

Behavioral
Health
Workforce
Development



PWI/EPOC Webinar: Evaluating Peer Services

Presented by: Catherine Lovvorn

Monday, January 9th, 2023

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01



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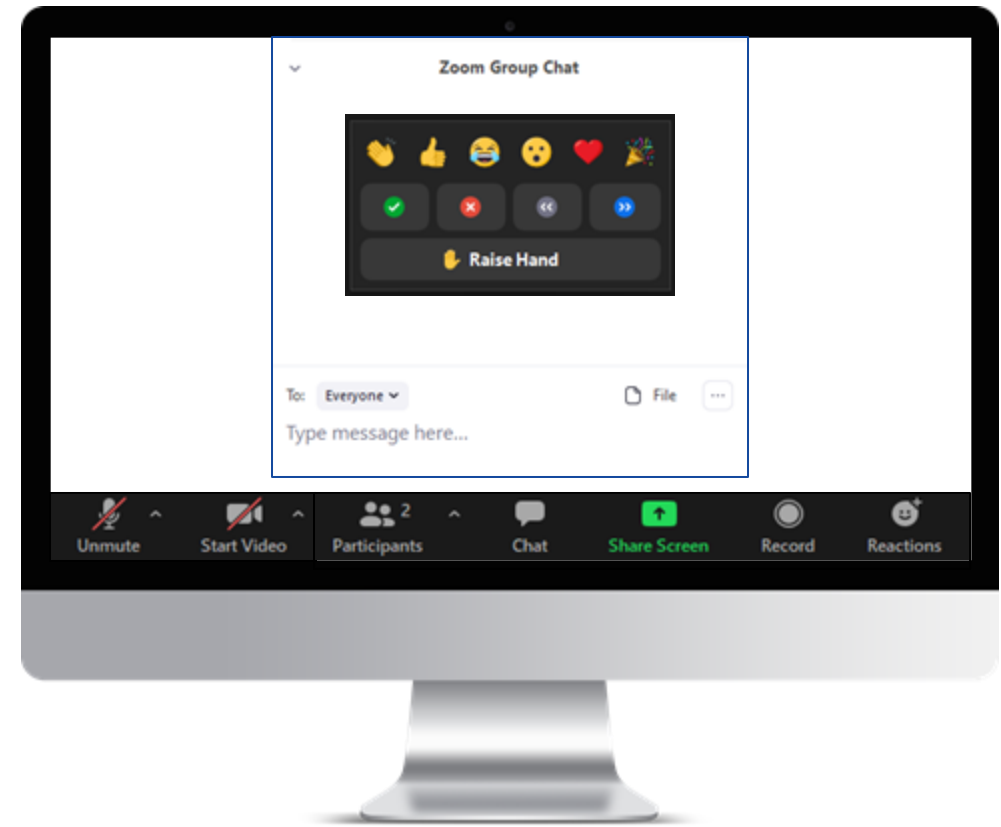
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06



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07



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PWI/EPOC Team at Advocates for Human Potential (AHP)



Kathleen West
Project Director



Tammy Bernstein
Project Manager



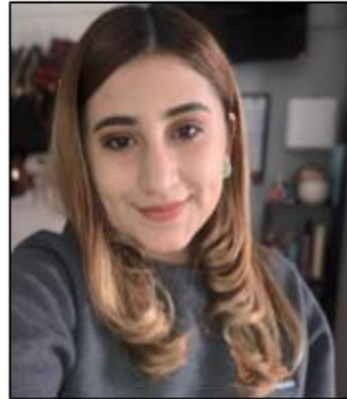
Kate Cox
Operations Manager



Kayla Halsey
BHWD Data & Analyses Manager
PWI/EPOC Projects Coordinator



Marques Davis
Grantee Liaison



Rosy Larios
Grantee Liaison



Neyat Tefery
Grantee Liaison/
Ops Specialist



Caitlin Storm
Quality Assurance



Vic Walker
Operations
Specialist



Krislyn LaCroix
Operations
Specialist



Meet the Presenter

- Catherine Loworn is a Woman in long-term recovery. Her Recovery has given her the opportunity to become a great mother, wife, and friend. She is the current Executive Director of a Recovery Community Organization. Catherine is a Certified Peer Specialist of Addictive Disease and Mental Health. She is a Trauma Informed Care Certified. Catherine is a homeowner and spends her time educating others about addiction and mental health, but most importantly the power and impact that peer support has and will continue to have.

