

What is peer support?

Peer services are offered to people struggling with a mental health condition or substance use, by people in recovery from substance use and/or mental health issues. Peer delivered services have been shown to be an extremely effective addition to traditional treatment methods.

What is a peer support specialist (PSS)?

A person with lived experience of mental health and/or substance use who provides assistance, support, encouragement, and hope. Peer Support Specialists are a worker type under the Traditional Health Worker umbrella.

A PSS may engage in these common activities with the people they work with:

- Advocacy
- Experiential sharing
- Building community
- Supporting/Mentoring/Coaching
- Connecting to resources
- Socializing/self-esteem building



Traditional Health Workers ...

- Reduce costs associated with health care
- Understand and address the social determinants of health
- Address health disparities in culturally-appropriate ways
- Support integration and whole person care

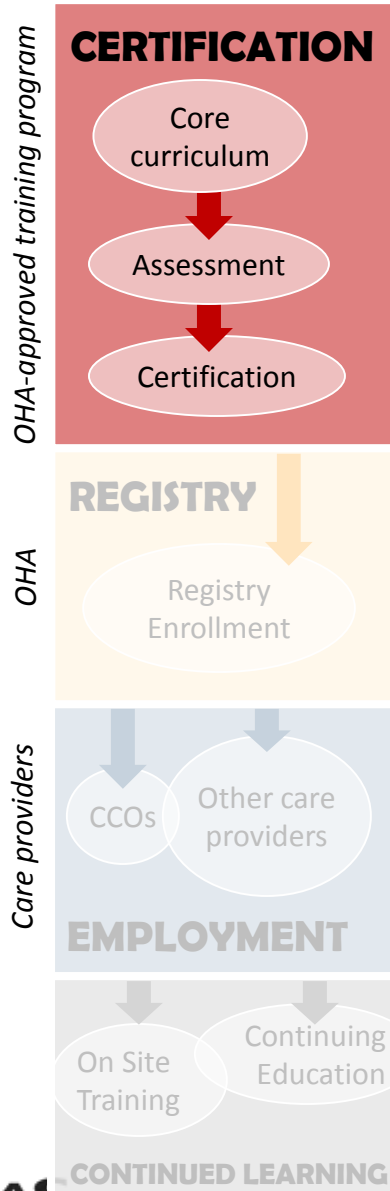
An effective THW workforce consists of individuals

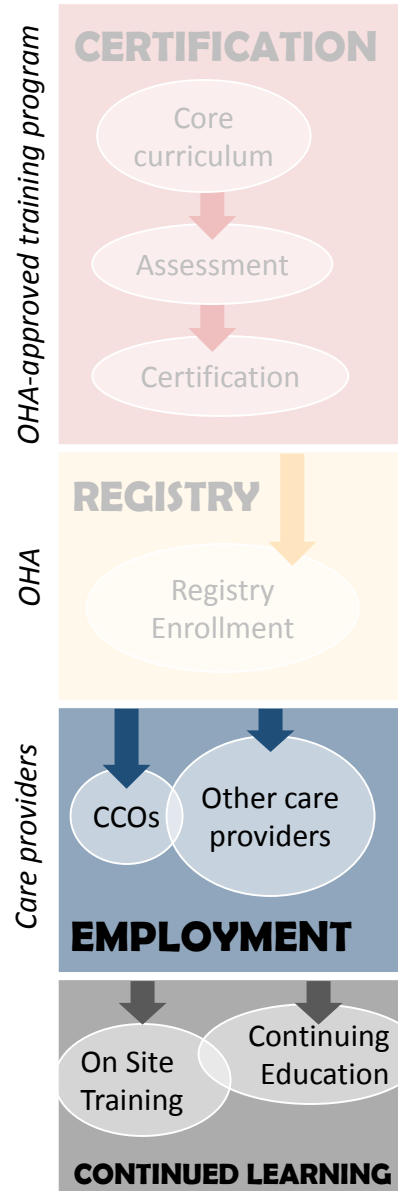
- **from the community served**
- **who have shared “lived experiences”**
- **who are representative of the population served**



