

# Mental Health Peer Specialist Certification Stakeholder Meetings

Friday, October 7, 2022

Meeting Three of Six

Wilda L. White Consulting, Facilitator

# Zoom Protocol



Questions	Raise hand, actual or virtual; write question in Chat; or shout it out
Comments	Zoom Chat
Slides	Link to PowerPoint slides is in Zoom Chat
Recording	All meetings are being recorded

# Meeting Process



# Description of six stakeholder meetings

1

## Overview of mental health peer specialist certification

- The purpose of the meeting is to educate stakeholders about peer certification programs in other states, the terminology used, and how programs in other states are structured

2

## Peer support, peer support services, and assessment-based versus professional certification program

- The purpose of the meeting is to solicit input on the definition of peer support and peer support services and whether Vermont should adopt an assessment-based certification program or a professional certification program

3

## Screening

- The purpose of the meeting is to solicit input on the minimum standards that an applicant must meet before applying for certification and creating a process to determine whether those minimum standards have been met.

4

## Training

- The purpose of the meeting is to solicit input on required competencies, training length, approved training vendors, fees, and types of certifications to be offered (e.g., veterans, gender identity, sexual orientation, forensic, whole health, peer support supervision, family peer specialist, substance use recovery, etc.)

5

## Certification

- The purpose of the meeting is to solicit input on the process for certifying whether the applicant has met the requirements for certification. Sub-topics include the type of certifying body; re-certification; continuing education; reciprocity; grandfathering of current peer support specialists; fees; and investigation and revocation.

6

## Integration

- The purpose of the meeting is to solicit input on what steps will be necessary to incorporate peer support specialists into the continuum of care, including outreach, training, supervision, and costs.

# Previous Slide Decks, Recordings, and Surveys

Meeting	Slide Deck	Recording	Survey
1 – Sept 9, 2022	<a href="http://tinyurl.com/2vhb3s2z">http://tinyurl.com/2vhb3s2z</a>	<a href="https://vimeo.com/748397123#t=0">https://vimeo.com/748397123#t=0</a>	None
2 – Sept 23, 2022	<a href="https://peercertification.wildalwhite.com/2p8t3ep9">https://peercertification.wildalwhite.com/2p8t3ep9</a>	<a href="https://peercertification.wildalwhite.com/murpb63h">https://peercertification.wildalwhite.com/murpb63h</a>	<a href="https://tinyurl.com/2p8rwe">https://tinyurl.com/2p8rwe</a>

# Today's Meeting Topics

- Overview of survey responses to date
- Discussion of eligibility requirements for peer support worker certification
- Discussion of entity that screens applications for peer support worker certification

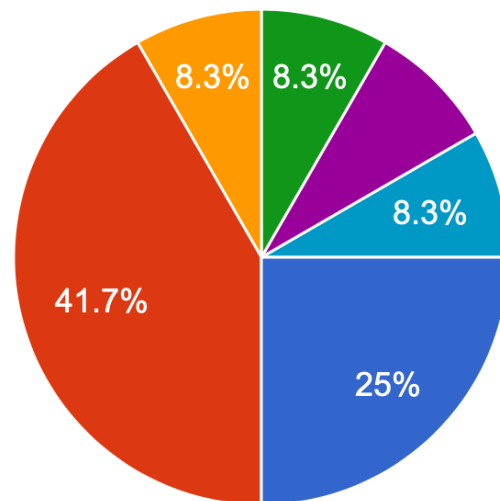
# Survey Responses to Date

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# Assessment-based versus Professional Certification

Should Vermont adopt an assessment-based certification program or a "professional" certification program?

12 responses



- "Assessment-based" certification program
- "Professional" certification program
- If pressed, I'd choose Assessment-based. I do wonder why requiring any...
- Training track and then testing track separate with success of both indicati...
- Hybrid of assessment through on the job trainings and # of hours worked as a...
- Hybrid

