

BJA's Comprehensive

Opioid Abuse
Program

Peer Advocates

and Peer Supports

Elizabeth Burden and Erin Etwaroo

BJA COAP TTA Center on Peer Recovery Support Services,
Altarum

Welcome and Introductions

Who's in the Virtual Room?

Please share via chat:

- Your name and title
- Your court / jurisdiction
- How long you have been with the court



Where Group is—Peer Integration

Thinking

10.3%

Planning

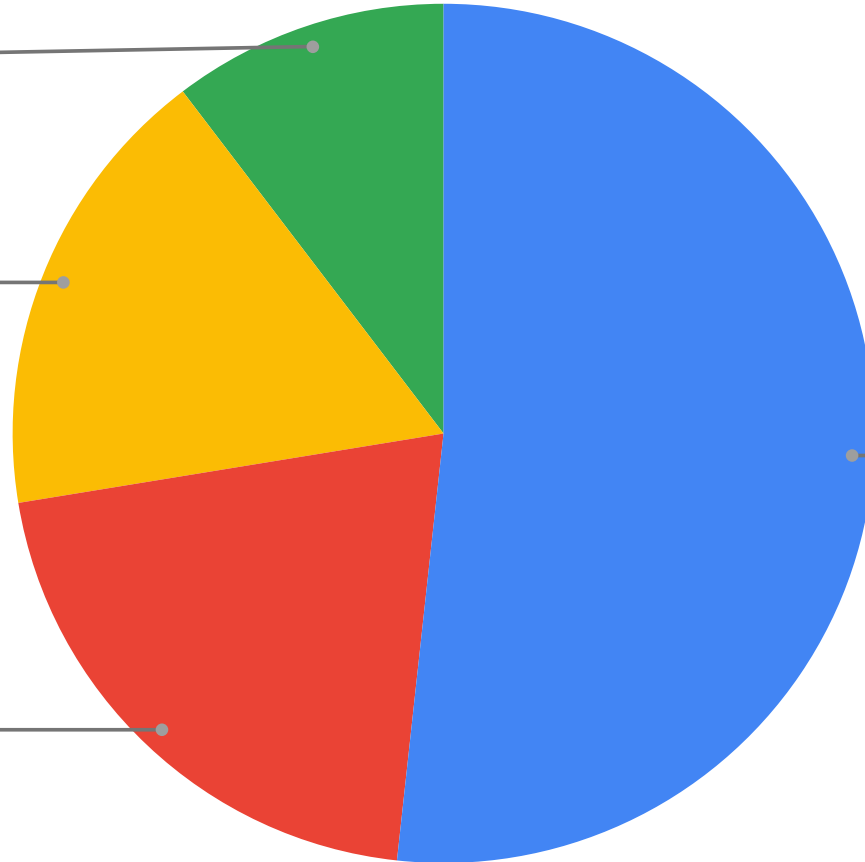
17.2%

Implementing -
Early Stages

20.7%

Implementing -
Well Established

51.7%



Session Overview

- Defining Peer Practice and Peer Practitioners
- Integrating Peer Practitioners on a Multidisciplinary Team:
Key Factors to Consider
- Defining Peer Recovery Support Services
- Planning for Growth: From One Peer Practitioner to
Peer Recovery Support Services

Learning Objectives

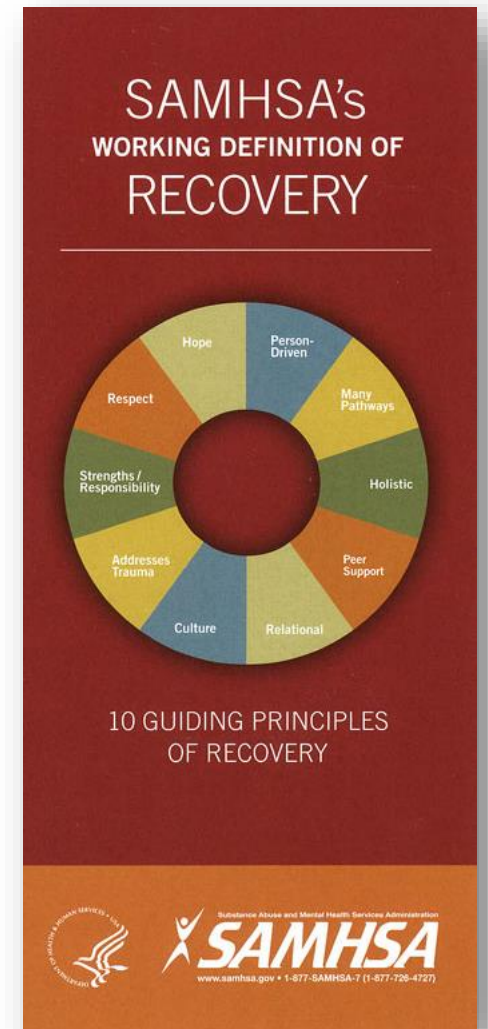
- Define the terms peer practice, peer practitioner, and peer recovery support services.
- Identify three key factors that impact the integration of certified recovery peer advocates in a multidisciplinary team.
- Recognize the ten essential elements of peer supports in opioid courts.

