

Teach  
Learn



July 9<sup>th</sup>

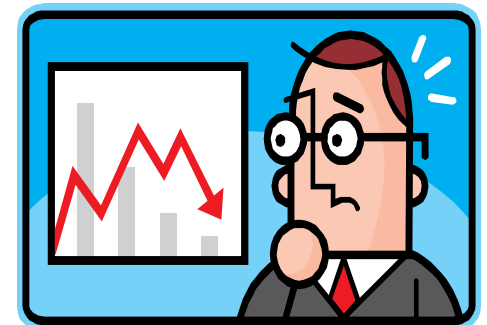
# Peer Support Action Planning Session

Recommendations from up and coming  
peer and recovery leaders of PA



# Our Task:

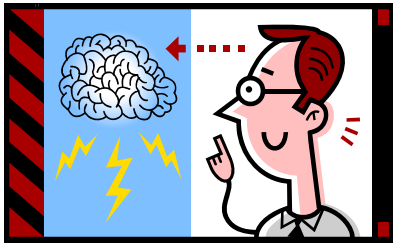
On July 9, 2009, peer and recovery leaders from throughout PA, in partnership with OMHSAS, met to discuss how to keep peer support alive, growing and moving to the forefront of our behavioral health system in the midst of economic uncertainty.



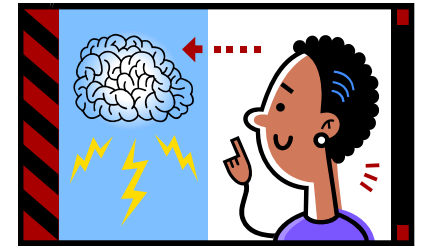
# The Process:

- The first task of the day was to clarify the task at hand- “How do we keep peer support ‘alive’ and growing in an uncertain economy?”
  - This was accomplished through an open discussion
- With this accomplished we moved on to the second task:

**Brainstorming**



# The Brainstorm



- The group discussed guidelines for brainstorming sessions using a handout entitled: ***Eight Rules to Brilliant Brainstorming***
- The larger group then split into four smaller groups for the purpose of the actual brainstorming.
- Each group generated a number of ideas, some overlapping (see Appendix 'A')

# Making Informed Choices



- After generating ideas, each group developed criteria with which to assess their ideas (See Appendix 'B')
- The four groups then came back together to present their chosen ideas.
- After the presentations and a very involved discussion, the large group came to a mutual agreement on four ideas to develop action plans and recommendations.

# And the Top Four Priorities are...



**Have self-identifying people in recovery employed at every level of the behavioral health system**



**Unify and Solidify Peer Support in PA**



**Increase the awareness, engagement and value of peer support in the larger community**



**Organize political, religious and community organizations to leverage support and develop collaboration to advance peer support.**



## Priority Idea One:

- Have self-identifying people in recovery employed at every level of the behavioral health system
  - This is a fundamental shift in how a transformed mental health system operates



## Our Action Plans:

- Prioritize the development of more consumer run organizations (CRO)
  - Offer education on leadership and administrative skills for Certified Peer Specialists who want to start their own consumer run organization
  - Bring peer support to the forefront as we develop crisis alternatives: Intentional peer support and crisis alternatives.

# Our Action Plans:

- Develop and hire a team of recovery champions to create recovery accreditations for PA's behavioral health services
  - Regional teams will be trained and hired to do site visits to various mental health organizations and accredit those that meet certain recovery-focused standards. Every site visit will be offered a report with areas of strengths and areas to enhance
  - Accredited organizations will receive recognition from OMHSAS





## Our Action Plans:

- As part of mental health licensure, a certain percentage of employees must be people who self-identify as former or current recipients of mental health services
  - Recommendations for how to begin this action plan:
    - We (peers) would benefit from learning more about the licensing process. We would like two peers to be part of all licensure meetings.
    - We would also like to recommend that at least one certified peer specialist travel with our field officers when they go out to license Peer Support Services.



## Priority Idea # 2

### **Unify and Solidify Peer Support in PA**

*This will help advance understanding of ‘what the role of a certified peer specialist is’ and ‘what certified peer specialists do’.*



## Our Action Plans:

- **Create Professional Guidelines, to include:**
  - Ethical Code- As a new discipline, there needs to be guidelines and codes of practice.
  - Recertification process for certified peer specialists- While the initial certification process is working smoothly, there needs to be a way to update and monitor ongoing education and keep certification current.

# Our Action Plans:



- **Increase credibility and visibility of the PA Peer Support Coalition.**
  - We cannot expect the coalition to advance without support from the community.
    - Financial Support- Have organizational memberships to the coalition which would include dues.
    - Create and enhance the communication and networking of the PA Peer Support Coalition
    - Develop a website that could be the ‘hub’ for all things peer support in PA and across the nation.

# Priority Idea # 3

Increase the awareness, engagement and value of peer support in the larger community



# Action Plans:



- Encourage all peer supporters to learn WRAP, Personal Medicine, I'm the Evidence and In Your Own Voice.
  - Make these trainings available statewide and affordable for peer supporters.
- Have OMHSAS develop a partnership with the I'm The Evidence campaign
  - Present workshops on the power of storytelling for organizational change.
  - Put ITE and Recovery posters in ALL Commonwealth of PA offices

# Action Plans:



- Develop a speaker's bureau to promote peer support services
  - Use the public media to get the word out about peer support
    - Public Radio and TV
    - Facebook and You Tube
  - Get peer support on the agenda at community meetings

## Recommendations:

- Form a workgroup to organize a speakers bureau
  - Offer train-the-trainers course to develop presentation skills
- Research community and public forums

## Priority # 4



Organize political, religious and community organizations to leverage support and develop collaboration to advance peer support.