What is a Peer?

- There are so many different terms used for people with lived experience such as consumer, patient, ex-patient, and survivor. We call them Peers.
- Peers have been successful in their own journey of Recovery, healing, and restoration. A lot of them have also succeeded in becoming productive members of society after encounters with the criminal justice system.
- Peers have lived similar experiences.

What is Peer Support?

Peer support is the process of giving and receiving encouragement and assistance to achieve long-term Recovery.

- Peer support is helping others in the recovery process experiencing similar situations.
- Peer support helps peers become and stay engaged in the recovery process and reduce the likelihood of return to use.
- Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment!

What is a Peer Recovery Coach?

- <https://youtu.be/DcE3NJb5uD4>



Peer Support Roles

- The role of the peer specialist is to be the CONNECTOR.
- The peer support specialist uses their lived experience to support and strengthen the recovery of their peers.
- Peer Specialists CONNECT with the peer and create a relationship of trust.

- The Peer Specialist CONNECTS their peer to.....

Recovery

Resources

Clinical Staff

Accountability Courts

Treatments Services

Community Resources

Healthy Recovery Support, etc.

Roles

Peer Support Specialist offer different services than counselors and clinicians. Both are important and different. There are some similarities though!

Clinical Providers and Counselors

- Formal Guidelines and Ethical Codes
- Documentation
- Continuing Education Units Required
- Medical Model Focus
- Extreme Accountability
- Focus on One Specific Pathway
- Focus on Past Experiences and Trauma
- Medication Assistance
- Significant Power Differential

Peer Support Specialist

- Formal Guidelines and Ethical Codes
- Documentation
- Continuing Education Units Required.
- Supports and Promotes Multiple Pathways to Recovery.
- Focus on Present
- Bridge Builder Between the Peer and Others for Understanding.
- Strength Based
- Lived Experience and Training

Impact of Peer Support Services

- More Involvement in Services
- More Gainful Employment
- More Housing Access
- More Relationships Restored
- More Connection with Providers
- More Connection with DCS
- More Life
- More Sentence Completion
- Less Substance Use
- Less ER/Hospital Visits
- Less Incarceration
- Less Overdose
- Less Treatment Days
- Less Re-offending
- Less Pushback

Training

- Each Certified Peer Specialist in partnership with Department of Behavioral Health and Developmental Disabilities has yearly required Continuing Education Units to keep their certification active.

CPS-AD	Certified Peer Specialist Addictive Disease
CPS-MH	Certified Peer Specialist Mental Health
CPS-P	Certified Peer Specialist Parent
CPS-Y	Certified Peer Specialist Youth
*For your states CPS requirements, other Peer Support Resources and information visit SAMHSA.GOV	

Everybody Loves Numbers

Peer Support Services monthly interactions

October 2019

• 1,819

- You can use multiple ways to store and track data.

October 2022

• 6,091

- Examples being Excel, Recovery Link, Google Forms, and Recovery Data P

Success Stories

- LivingProof Recovery has seen so many successes come from peers that have participated in Recovery peer services.
- One Peer has successfully gained employment in the Northwest Georgia Housing Authority, gained custody back of her daughter, purchased a car, and obtained housing. She is still in Recovery.
- One Peer has obtained housing, purchased two vehicles, restored broken relationships, and works for a Respite Center doing peer support after obtaining her credentials in peers support for Georgia.

Success Stories

- One peer has obtained housing, got engaged, restored relationships, lead meetings, started his own fitness business, obtained Certifications to offer peer support and is now working for the Georgia Mental Health Consumer network.
- One Peer...Well that's me...Let me tell you
- Multiple peers in recovery have transformed their lives and the lives of others.
 - All a result of peer support services.

What all can a peer support center offer that is led by peer specialists?

- **Family Support Opportunities**
- **Recovery Support Opportunities**
- **Collaborative Opportunities**
- **Health and Wellness**
- **Accountability Courts**
- **Volunteering**
- **Advocacy**
- **Educational Opportunities for Businesses and Your Community**
- **Meetings**
- **Peer Coaching**
- **Job Search Assistance**
- **Many More**

Questions?

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