

OUR TIME TOGETHER



- Let's get to know each other
- Peer support-who, what, when, why & where
- Peer support role vs a role informed by the values of peer support (e.g. Peer Case Manager, QMHA)
- Questions? Let's talk about it!

WHO WE ARE

Mental Health & Addiction Association of Oregon (MHAAO) is an inclusive peer-run organization dedicated to self-direction, honoring the voice of lived experience and promoting wellness and recovery for all.

We are a peer-run organization (PRO), meaning that we are led and staffed by people with lived experience, including at least 51% of our Board of Directors.

The services provided by MHAAO include direct peer services, training, technical assistance, consultation and a national conference-- all from the Peer Perspective.

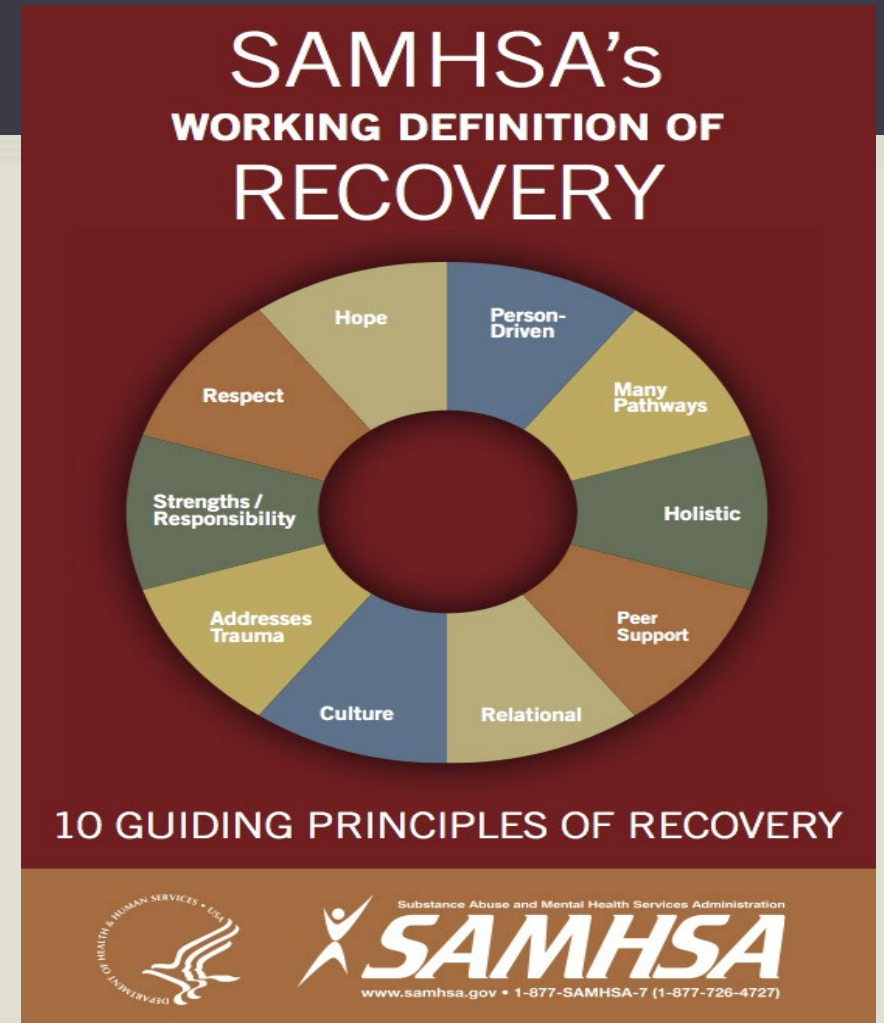


PEERPOCALYPSE

RECOVERY

“A process of change in which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential”