Defining Peer Practice and Peer Practitioners

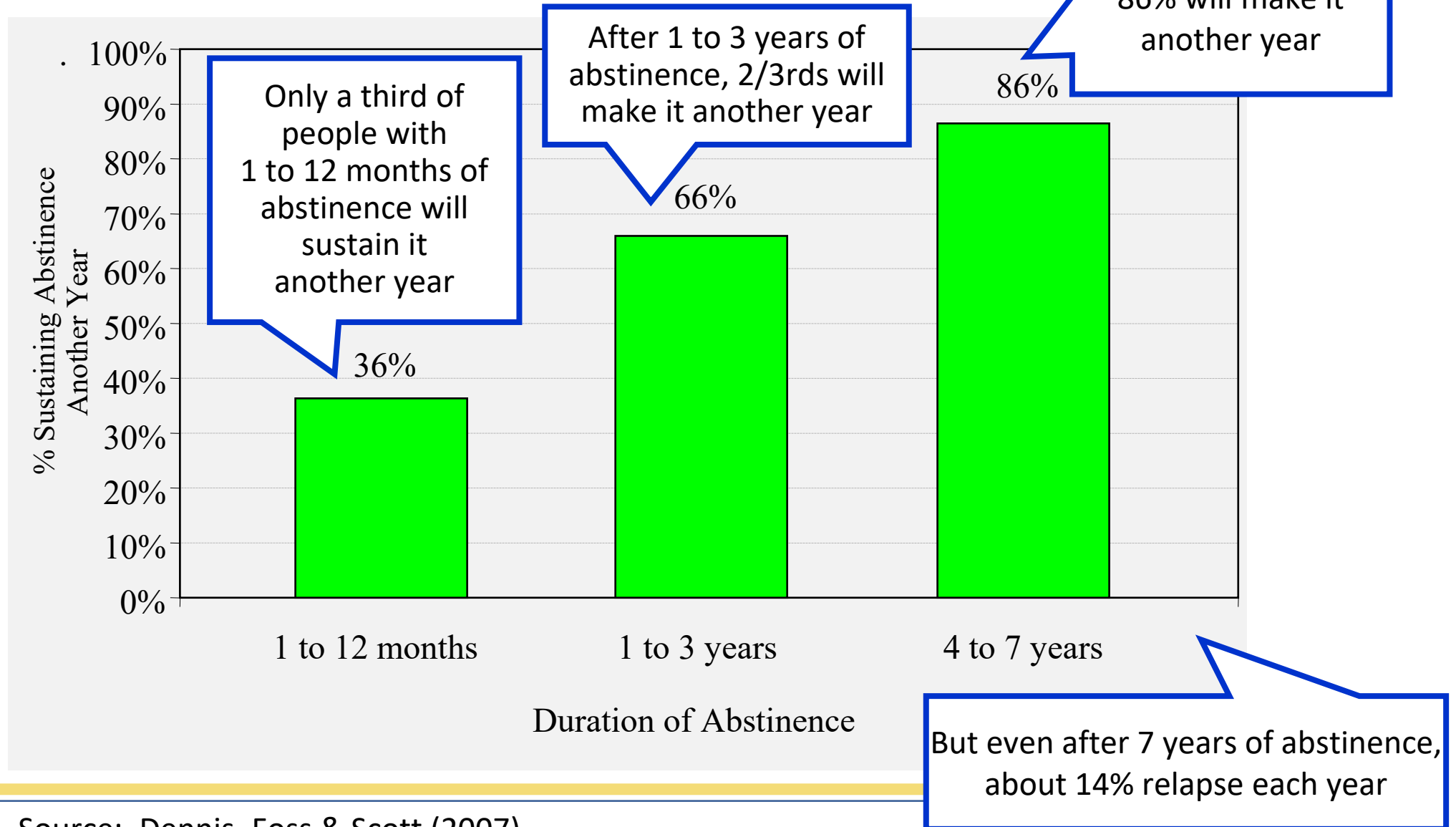
Recovery is...