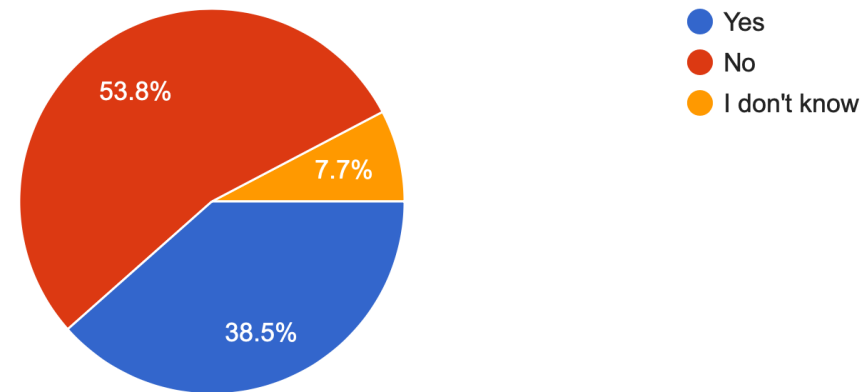


# “Peer” Definition

“Peer” means an individual who has a personal experience of living with a mental health condition or psychiatric disability. (18 V.S.A. §7101, subd. 29)

Do you think the above definition appropriately defines a peer for purposes of a Vermont, statewide mental health peer certification program?

13 responses



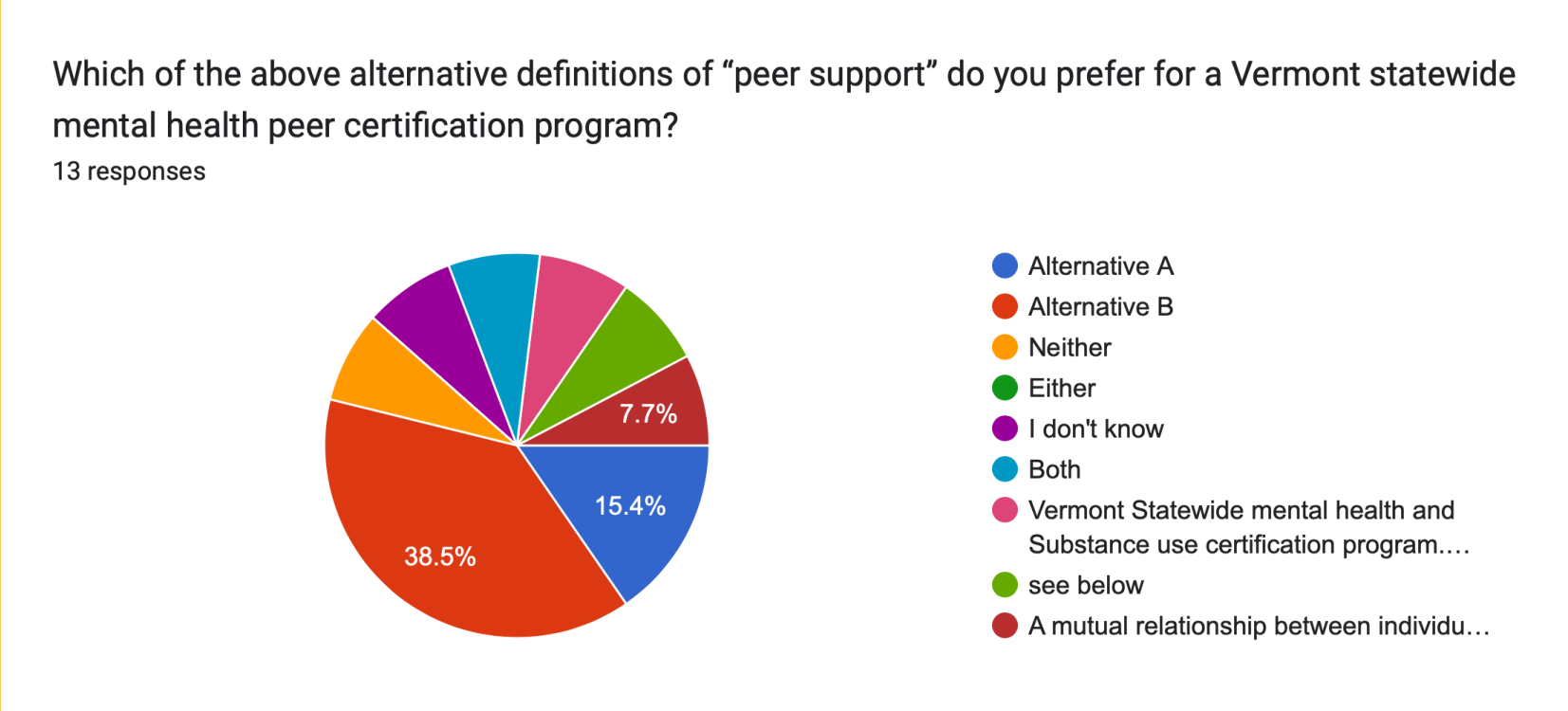
# “Peer Support” Definitions

## Alternative A

People with lived experience of a mental health condition supporting each other to live self-determined lives of their own choosing.

