

# Adult Peer Support Services

## *Job Description*

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### Adult Peer Support Definition:

Adult Peer Support services are provided by Certified Peer Support Specialists (CPSS) who utilize their training, lived experience and experiential knowledge to mentor, guide and coach the peer as they work to achieve self-identified recovery and resiliency goals. These services are designed to promote empowerment, foster self-determination and choice, and inspire hope as the member progresses through the recovery process.

Components of Peer Support Services may include Assisting, Encouraging, Connecting, Empowering and Helping their clients (peers).

### Provider Qualifications

A provider of Adult Peer Support Services must be certified through the state of Idaho as a Certified Peer Support Specialist (CPSS). To qualify, the candidate must:

- Have a High School Diploma or Equivalent.
- Have lived experience with mental health illness or mental health illness co-occurring with substance use disorder.
- Be in recovery for a minimum of 1 year.
- Complete State directed Peer Support Training.

CPSS must have an active Peer Support Specialist certification and be practicing within a group agency under medicaid supervisory protocol.

### Job Responsibilities

As a Peer Support Provider with Hope Tree, your job responsibilities include:

- Work with each client (peer) to complete an individual Needs Assessment Inventory.

- Assist client (peer) with setting recovery goals, developing a recovery action plan, a relapse plan, solving problems and addressing barriers related to recovery.
- Complete a 90 day treatment plan review and update the plan as needed.
  - Review must assess the peer's abilities and strengths and include an update of what the peer has been able to accomplish with Peer Support Services.
- Areas of focus should include any of the following:
  - MODEL recovery and share their stories of lived experience to connect and engage client/peer in the recovery process.
  - Help the client/peer to develop a network of support.
  - Emphasize physical, psychological and emotional safety.
  - Empower client/peer to gain the ability to make independent choices and take a proactive role in their individualized treatment
  - Empower the client/peer to develop skills to improve their overall functioning and quality of life.
  - Empower the client/peer to effectively manage their own mental illness or co-occurring conditions by empowering the member to engage in their own treatment, healthcare and recovery.
  - Encourage self-determination, hope, insight, and the development of new skills.
  - Help the client/peer decrease isolation and build a community supportive of the member establishing and maintaining recovery.
  - Connect client/peer with professional and non-professional recovery resources in the community and help client/peer navigate the service system in accessing resources independently.

### Authorization Type

PSS services are allotted Threshold is 416 units per member, per calendar year. Additional services must be prior authorized.

### Scope of Practice

Peer Support Specialists are to keep provided services within the scope of practice of peer support as listed in the job description and definitions above. Peer Support is **NOT**

- Peer Support is NOT to provide any services that are not Peer Support in nature.
- Peer Support is NOT transportation in lieu of medicaid transportation, substitute for supervision or daycare, vocational rehabilitation training, skills training,
- Peer Support may NOT be duplicative of any services or activities that the member is already getting such as CBRS, Counseling, Case Management, therapy etc...
- Peer Support Workers may NOT act as a legal representative for the member
- Peer Support Workers may NOT participate in determining competence, provide legal advice, or deliver services that are not within the scope of Peer Support services.
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### In Summary:

A PSS Worker **CAN**:

- Work with peer to set recovery goals
- Work with peer to assess how things are going.
- Encouraging self-determination and progress.
- Connect peer with people who will help them progress.
- Empower peer to manage their own mental illness or co-occurring conditions by empowering the member to engage in their own treatment, healthcare and recovery.
- Help peer decrease isolation and build a community supportive of the member establishing and maintaining recovery.
- Go into the community with peer if it meets the purpose of a set recovery goal.

A PSS Worker **CANNOT**:

is **NOT**

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- Peer Support may NOT be duplicative of any services or activities that the member is already getting such as CBRS, Counseling, Case Management, therapy etc...
- Peer Support Workers may NOT act as a legal representative for the member
- Peer Support Workers may NOT participate in determining competence, provide legal advice, or deliver services that are not within the scope of Peer Support services.
- Peer Support Workers may NOT take possession of a client's personal belongings.
- Peer Support Workers may NOT run errands or complete tasks on behalf of their peer.