- A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential
 - Hope
 - Respect
 - Strengths/responsibility
 - Addresses trauma
 - Culture
 - Relational
 - Peer support
 - Holistic
 - Many pathways
 - Person-driven

(SAMHSA, 2011)

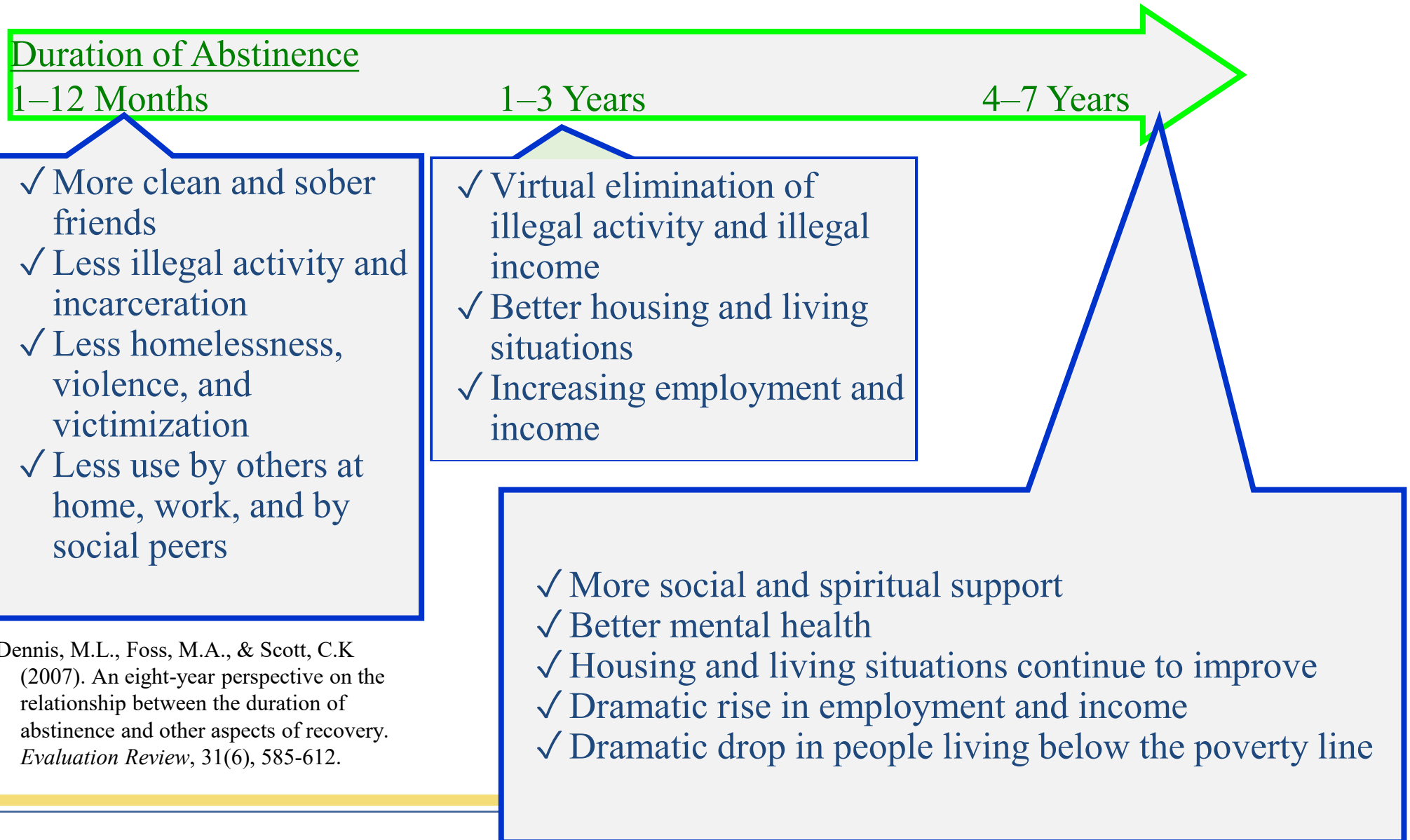


Likelihood of Sustaining Abstinence Grows Over Time



Source: Dennis, Foss & Scott (2007)

Average Progression of Recovery



Essential Ingredients for Sustained Recovery

- Safe and affordable place to live
- Steady employment and job readiness
- Education and vocational skills
- Life and recovery skills
- Health and wellness
- Recovery support networks
- Sense of belonging and purpose
- Community and civic engagement

Peer Relationship



- Mutuality and reciprocity
- Relationship built on respect and trust
- Authority and expertise of lived experience
- Transparency of strengths and weaknesses
- Appropriate sharing
- Empowerment: never do for others what they can do for themselves
- Recovery first: modeling self-care

Peer Practice is Story + Skills + Service

- Story** Experience coming from a person history of, or exposure to: (1) substance use disorder; (2) the process of change; and (3) a sustainable life in recovery
- Skills** Expertise in a variety of methods and approaches for applying that knowledge and experience
- Service** Focus on helping others establish, and live in, their own definition and pathway of recovery across a lifetime