## Alternative B

A mutual relationship between individuals with lived experience of mental health challenges that emphasizes a non-judgmental, values-driven approach that promotes multiple perspectives, advocates for human rights and dignity, and focuses on genuine, mutual relationships that enrich the lives of those involved.





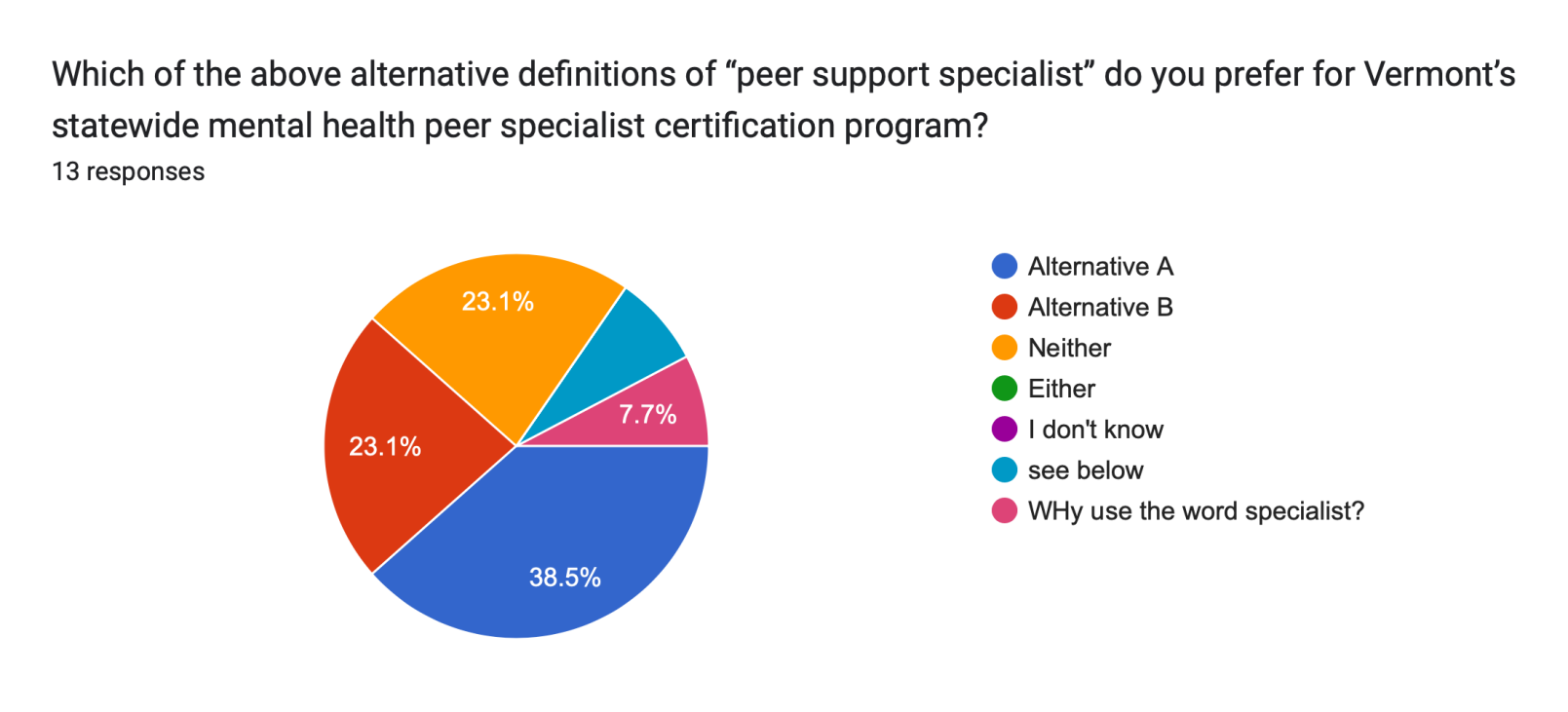
# “Peer Support Specialist” Definition

## Alternative A

Peer support specialists use lived experience to help individuals and their families understand and develop the skills to address mental illness, substance use disorder, and other health conditions.

## Alternative B

Peer support specialists use their lived experience of recovery from mental illness and/or addiction, plus skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resiliency.