THW Certification

- Must be 18 Years of age
- Must meet training requirements through OHA approved process
- Must submit a completed application for registry
- Must pass a criminal background check
- Two years of clean time for Certified Recovery Mentors (SUD PSS)
- No clean time requirement for MH Peer Support Specialists





THW Employment

- Definitions and scope of practice of THW worker types on OEI website
- Roles need to be clearly defined and understood by all team members
- Supervision should be specific to the worker type
- Additional on-site training/continuing education should be provided or verified through employer (20 hours every 3 years to maintain certification)

The Results: 16 Peer Support Programs



Adults



Transition Age Youth



Families



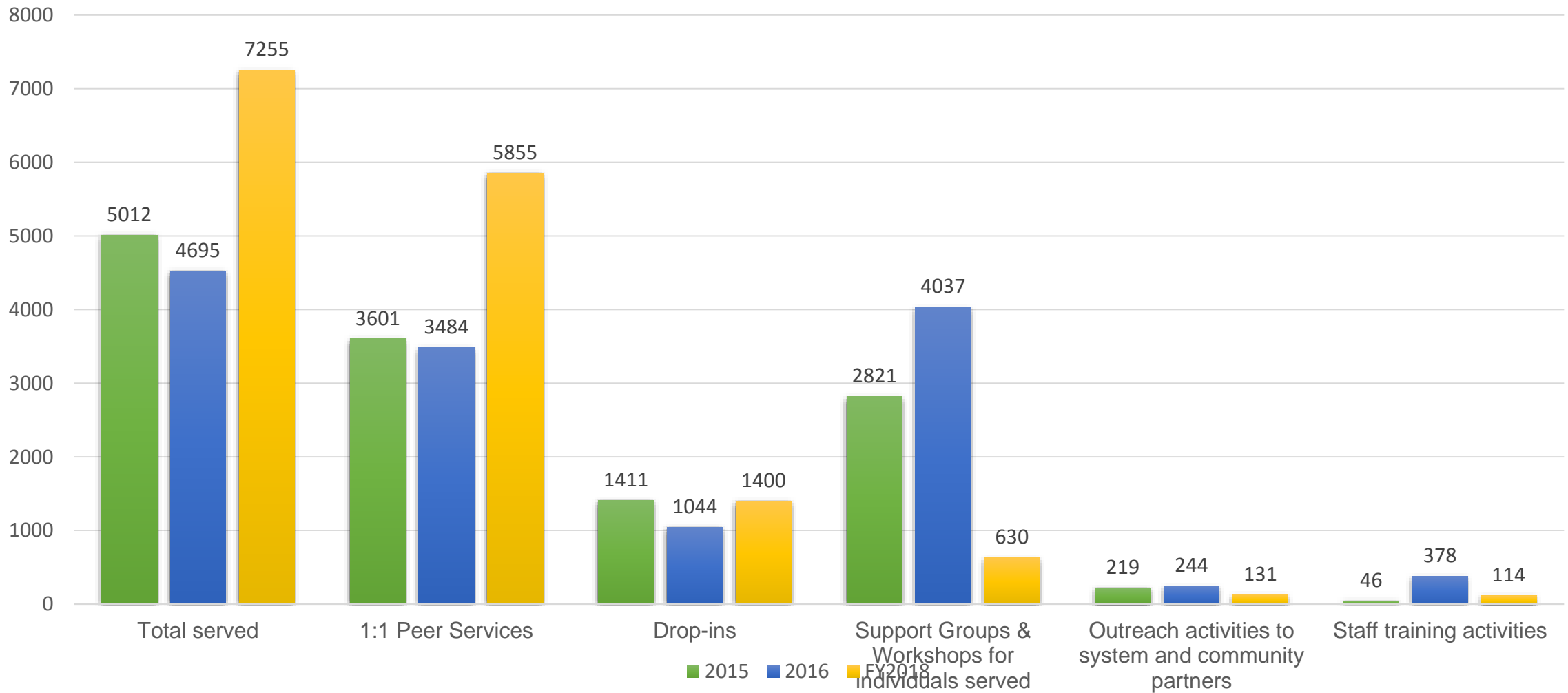
Serving all

Rural Oregon and Financial Creativity

- How do we find Peers in rural Oregon
- How do we be financially creative?
- What do we use as metrics for success?