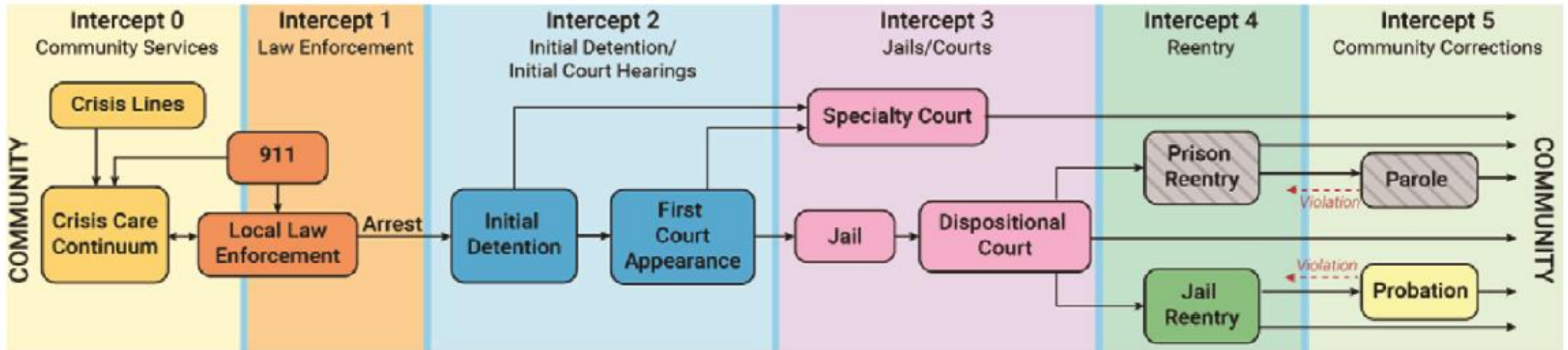
(Adaptation of Thomasina Borkman, 1976; Ruth Riddick, 2018)

Peer Practitioners are Professionals

- Education → practice specific
- Ethics → profession specific
- Certification → role-specific
 - Certified Recovery Peer Advocate (CRPA) (Medicaid billing)
 - Certified Addiction Recovery Coach
 - Certified Peer Specialists (mental health system only)

(Ruth Riddick,2020)

Peer Practitioner Roles Across the SIM



Source: SAMHSA GAINS Center/ PRA Inc.

Examples of Peer Services at Each Intercept

Peer Navigators assist with service linkages and follow-up for individuals who survive overdose.

Peer Crisis Interventionists integrated into mobile crisis outreach/ crisis intervention teams and Assertive Community Treatment (ACT) teams.

Peer Recovery Specialists offer comprehensive peer supports—including harm reduction and recovery planning, support group facilitations, and telephone recovery supports—in recovery community organizations, other community-based settings, and within behavioral health treatment programs.

In pre-arrest deflection or diversion programs that engage individuals based on risk factors and needs, **Peer Recovery Coaches** help to:

- Develop recovery plans
- Connect to community services
- Keep people engaged through a variety of activities

Peer Advocates:

- Help individuals to process what has happened and prepare for what is coming next
- Explain the arrest, detention, and arraignment processes
- Ensure that the individual feels safe and respected and
- Give the individual hope that they can cope with criminal justice system involvement while recovering from mental and substance use disorders

Through specialty courts and diversion programs, **Forensic Peer Specialists** offer comprehensive peer supports, including recovery planning, recovery coaching, support groups, and other recovery supports as part of the services.

Within jails, **Peer Recovery Coaches** offer peer support groups and connect individuals with a range of recovery supports that can be accessed when a person is released on bail.

In correctional peer programs, **Peer Recovery Coaches** provide emotional support, promote addiction and mental health recovery, and foster general health and wellness.

Peer Reentry Coaches:

- Assertively connect individuals with community-based services, including comprehensive peer recovery supports as a part of planning for reentry
- Offer recovery planning, recovery management, and system navigation, including connection to recovery housing
- Support reaching goals for desistance, employment, and education

Peer Navigators

ensure all individuals under community supervision have access to recovery supports that help maintain a life in recovery, balancing the responsibilities of meeting the provisions and conditions of their probation or parole with other daily-living needs, including housing, employment, and benefits.

Peer Practitioner Role – Specialty Courts

Supporting people involved with criminal justice system as mentor, guide, and/or resource connector while they are engaged with the court, and beyond.