# “Peer Support Services” Definition

## Alternative A

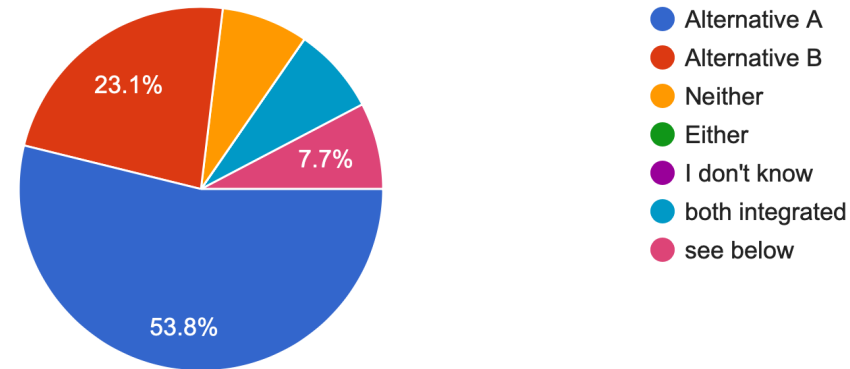
Peer support services include providing recovery, health, and wellness supports; supporting individuals in accessing community-based resources and navigating state and local systems; providing employment supports, including educating individuals regarding services and benefits available to assist in transitioning into and staying in the workforce; and promoting empowerment and a sense of hope through self-advocacy. (Vermont Global Commitment to Health Demonstration Project)

## Alternative B

Peer support services means support services provided by trained peers or peer-managed organizations focused on helping individuals with mental health and other co-occurring conditions to support recovery. (18 V.S.A. §7101, subdivision 30)

Which of the above alternative definitions of “peer support services” do you prefer for a Vermont statewide mental health peer certification program?

13 responses



# Minimum standards an applicant must meet before applying for certification

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# Peer specialist certification program framework

Screening	Training	Credentialing
<ul style="list-style-type: none"> <li>Education, residency, age</li> </ul>	<ul style="list-style-type: none"> <li>Number of hours of training; in-person, virtual, web-based, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Assessment-based vs. professional certification</li> </ul>
<ul style="list-style-type: none"> <li>Lived Experience, public disclosure</li> </ul>	<ul style="list-style-type: none"> <li>Core competencies, e.g., advocacy, ethics, mentoring, education, recovery, wellness support</li> </ul>	<ul style="list-style-type: none"> <li>Statewide examination</li> </ul>
<ul style="list-style-type: none"> <li>Work history</li> </ul>	<ul style="list-style-type: none"> <li>Approved vendors vs. dedicated statewide trainers</li> </ul>	<ul style="list-style-type: none"> <li>Continuing education requirements</li> </ul>
<ul style="list-style-type: none"> <li>Individuals, recommendations</li> </ul>	<ul style="list-style-type: none"> <li>State-specific training</li> </ul>	<ul style="list-style-type: none"> <li>Investigation and enforcement</li> </ul>
<ul style="list-style-type: none"> <li>Criminal history</li> </ul>		<ul style="list-style-type: none"> <li>Certifying body: peer-run, state board; third party (e.g., IC&amp;RC)</li> </ul>

# Eligibility Requirements?

<ul style="list-style-type: none"> <li>• Age</li> </ul>	<ul style="list-style-type: none"> <li>• Education</li> </ul>	<ul style="list-style-type: none"> <li>• Work Experience</li> </ul>
<ul style="list-style-type: none"> <li>• References and recommendations</li> </ul>	<ul style="list-style-type: none"> <li>• Lived experience of mental health and/or substance challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Willingness to share lived experience of mental health and/or substance use challenge</li> </ul>
<ul style="list-style-type: none"> <li>• Attestation regarding recovery</li> </ul>	<ul style="list-style-type: none"> <li>• Period in recovery</li> </ul>	<ul style="list-style-type: none"> <li>• Criminal history</li> </ul>
<ul style="list-style-type: none"> <li>• Residency requirement</li> </ul>	<ul style="list-style-type: none"> <li>• Personal statements</li> </ul>	<ul style="list-style-type: none"> <li>• In-person interviews</li> </ul>