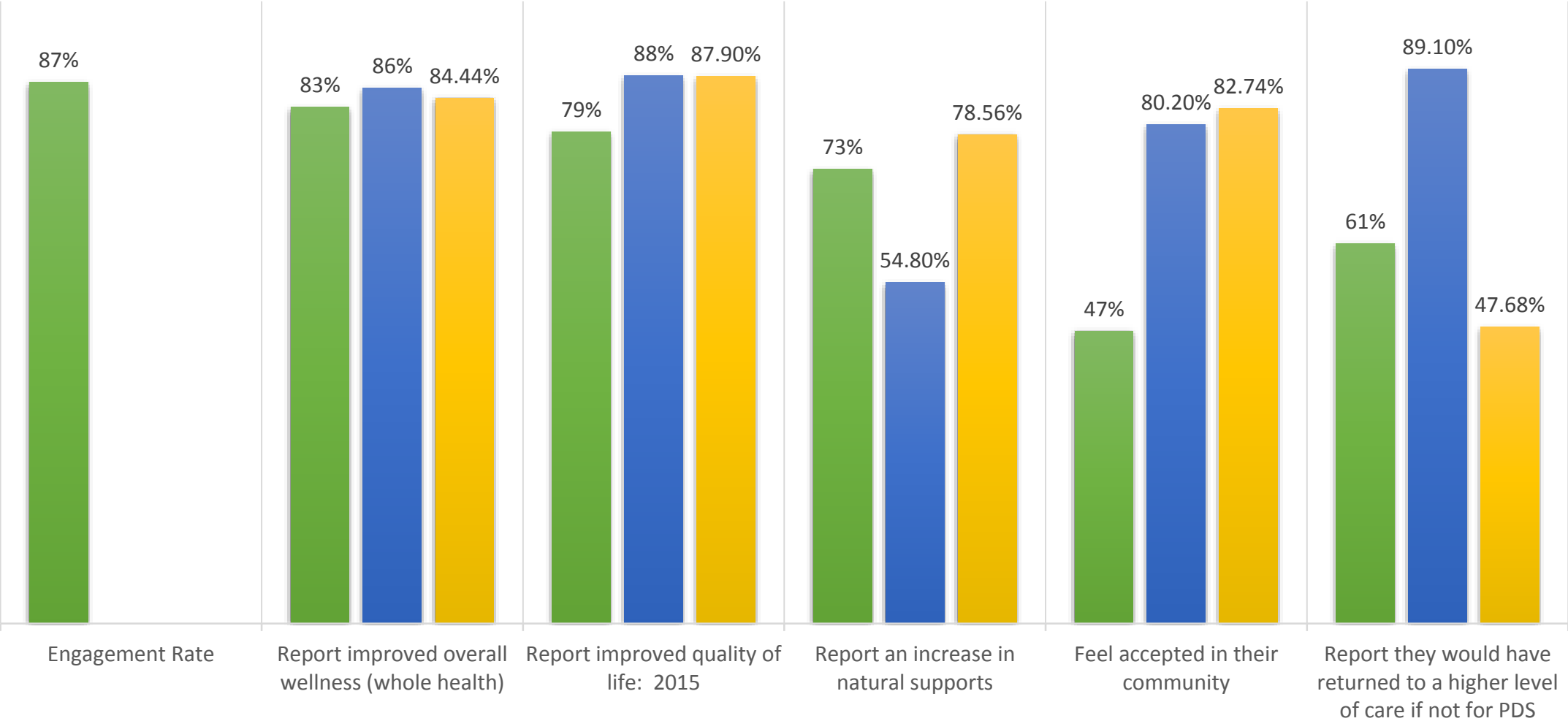


The numbers – people served



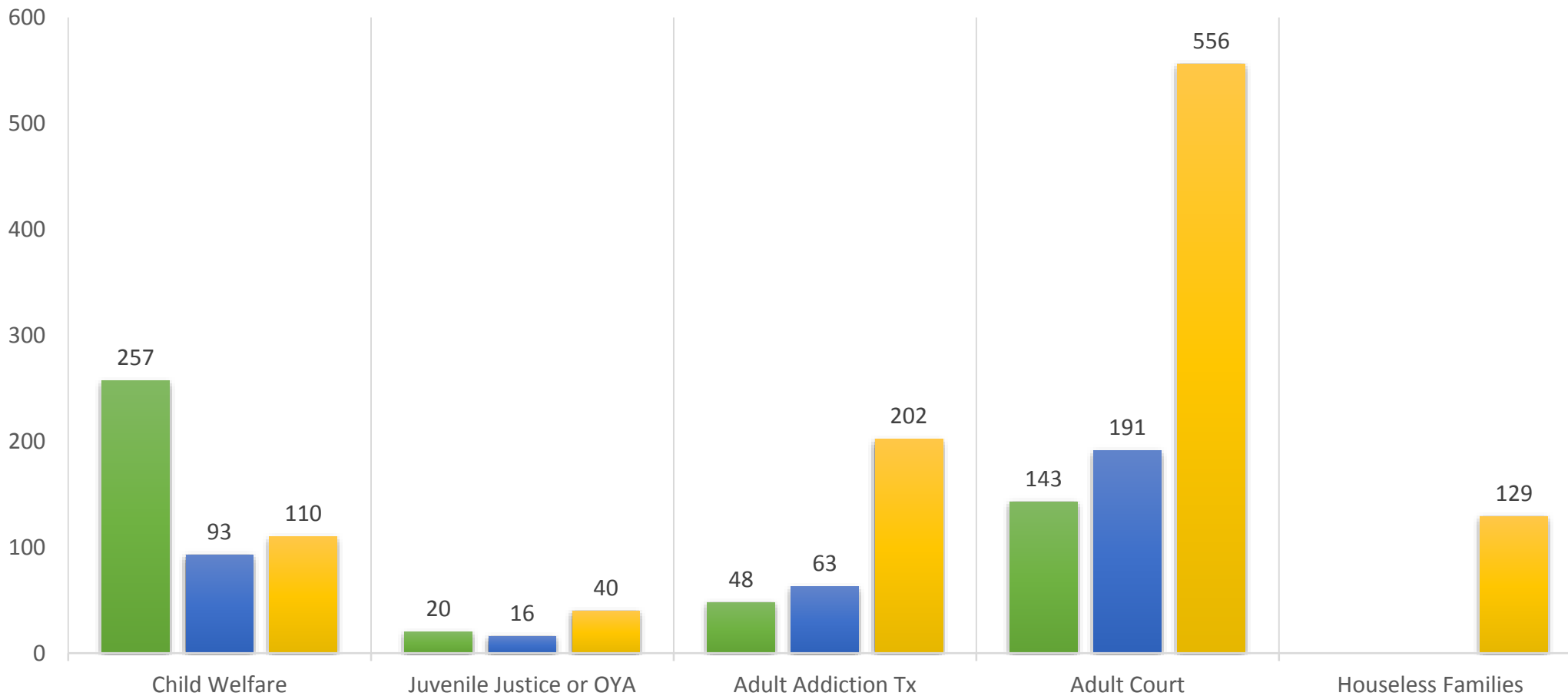
The numbers - experience of services

■ 2015 ■ 2016 ■ FY2018



The numbers – children and families

■ 2015 ■ 2016 ■ FY2018



Questions?