- Supports personalized recovery planning
 - Assists and supports participants in setting goals related to adherence to court requirements
 - Proposes strategies to help participants accomplish recovery goals
- Links to resources, services, and supports
 - Addresses barriers to housing, employment
 - Assists to identify, select, and use resources and services
- Provides information about skills related to health, wellness, and recovery
- Helps participants to manage crises
- Advocates for individuals while supporting compliance
- Supports collaboration and teamwork

Peer Practitioners—Key Competencies

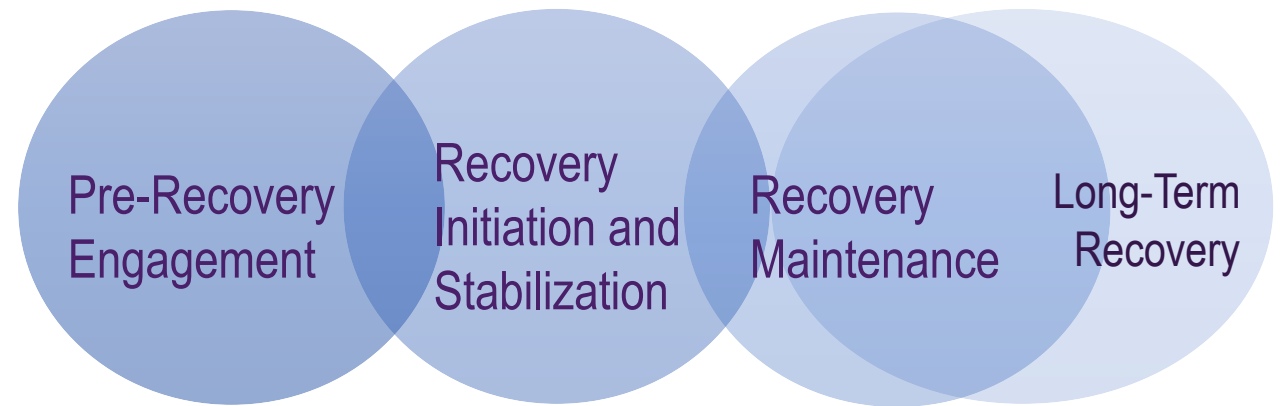
- Listening, facilitating, guiding, encouraging
- Leveling power differentials
- Helping others to gain hope, explore recovery, and achieve life goals
- Reinforcing voice and choice
- Building on strengths (**recovery capital**) to develop solid recovery foundation
- Development of person-owned recovery plans
- Applying trauma-informed and culturally appropriate strategies
- Role modeling successful recovery

Integrating CRPAs on a Multidisciplinary Team

Key Things to Consider

Integrating CRPAS: Opportunities

- Add new perspective to multidisciplinary team
- Engage participants in broader or deeper way
- Strengthen motivation for change, identifying and removing barriers
- Build more recovery capital
- Improve participant outcomes



Three Key Factors to Consider

1. Philosophy, core values, purposes of peer support
 - Link to recovery community of person's choice
 - Help identify and remove barriers
 - Encourage hope, optimism, and wellness
 - Build recovery capital through purposeful conversation
2. Organizational culture(s) and climate(s)
3. Role clarity
 - Partner agencies and programs
 - Multidisciplinary team
 - Peer staff and other staff