# Polling

Please respond to the poll questions



# Eligibility Requirements Discussion

DISCUSSION

# Selected eligibility requirements, by State

State	State certification title	Level of Education	Prior work or volunteer experience	Number and type of letters of recommendation	Recovery experience
<b>Connecticut</b>	Certified Recovery Support Specialist	No minimum requirement	No minimum requirement	One letter of recommendation	Individuals must have direct lived experience of receiving mental health services and/or mental health hospitalization and that these experiences have seriously impacted their lives and relationships for an extended time; be willing to use their lived expertise in their role as a Recovery Support Specialist
<b>Maine</b>	Certified Intentional Peer Support Specialist	No minimum requirement	Completion of three-hour Peer Support 101 Workshop before submitting application	Not required	Must have experienced a mental health challenge that has seriously impacted one's life and relationships for an extended period
<b>Massachusetts</b>	Certified Peer Specialist	High school diploma or equivalent	None	Two letters of reference	Individuals must have lived experience of mental health condition or emotional distress or trauma resulting in significant life disruption; be active in their mental health recovery/wellness for at least one year; and be willing to share aspects of that experience
<b>New Hampshire</b>	Mental Health Certified Peer Support Specialist (CPSS)	None	None	None	Do not have to attest recovery or lived experience

# Selected eligibility requirements, by State

State	State certification title	Level of Education	Prior work or volunteer experience	Number and type of letters of recommendation	Recovery experience
<b>New York</b>	Certified Peer Specialist	High school diploma/GED	Documentation of 2,000 hours of work experience for standard level of certification	Three references	Must publicly identify as a person who has direct personal experience living a life of recovery, overcoming challenges resulting from a diagnosis of mental illness; have sufficient knowledge of recovery, overcoming challenges; be a current or former recipient of mental health or dual disorder services; and not currently hospitalized
<b>Rhode Island</b>	Peer Recovery Specialist	High school diploma/GED from an accredited school	500 hours of volunteer or paid experience specific to peer recovery services; 25 hours of supervision specific to the core competencies; hours may be included in total experience	Not required	Individuals must acknowledge a mental illness, addiction, chronic illness, or intellectual/developmental disability (I/DD) and have received or are currently receiving treatment and/or community support for it.
<b>Wyoming</b>	Peer Specialist	High school diploma or equivalent	None	Applicants have option of submitting up to two letters of support from anyone who can speak about the applicant's recovery journey and why applicant should be selected for the training	Must identify themselves as former or current consumer of mental health or dual diagnoses services or substance use disorder treatment and/or recovery services; must be well grounded in own recovery, with at least two years of continuous recovery
<b>Canada</b>	Certified Peer Supporter	No minimum requirement	Experience delivering 200 hours of formalized peer support with a focus on supporting a peer in their recovery process	Three references	Must disclose lived experience through to a path of recovery (either personally or as a family member)

# Selected eligibility requirements, by State

State	State certification title	Level of Education	Prior work or volunteer experience	Number and type of letters of recommendation	Recovery experience
Florida	Certified recovery peer specialist	High school or equivalent	500 hours; direct one-on-one supervision of on-the-job performance of peer support services	One supervisory, one professional, one personal	Must have lived experience with a mental illness or substance use disorder and have been in recovery for a minimum of two years
Georgia	Certified peer specialist	High school or equivalent	Not required	Not required	Must have been in recovery for at least one year between diagnosis of mental health or substance use condition and application for training program
Michigan	Certified peer support specialist	High school or equivalent	At least 10 hours per week for the past three months	Two professional references	Must have a serious mental health illness, received public mental health services currently or in the past and been in recovery for a minimum of one year
Oregon	Peer support specialist	Not required	Varies	Varies	Must currently be or formerly have been receiving services for a mental illness
Pennsylvania	Certified peer specialist	None	Within the last three (3) years, have either maintained at least 12 months of successful work or earned at least 24 credit hours at a college or post-secondary education institution.	None	Must be a person "with serious mental health or co-occurring (mental health and substance use disorder) lived experience"
Texas	Mental health peer specialist	High school or equivalent	250 hours initial supervised work experience	Two references	Must have lived with a mental health condition, substance use issue or both; be willing to appropriately share one's recovery story

# Polling

Please respond to the poll questions

# Process to determine whether minimum standards have been met

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# Selected Screening Entities, by State

State	Screening Entity
Massachusetts	Peer-run organization (successor organization to The Transformation Center)
Texas	State certification board
Pennsylvania	State certification board
Colorado	Subcontractor (Colorado Providers Association, a professional trade association representing substance use disorder prevention, intervention, treatment and recovery providers)
New Hampshire	Bureau of Mental Health Services NH Department of Health & Human Services
Washington, DC	Peer support workers convened by the Department of Mental Health
Wyoming	Peer run organization



# Questions, Comments, Concerns

Please contact:

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