

Peer Delivered Service (PDS) Training: Frequently Asked Questions

Who can become a Family or Young Adult Peer Delivered Service Provider?

Someone with similar life experience.

ISSR "Peer" definition OARS 309-032-1505 (87):

"Peer" means any person supporting an individual, or a family member of an individual, who has similar life experience, either as a current or former recipient of addictions or mental health services, or as a family member of an individual who is a current or former recipient of addictions or mental health services.

ISSR "Peer Support Specialist" definition OARS 309-032-1505 (89):

"Peer Support Specialist" means a person providing peer delivered services to an individual or family member with similar life experience, under the supervision of a qualified Clinical Supervisor. A Peer Support Specialist must complete an AMH approved training program and be:

- (a) A self-identified person currently or formerly receiving mental health services; **or**
- (b) A self-identified person in recovery from a substance use disorder, who meets the abstinence requirements for recovering staff in alcohol and other drug treatment programs; **or**
- (c) A family member of an individual who is a current or former recipient of addictions or mental health services.

ISSR "QMHA" definition OARS 309-032-1505 (106):

"Qualified Mental Health Associate (QMHA)" means a person delivering services under the direct supervision of a QMHP and meeting the following minimum qualifications as authorized by the Local Mental Health Authority (LMHA) or designee:

- (a) Bachelor's degree in a behavioral sciences field; or
- (b) A combination of at least three years relevant work, education, training or experience.

Why are peer support providers necessary?

It is the Law - From HB 2144a Section 2(2)(d) aka ORS 418.977 (2)(d):

- (d) Offer peer-delivered services within the array of services and supports available to meet the needs of youth and families;

Peer Support Providers complement the existing professional service array.

"I know how to support the child, but I have no idea how to support this family." – A Therapist

Including Peer Support Providers in the service array is Best Practice.

"I have ADHD and have rarely found materials so I can really understand and feel like a full member of the group. Thank you OFSN, this time I could! And the information and skills covered was more useful than any other parenting class or group I've ever attended." –A dad

It works.

“Our home life is so much better! We have 80-90% less yelling than we did before.”

- A single mom and son agree!

It's common sense.

“We want to meet and work with people like us – who have had success.”

– Several Youth from Focus Group at a Residential Treatment Center

Why should I take OFSN's PDS Foundations for 1:1 and Group Support training?

To bill Medicaid as a peer delivered service provider, peers need to take one of the state's approved peer delivered service provider trainings. OFSN's PDS Foundations is the only AMH approved training specifically designed for family and young adult peer support providers.

PDS Foundations offers a well-rounded, uniform base of knowledge. PDS Foundations covers a variety of family, childhood, and young adulthood support topics that expands upon the lived experience of the peer. From a PDS Foundation evaluation:

“I have been working as a peer support specialist for over 5 years; this is the BEST training I have ever attended!”

PDS Foundations is for Young Adult and Family Support Peer Support Providers. From a Young Adult self-identified as having “grown up in the foster care system”:

“I've been serving on committees and involved in system change for over 6 years, and I really thought most of the professionals talking about “how much we've changed” were full of ****. But now I can see it – things really are different, at least for some kids, than when I was 12 or 13. I can't wait to start helping others. Having us help other young people should have happened a long time ago – I could have used it.”

Attending PDS Foundations provides an opportunity to add fellow peer support providers to your personal support network. From a Wraparound Partner:

“Not only is the information invaluable, I gleaned so much from listening to my colleagues from other organizations. I got more out of this than I ever could have by reading a book or joining a webinar.”

Because the comprehensive curriculum covers pertinent topics in-depth, provides additional reference materials, and is condensed enough to be easy to understand. From a Family Support Specialist:

“I feel much more confident in my job performance after taking PDS Foundations.”

If I attend the PDS trainings, will I be a QMHA (Qualified Mental Health Associate)?

AMH and OFSN agree that family peer support providers meet the minimum QMHA standards as defined in the ISSR (<http://www.oregon.gov/DHS/addiction/rule/issr-rule.pdf>). This is ensured through the demonstration of knowledge and skills gained through their life experiences.

QMHA status is determined by Local Mental Health Authorities (LMHA). Many parts of our state use stricter qualifications (no experience as a substitute for BA/BS degree, or only accepting work experience, rather than life experience).

AMH and OFSN agree that young adult peer support providers may not have the required years of experience to be considered a QMHA. Each individual will still be able to bill Medicaid as a peer delivered service, they simply will not be able to bill under some codes, such as skills training, case management, etc.

What is the difference from being a peer delivered service provider and a QMHA?

	Young Adult Peer Support Provider	Family Peer Support Provider	QMHA
Medicaid Billable	Yes, H0038, H2021/2022	Yes, same as for Young Adult, plus if in a community that recognizes this individual as a QMHA, H2027, T1016 HN, H2014	Yes, may use additional codes approved for use by a QMHA
Lived Experience in the System	Yes	Yes	Not required – may be
Determined by Where You Live	No	No	Yes
Trained in Systems of Care & Wraparound Principles	Yes	Yes	Not required- may be
Trained about neurobiology as connected to trauma-informed care	Yes	Yes	Not required- may be
Trained about grief and transformation cycles	Yes	Yes	Not required- may be
Trained about self-care	Yes	Yes	Not required- may be
Trained about Ethics and Boundaries	Yes	Yes	Yes
Trained about Confidentiality	Yes	Yes	Yes
Trained about Mandatory Reporting	Yes	Yes	Yes
Trained about Person-Centered Planning	Yes	Yes	Not required- may be

Trained about Accessing Support in Public Schools	Yes	Yes	Not required- may be
Trained about Communication & Collaboration	Yes	Yes	Not required- may be

Is there an official certification process?