Key Questions for Key Factors

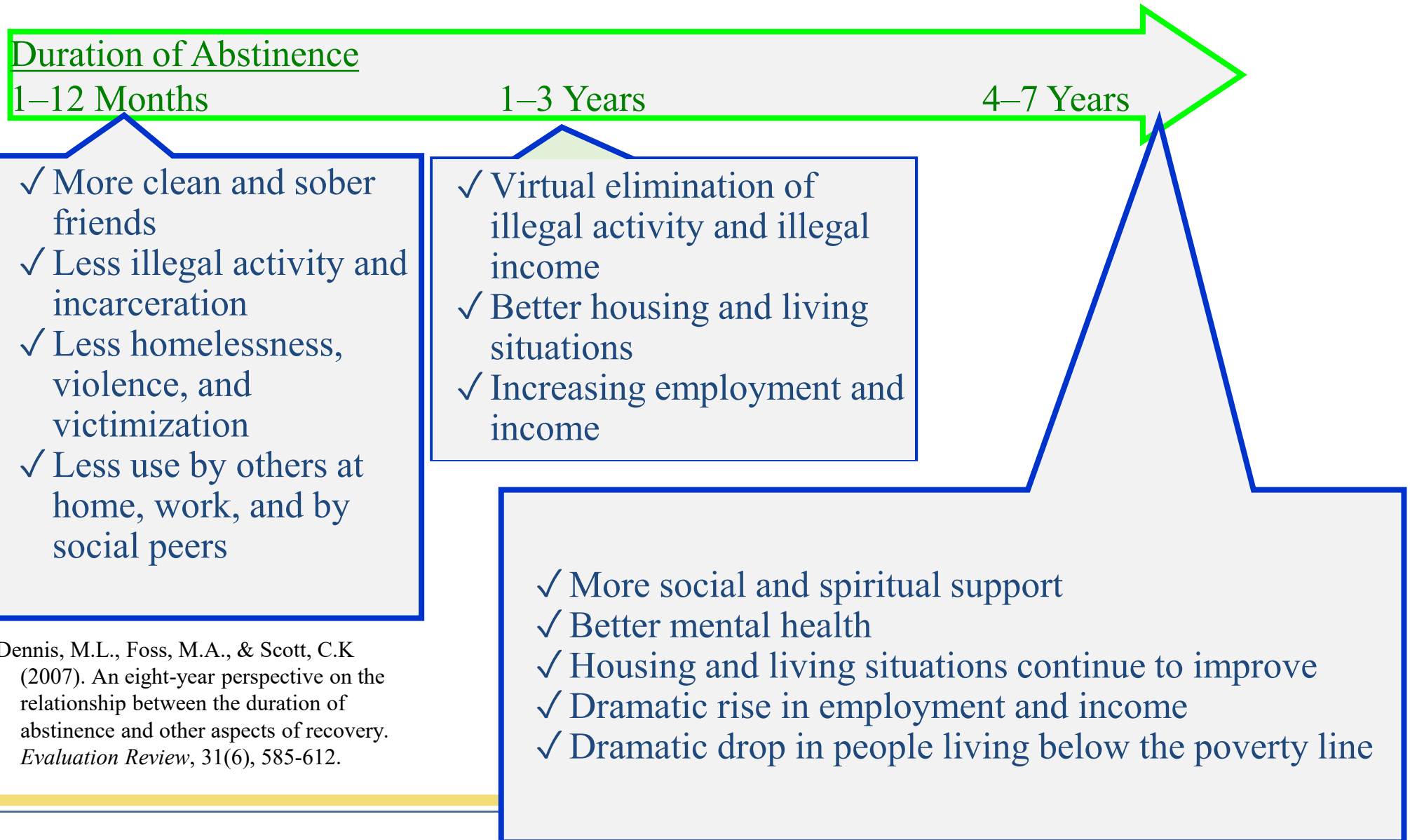
- What is the primary purpose of CRPA in this setting?
- Who is the CRPA there to advocate for?
- What is the CRPA there to advocate for?
- How does the CRPA build and maintain a trusting relationship with peer participant?

Expertise in the Room - 1

- What are the role(s) of CRPA on your multidisciplinary team in drug court?
- What is (or do you anticipate will be) different for CRPAs in opioid court?
- How do you prepare non-peer staff to work with CRPAs?
- How do you prepare CRPAs to work:
 - With team?
 - In court?
- What has been biggest lesson learned?

Defining Peer Recovery Support Services

Average Progression of Recovery



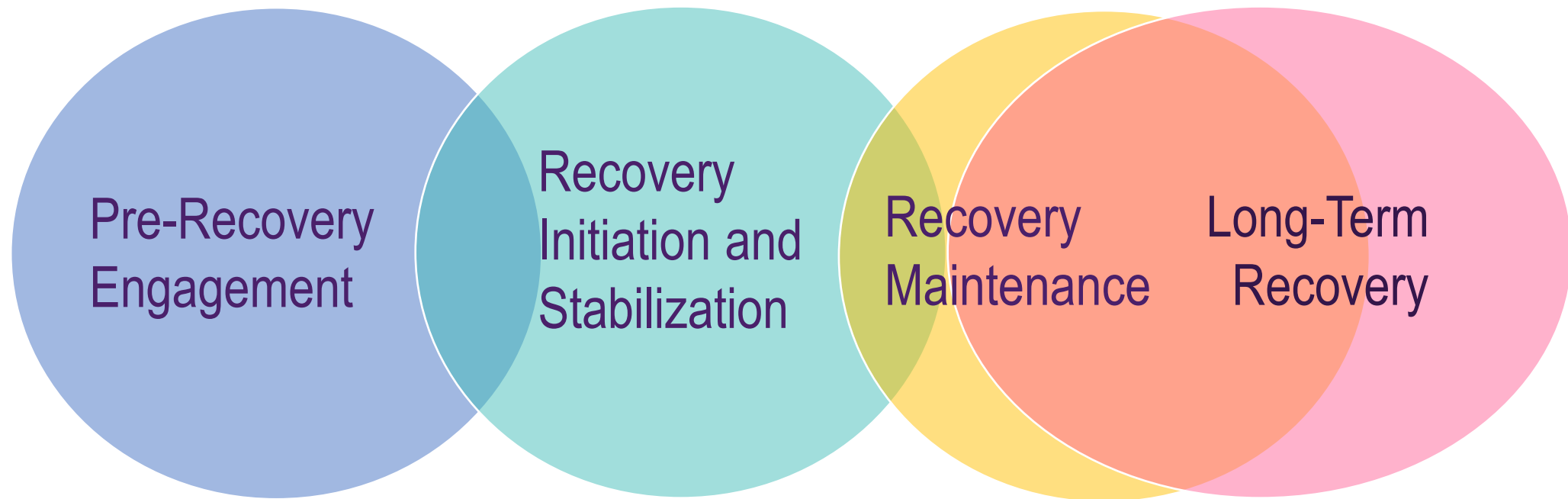
Peer Recovery Support Services (PRSS)

Recovery happens in community.