*Group Four developed six sequential steps to take to set their priority in action*

# Action Plan:



1. Put together a workgroup/committee to do focused work on this priority.
2. The focus of the workgroup:
  - Identify what's already being done
  - Identify potential new partners
  - Identify appropriate liaisons
3. Develop an outreach plan and materials

# Action Plan:

4. Implement the outreach plan to potential new partners
5. Bring all the partners together
6. Develop an ongoing committee or coalition of various stakeholder groups to leverage change at the state and local levels



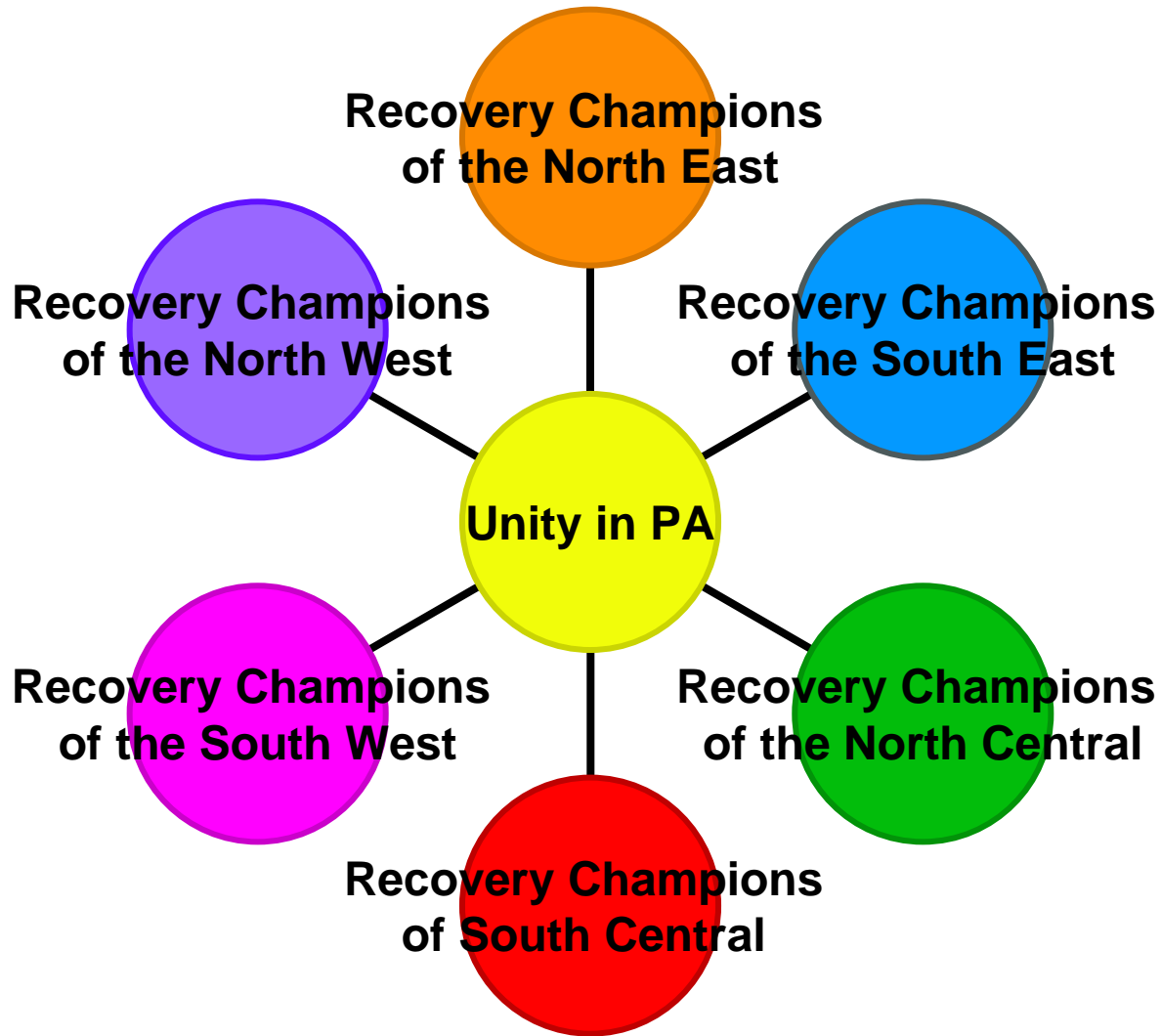
# Appendix “A”

- The meeting attendees, in their respective breakout groups, spent both quantity and quality time brainstorming many possible ideas for keep peer support alive and growing during uncertain economic times.
- We wanted to give you a ‘sample’ of some of the other ideas generated.
  - For the entire list- see Appendix “A”

# Appendix “A”

- WRAP the world, starting with PA
- Unify recovery language that meets documentation requirements
- Create a peer support advisory council where recovery champions can share ideas, access information and make recommendations to enhance PA behavioral health services

# Connecting The Dots



# Next Action Planning Event is on December 21<sup>st</sup>, 2009:

- **The Question:**
  - If you could create the ideal mental health program you would most want to use if you ever needed crisis or hospital based services again, what would it look like?



## Next Action Planning Event:

- This Action Planning Event is scheduled for Monday December 21<sup>st</sup>, 2009. It is an all day event and lunch will be provided.
- Priority is given to people who have experienced psychiatric crisis or inpatient hospital- based services before.
- If interested, please contact.....
  - Gina Calhoun
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    - 484-336-6174

# For more information:

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 *Merci*

*Vielen*  
**Dank**

**THANK  
YOU**

 Ευχαριστώ

**תודה**