~SAMHSA

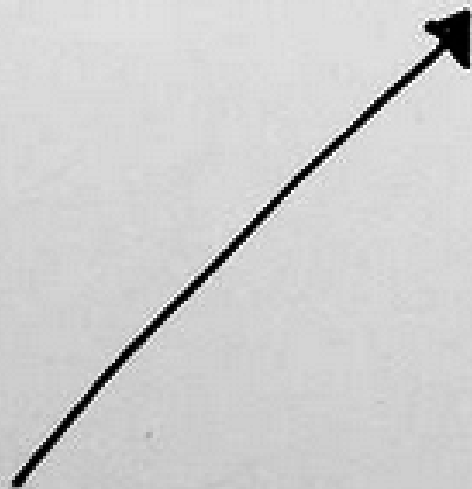


Health, Home, Community and Purpose

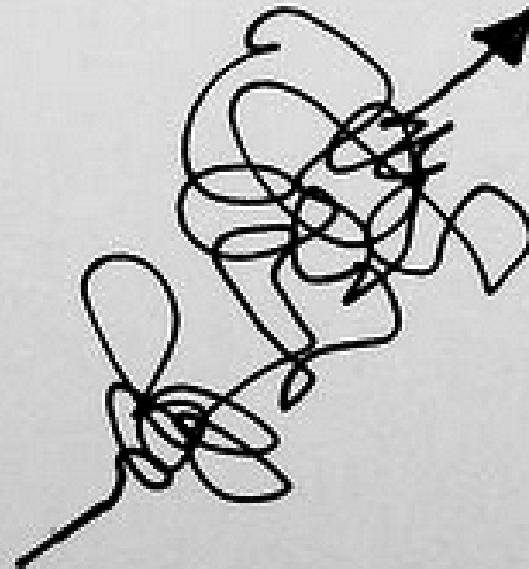
RECOVERY IS NOT A STRAIGHT LINE

RECOVERY

Expectations



Reality



**KEEP
CALM**
ASK FOR
**PEER
SUPPORT**

WHAT IS PEER SUPPORT?

Peer support is a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful. -*Mead, Hilton, & Curtis, 2001*

This mutuality—often called “peerness”—between a peer support worker and person in or seeking recovery promotes connection and inspires hope. -*SAMHSA, 2017*



PEER SUPPORT THE EARLY DAYS

“As much as possible, all servants are chosen from the category of mental patients. They are at any rate better suited to this demanding work because they are usually more gentle, honest, and humane.”

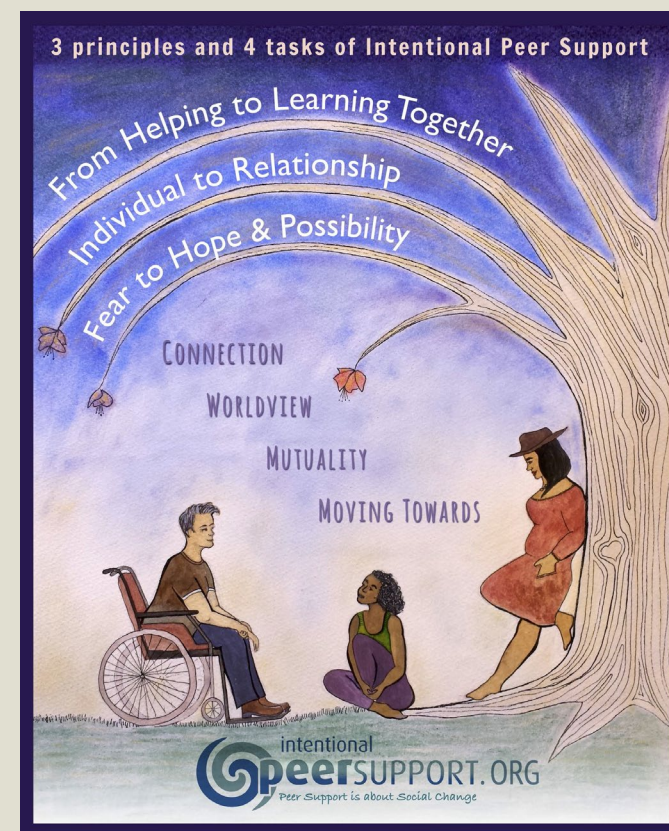
-Jean Baptiste Pussin in a 1793 letter to Phillipe Pinel



MORE RECENT HISTORY

Peer support has existed in various forms for many years.

- Indigenous Cultural practices
- Self-help groups (12 step recovery)
- Grass roots movements (C/S/X)
- Intentional Peer Support (IPS) model
- Drop-in and recovery centers
- Peer Recovery Coaches/Mentors
- Professionalized peer services



“THE MAN ON THE BED”

Early peer support in a medical setting



RECOVERY IS CONTAGIOUS



The contagion of recovery is spread quite differently...not through infection, but affection.

