuing educational requirements for peer support providers must be in place

# ...and Beyond

- **Outreach to homeless, aging, young adults**
- **Trauma**
- **Pathways/Living Successfully/Wrap**
- **Community integration from institutions**
- **Faith Based Peer Coaches**
- **Peer-led health self-management**

# NASMHPD Morbidity and Mortality Report

“People with serious mental illness served by the public mental health system die, on average, 25 years earlier than the general population.”

NASMHPD  
Morbidity and Mortality in People  
with Serious Mental Illness  
October 2006

# USA Today: Mental Illness Linked to Short Life

“Adults with serious mental illness treated in public systems die about 25 years earlier than Americans overall, a gap that’s widened since the early ‘90s, when major mental disorders cut life spans by 10 to 15 years....”

USA Today  
May 3, 2007

# NASMHPD Morbidity and Mortality Report (cont'd.)

Causes:

- Preventable Medical Conditions
  - Metabolic disorders
  - Cardiovascular disease
  - Diabetes

# NASMHPD Morbidity and Mortality Report (cont'd.)

Causes:

- Preventable Risk Factors
  - Obesity
  - Smoking
  - Substance abuse
  - Inadequate access to medical care
  - Some psychiatric medications

# Adapting and Testing Health Self-Management Model

- Designed for people with serious mental illness
- Rollins School of Public Health, Emory University
- Directed by Dr. Ben Druss
- Adapting the Chronic Disease Self-Management Program (CDSMP), Stanford University
- Druss research funded by NIMH

# Adapting and Testing Health Self-Management Model (cont'd.)

## CDSMP:

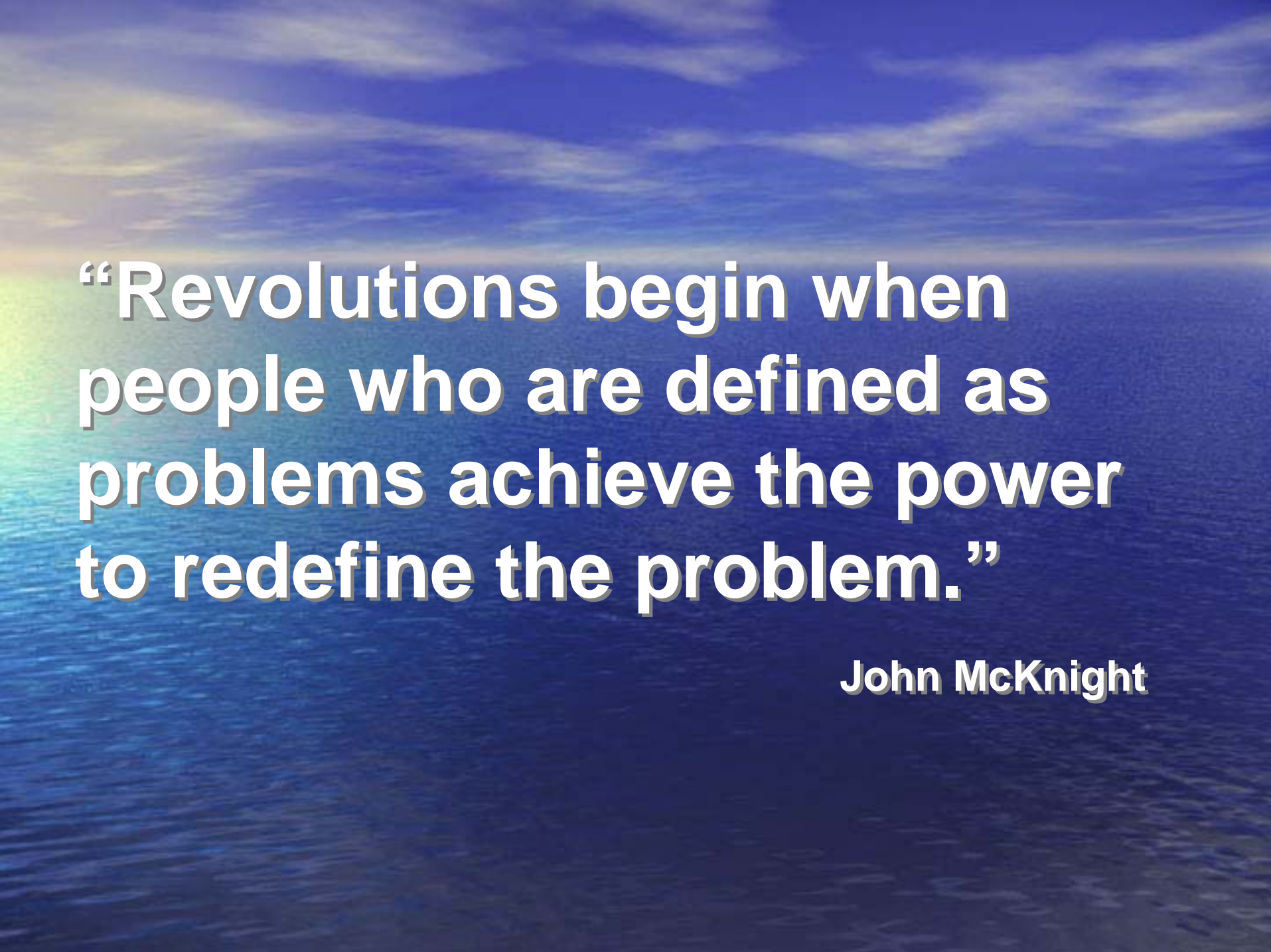
- Results in sustainable change in healthy behaviors and health in persons with a range of chronic conditions
- Is consistent with efforts to incorporate self-management and peer-support to foster recovery for people with SMI
- Is applicable to populations with multiple risk factors and/or comorbid conditions

# Peers Teaching Wellness

- Peers trained by Benson-Henry Institute for Mind-Body Medicine at Mass General teaching the relaxation response that changes physical/emotional response to stress and:
  - Decreases metabolism
  - Decreases heart rates
  - Decreases blood pressure
  - Decreases breathing
  - Decreases muscle tension
  - If practiced regularly, can have lasting effects

# New CPS Roles

- Smoking cessation coach
- Diet and exercise coach



**“Revolutions begin when people who are defined as problems achieve the power to redefine the problem.”**

**John McKnight**

**Thank You**

**DBSA**

**800-826-3632**

**[www.DBSAAlliance.org](http://www.DBSAAlliance.org)**

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