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Together Toward Tomorrow
Creating Meaningful Connections:
Youth Certified Peer Specialist (CPS-Y)

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Ana Gaona Martinez

• Lived Experience
• Family
• Arriving at the Department
• Lessons Learned
• Where I am Today
<table>
<thead>
<tr>
<th>Principle</th>
<th>Description</th>
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<tr>
<td>Is age independent</td>
<td>Occurs via many pathways</td>
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<tr>
<td>Is culturally based and influenced</td>
<td>Recognizes the wisdom of “lived experience”</td>
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<td>Is anchored in wellness</td>
<td>Emerges from hope</td>
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<td>Is supported by peers, allies, advocates, and families</td>
<td>Is person driven</td>
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<tr>
<td>Is nurtured through relationships and social networks</td>
<td>Is strengths based</td>
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<tr>
<td>Is anchored in wellness</td>
<td>Is holistic</td>
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<tr>
<td>Addresses trauma</td>
<td>Supports self-responsibility</td>
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<tr>
<td>Empowers communities</td>
<td>Is based on respect</td>
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Recovery doesn’t mean that someone has been cured, it means that their quality of life got better.

- School
- Home
- Community
- Friends
- Family
Peer Support | Certification Competencies

- CPS role and responsibilities
- Definition of recovery
- Effectively utilizing your personal recovery story to benefit individuals served
- Listening, self-disclosure & engagement
- Creating environments that support recovery
- Ethics & professional boundaries
- Combating negative self-talk

- Workplace power, conflict & integrity
- Recovery-oriented goal setting
- Change facilitation
- Self-care & wellness
- Self advocacy
- Documentation
- Testing and certification
- Science of Addiction & Recovery (SOAR)
Youth Certified Peer Specialist (CPS-Y)

- Youth Certified Peer Specialist (CPS-Y) – Is an individual who is a young adult, ages 18 through age 26, with lived experience living with a mental health or substance use condition or both and who has received behavioral health services as a youth, and is willing and able to self-identify as a person living with a behavioral health condition and is prepared to use that experience in helping other youth and young adults living with similar behavioral health conditions.

- The Youth CPS-Y offers emotional support, shares knowledge, and works with individuals to identify meaningful connections and tools that contribute to wellness/resiliency/recovery.
Youth Certified Peer Specialist (CPS-Y)

Enrollees must meet the lived experience expectations below:

• Be 18-26 years of age (valid Georgia ID); and
• Have a mental health (MH) condition, substance use disorder (SUD), or a co-occurring diagnosis; and a strong desire to identify themselves as a person living with a mental illness or substance use diagnosis; and
• Be able/willing to actively seek and manage your own appropriate care; and
• Be able to share their own personal story in a safe and appropriate way; and
• Must be well grounded in recovery wellness; and
• One year between diagnosis and application to training; and/or
• If the individual has a substance use condition, there must be one year continuous abstinent from substance use;
• Have a high school diploma or GED
The primary functions of the Youth Peer Support service is to promote Youth & Family Recovery.

- Making a Connection
- Addressing Isolation
- Building Knowledge and Skills
- Cultivating Hope
Youth CPSS
Aim to:

**Support**
- Support increased advocacy

**Help**
- Help improve communication within the family

**Reduce**
- Reduce crisis

**Help**
- Help youth and families learn to de escalate potential crisis situations

**Establish**
- Establish meaningful community connections

**Enhance**
- Enhance quality of life in community

**Cultivate**
- Cultivate Self management/self control
Personal Development

What do you think about your diagnosis?

Do you know what it is?

Have you ever looked it up?

Agree/Disagree

Cultivating the young person’s ability to make informed, independent choices

Who is your Support?

What has helped you?

Help the young person understand what a behavioral health diagnosis means and what a journey to recovery may look like.
Dana McCrary

- Lived Experience
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Align Treatment with a Recovery Orientation

Moving our system away from a crisis-driven model of services to a prevention-focused, strength-based continuum of care that provides sustained support and wellness.
Supports and Interventions

• Encourages participants to do research on their personal diagnosis and assist them in creating plans or tools to manage their own wellness.

• Helps participants recognize the importance of developing a support system.

• Helps them understand that their support system should go beyond the doctor’s office and the staff that they work with.
Supports and Interventions

- Drawing upon their own experience, helping the youth/family find and maintain hope as a tool for progress towards recovery;
- Encourage the creation of an ongoing Wellness and maintenance plan.
- Identifying the importance of Self-Care
- Assisting the youth in identifying the tools of wellness/resiliency/recovery available in everyday life;
- Building the youth and family skills, knowledge, and tools related to the identified condition/related symptoms/challenges so that the family/youth can assume the role of self-monitoring and self-management;
- Creating early access to the messages of recovery and wellness;
- Identifying and overcoming their fears.
Supports and Interventions

01
Assisting with identifying other community and individual supports that can be used by the family to achieve their goals and objectives—these can include friends, relatives, and/or religious affiliations.

02
Coaching youth in developing systems advocacy skills in order to take a proactive role in their youth's treatment and to obtain information and advocate with all youth-serving systems;

03
Assisting the family in understanding so that youth have improved communication with family.
Increase Community Supports

- Supporting peers through his/her decision-making process.
- Increase meaningful connections.
- Encourages youth to talk about themselves in a positive way.
- Provides Positive reinforcement.
- Encourage peers to try new things and new experiences.
You can get better!!!

Talk about the benefits of going to your appointment

Preparing in advance to talk to your doctor and/or ask questions. Finding the right fit.

Knowing enough about yourself and what you are experiencing and have the words to help other people understand

Making meaningful connections to things that you want to do

Taking charge of your life.

Overcoming fears and having courage to talk about it and tell the truth

Understanding that services are designed to help you, help yourself

Understanding that if you want things to get better you will need to help people, help you.

There is no magic pill, and everyone is different.
How to Access the Peer Support Service

- Individual must be living with a Behavioral Health condition and meet the DBHDD Admission Criteria
- Must be receiving services from a DBHDD approved provider (X)
- Peer Support is an intervention that must be prescribed on the Individual Recovery/Resiliency (IRP) Plan
- Must be authorized by the ASO/Beacon Health Options
Questions?

BE DBHDD

Georgia Department of Behavioral Health & Developmental Disabilities
Thank You