Those who spread such affection are recovery carriers.

Recovery carriers, because of the nature of their character and the quality of their lives, exert a magnetic attraction to those who are still suffering.

-William White (2010)

WHY PEER SUPPORT?

- With workforce shortage – untapped workforce
- People connect with peer support and can work through issues in different way with each other
- Cost effective...not cheap
- Career path for many with barriers to employment



PEER SUPPORT AS A PROFESSION

SAMHSA's Core Competencies for Peer Workers

- Recovery-oriented
- Relationship-focused
- Person-centered (directed)
- Voluntary
- Trauma-informed

When is it Not Peer Support?

- Focus on the “doing” and not the peer support relationship
- Compliance reporting
- Performing drug screen
- Conducting assessments
- Subjective and/or clinical documentation in electronic health records/databases

CERTIFICATION OF PEER SPECIALIST

Two types of Oregon state-approved Peer Certifications:

- [Oregon Health Authority Traditional Health Worker Registry](#)
PSS (Peer Support Specialist) and PWS (Peer Wellness Specialist)
- [MHACBO](#) (Mental Health & Addiction Certification Board of Oregon)
CRM I and II (Certified Recovery Mentor)

Detailed requirements are on their respective websites and include:

- Certification training
- Supervision requirements
- Practice Hours
- Exam
- Ongoing CEU requirements

PEER SUPPORT SERVICES IN PRACTICE

- Are an evidenced-based practice
- Are a principle of trauma-informed care
- Are a rapidly growing profession



PEER SUPPORT & DEFLECTION

“Peer support workers are uniquely well-suited to work within deflection and pre-arrest diversion teams to help people with SUDs navigate complex systems, access critical services and care and support people in their recovery.”

DEFLECTION AND PRE-ARREST DIVERSION:
Integrating Peer Support Services

PEER SUPPORT IN HEALTHCARE



“If It Wasn’t for Him, I Wouldn’t Have Talked to Them”:
Qualitative Study of Addiction Peer Mentorship in the
Hospital

Recommendations for Integrating Peer Mentors
in Hospital-based Addiction Care



COMMON CHALLENGES

- Support only from upper management
- Clash or lack of knowledge about values of peer services
- Isolation from other peer support workers
- Limited/no peer support training/CEU opportunities
- Limited/no peer support profession supervision
- Hiring people just because they have “lived experience”
- No consensus on the role and scope of peer support



IN A NUTSHELL

“Peer support workers do not collude with the person they are serving against the system nor collude with the system against the person they are serving.”

-National Practice Guidelines for Peer Specialists and Supervisors

TAKEAWAYS AND WHAT YOU CAN DO

- Program administrators and/or funders
- Employer of peer support services
- Peer support supervisors
- Peer support workers



**LET'S TALK ABOUT
ALL THINGS PEER
SERVICES**



MORE INFO

Mental Health & Addiction Certification Board of Oregon (MHACBO)

<https://www.mhacbo.org/en/>

Mental Health & Addiction Association of Oregon (MHA AO)

<https://www.mhaoforegon.org/>

Oregon Health Authority

<https://www.oregon.gov/oha/HSD/AMH-PD/Pages/About.aspx>

Metro Plus Association of Addiction Peer Professionals (MAPPS)

<http://www.maapp.org/>

NAPS (National Association of Peer Supporters)

<https://www.inaops.org/values>

Pillars of Peer Support

<http://www.pillarsofpeersupport.org/>

Peerpocalypse

<https://www.peerpocalypse.com/>

SAMHSA (Substance Abuse & Mental Health Services Administration)

<https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers>

“Flying with Our Own Wings: Oregon’s Peer-Delivered Services Workforce Needs Assessment Report”

Adrienne Scavera, MSW, PWS & Marianne O’Neill-Tutor, PRC, PWS, CADC1

<https://www.mhaoforegon.org/needs-assessment>

ACKNOWLEDGEMENTS

We offer our sincere thanks to all contributors and hope that these efforts support the continued recovery and healing of those in our community.