Not yet. The Federation of Families for Children’s Mental Health, in collaboration with SAMHSA, is developing a certification process for Peer Support Providers (Family and Youth/Young Adult). They are also working on developing a national professional body for professional peer support providers.

Will I have to re-do training once the certification is available?

We cannot provide an absolute yes/no at this point. OFSN has staff involved in work groups developing the Federation’s certification process and is ensuring that OFSN’s curriculum meets both National and AMH standards. However, from progress by the Federation to date, we know that submitting video tape of the Peer Support Provider providing peer support will be part of the certification process. Some individuals may need extra training and coaching to demonstrate the skill competency that the national certifying board will be looking for.

Is OFSN’s training the only one I can go to?

Yes, if you want to be able to bill Medicaid as a peer delivered service, specifically for family and/or young adult peer support. There are other AMH approved trainings for peer support specialists, however all others refer specifically to adult to adult peer support providers.

Is any follow-up needed?

OFSN has core skill competencies that must be demonstrated for individuals to continue as a peer support provider for OFSN or Youth M.O.V.E. Oregon. Other agencies may have alternative competencies/policies.

What type of supervision is required?

Best practice is to have “Dual Supervision”; both clinical and peer supervision/coaching. In order to bill Medicaid, there MUST be clinical supervision. Peer Support Providers find their peer supervision/coaching an invaluable asset to doing their job well. If only collecting data as Prevention, Education, and Outreach (PEO) documentation, and NOT billing Medicaid, then it is possible to only have peer supervision.

“What I learn through my peer supervisor is fantastic! I wish I could have more in person time.” – A Family Navigator, from a rural community and receiving most of coaching via technology, such as Skype, teleconference, webinar, etc

What are the advanced trainings I've been hearing about? How necessary?

OFSN has had their PDS Foundations for 1:1 and Group Peer Support curriculum approved by AMH's PDS Curriculum Review Committee, for “entry level” peer support, usually in the form of workshops/support groups, etc. For individuals facilitating workshops, they will need additional training in the specified topic of instruction. OFSN has an advanced facilitator training specifically for those facilitating OFSN's Collaborative Parenting Series (formerly known as “Book Clubs”).

OFSN offers advanced training for more in depth 1:1 support re identifying strengths, needs, and accessing resources for individuals acting in the role of a Peer Navigator. OFSN also has a higher advanced training re high-fidelity wraparound processes and the role as a Peer Wraparound Partner.

OFSN's understanding (recently confirmed by AMH) is that as AMH has approved the OFSN PDS Foundations curriculum, if individuals attend that training – they can bill Medicaid as a Peer Delivered Service Specialist (with appropriate supervision, etc). If they are providing a higher level of service (for example: a specific curriculum, such as OFSN's Collaborative Parenting Series, or intensive 1:1 support, such as a Peer Navigator) additional training is expected and should be documented, however does not have to be provided specifically by OFSN. An example of this is in the Mid-Valley Behavioral Care Network (BCN). For Wraparound Training, BCN contracts with national trainers at Vroon Vandenberg. In order to bill Medicaid as a peer support specialist in Oregon, peer Child and Family Team Partners can take the PDS Foundations approved by AMH then receive additional specialized training through Vroon Vandenberg.

How much does it cost?

Currently, most OFSN PDS trainings are covered through funding from AMH. However, given the current economic situation, this same level of support may not be available after June 2011. This funding comes from the Family Navigator Project, which OFSN was awarded through an RFP issued using Block Grant funds. The PDS Foundations, Navigator, and Wrap Partner trainings are supported through this funding. OFSN has no outside financial support for the Collaborative Parenting Series and Support Facilitation training and that training is \$225/person.

When are trainings offered?

Trainings are offered as able (currently, quarterly, could change as funding streams change), and in locations based on OFSN staffing and contractual obligations. The next series of PDS trainings begins Tues Mar 8, from 10 am – 2 pm at the Salem Office 4285 Claxter Ct NE, Salem OR 97301. The full series

of OFSN PDS trainings will be available on Tuesdays and Thursdays at the same time and location through April 28.

How much time does training take?

OFSN's PDS Foundations is a forty (40) hour training, divided into ten (10) four (4) hour sessions. These are "stand alone" sessions (except for #10, which must be last, as it includes an overall course evaluation) and do not need to be taken in any particular order. For example, an individual could attend Sessions 1, 2, 4, 6, 9 at one training opportunity, and later take Sessions 3, 5, 7, 8, 10, and so on. Individuals need to complete PDS Foundations before taking advanced OFSN PDS trainings.

From feedback by both young adult and family participants, given the amount of information, as well as the emotional process involved in preparing to provide peer delivered services, sessions are limited to 4 hours. It is not recommended to provide training in full 8 hour days. Sessions could be delivered in twenty (20) two (2) hour increments.

What happens when I complete training?

OFSN provides a framed certificate at completion of the PDS Foundations Curriculum. Those completing OFSN advanced trainings receive a sticker for completed advanced trainings which can be adhered to the PDS Foundations Certificate frame. OFSN maintains records, and reports quarterly to AMH the names of those individuals attending and completing OFSN PDS trainings.