- Ready-made pro-social environment
- Focus on building trusting ***relationships***
- Use recovery community resources and assets
- Provide a variety of models of the benefits and expectations of a life in recovery



PRSS engage individuals across the time span of recovery—and keep them engaged



Adapted from William White

PRSS create, build, reinforce, and strengthen **Recovery Capital**

- In assisting people to achieve their recovery goals, it is often useful to help them assess and build their **Recovery Capital**
- **Recovery Capital** is the sum of the strengths and supports—both internal and external—that are available to help someone initiate and sustain long-term recovery from addiction

(Granfield and Cloud, 1999, 2004; White, 2006)

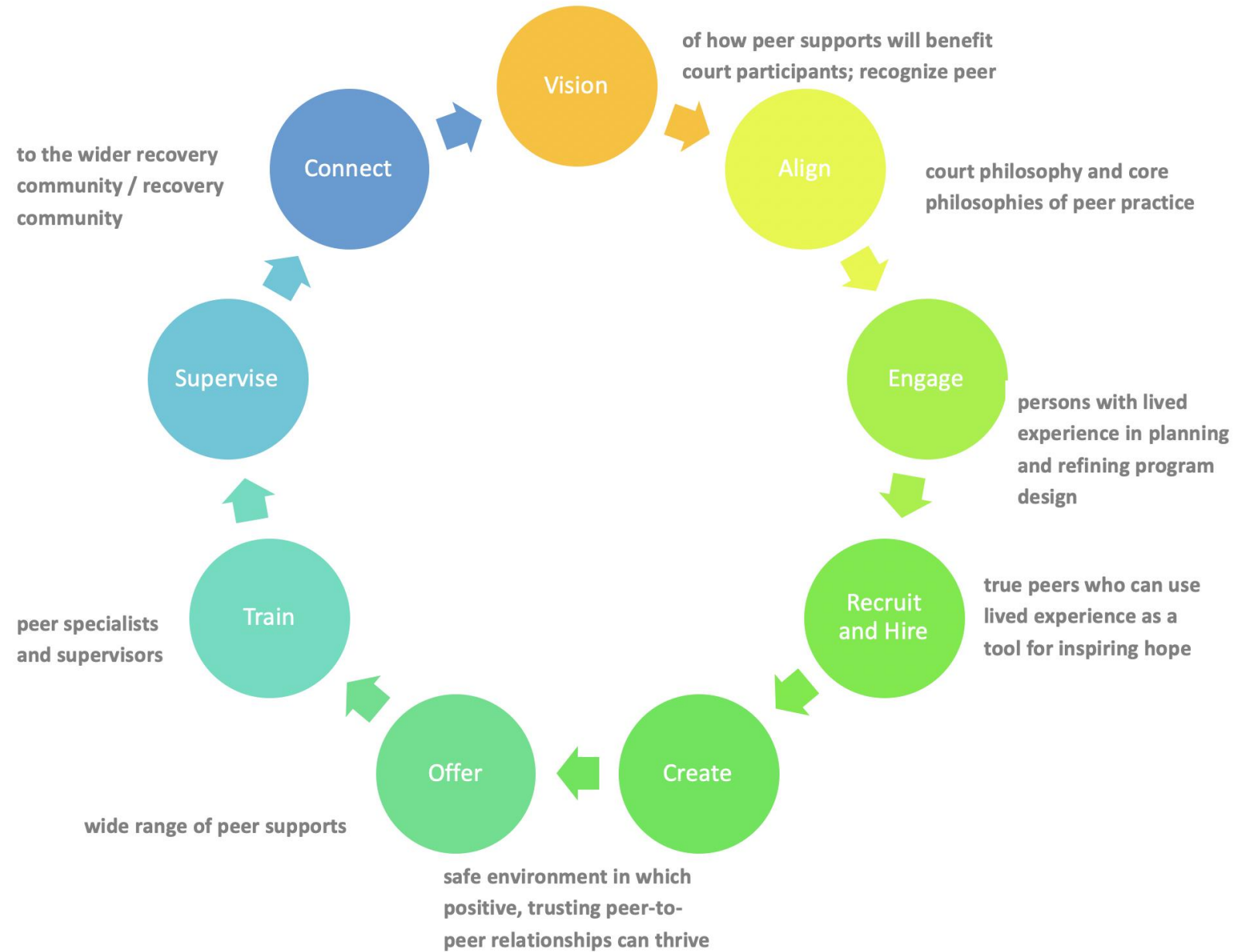
Comprehensive Peer Supports - 1

Type	Description	Peer Roles	Supports
Emotional	Demonstrate empathy, caring, or concern to bolster the person's self-esteem and confidence	• Recovery coach • Support group leader	Offering peer recovery coaching and varied peer-led support groups in an accessible, welcoming environment
Informational	Share knowledge and information and/or provide life or vocational skills training	• Peer educator • Peer community health worker • Peer wellness coordinator	Scheduling a complete calendar of training sessions—such as parenting classes, job readiness training, health education classes, and wellness sessions—based on participants' identified needs
Instrumental	Provide concrete assistance to help others accomplish tasks, such as connecting individuals to housing, employment support, and social services	• Peer navigator • Peer advocate • Recovery residence manager	Offering one-on-one or small-group assistance in locating providers, completing paperwork, making appointments, and negotiating barriers to accessing needed resources and services
Interpersonal (Affiliational)	Facilitate contacts with other people to promote learning of social and recreational skills, create community, and acquire a sense of belonging	• Recovery community center staff • Recovery activity coordinator • Sober active guide	Providing space for sober social gatherings (e.g., sober Super Bowl party) and assisting participants in setting up social outings and sober sports leagues

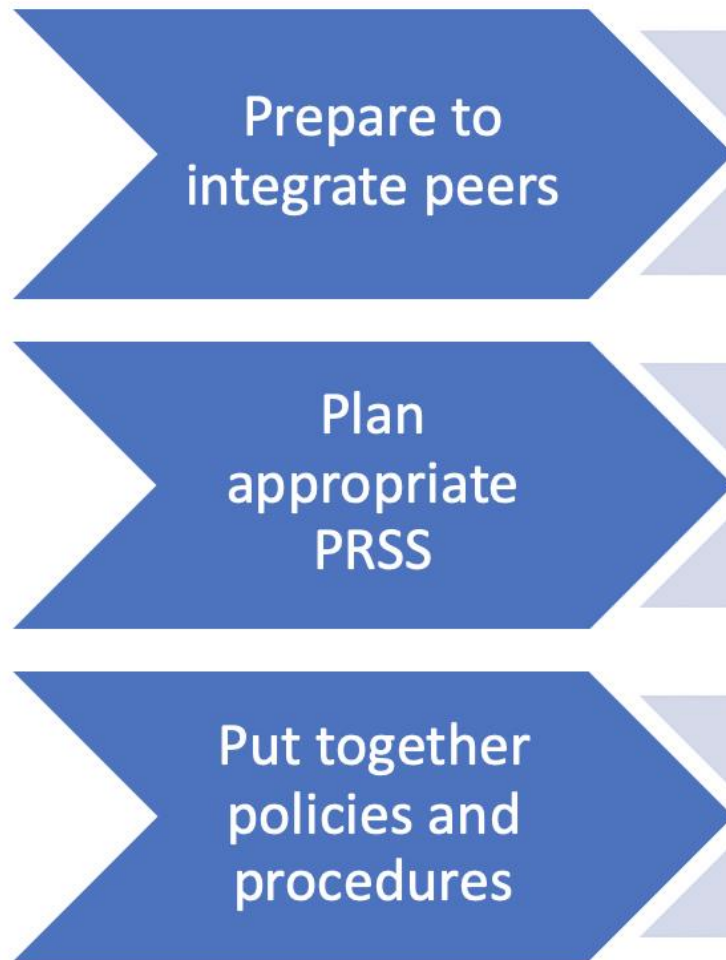
Planning for Growth

From One Peer Practitioner to Peer Recovery Support Services

Elements



Steps



BJA's Comprehensive

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Program

Expertise in the Room - 2

- What are the supports they provide—or link drug court participants to?
- What do your participants think/ feel about having peer support?

Expertise in the Room - 3

- What advice would you give to those who are thinking about or planning to add peer supports to their court?

Final Thoughts

A Renewed Vision

- ~~Recovery Works~~
- ~~Recovery is Possible~~
- **Recovery Is an Expectation!**

TTA Center Staff



Diana Williams, Project Director
diana.williams@altarum.org
(202) 776-5133

Elizabeth Burden,
Technical Assistance Director
elizabeth.burden@altarum.org
(520) 999-5780

Erin Etwaroo, Analyst

Sade Richardson, Analyst

Ruth Shamraj, Editor

Partners

National Council for
Behavioral Health,
Practice
Improvement
Division



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