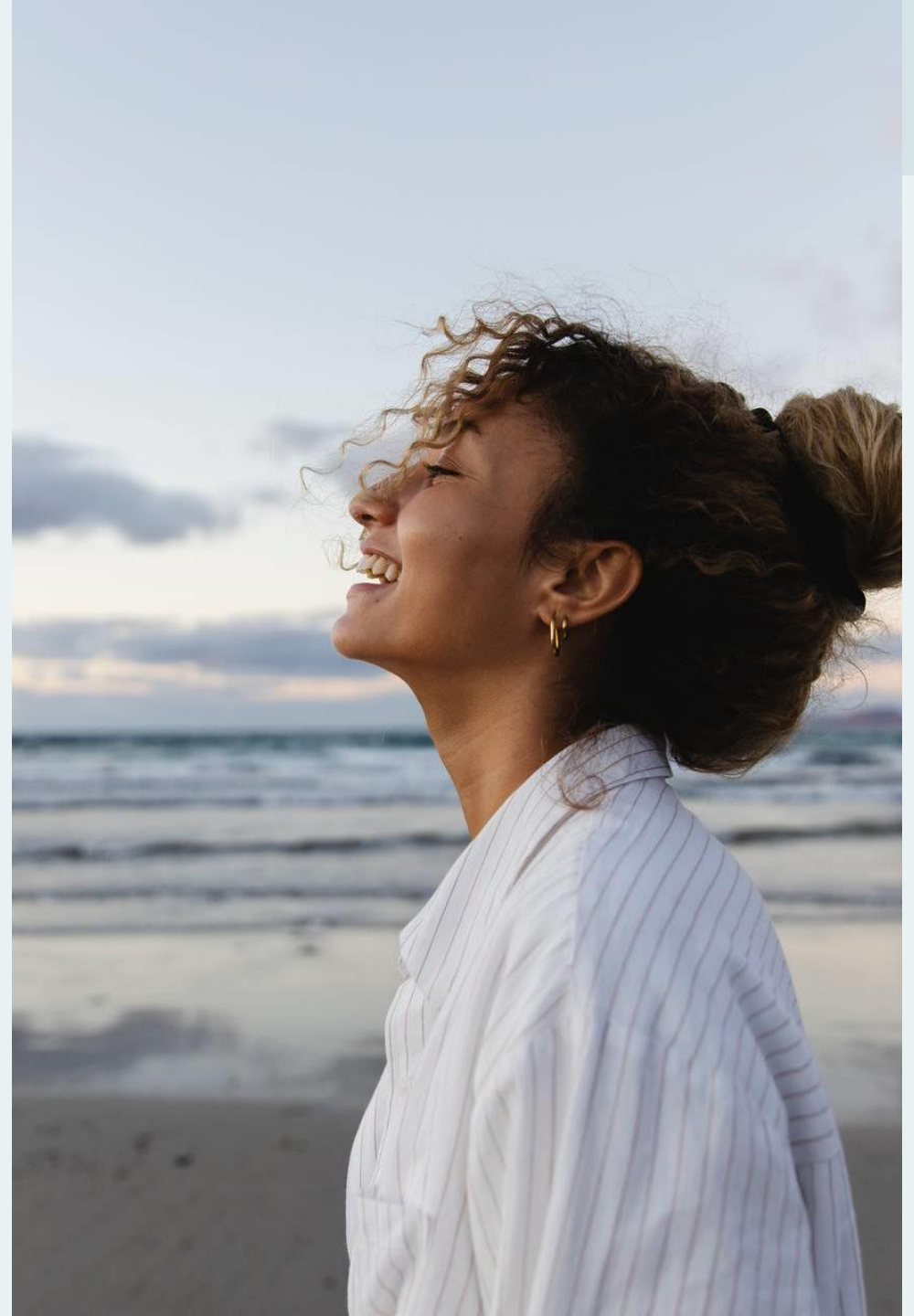


**SMHPC State Mental
Health Planning
Council (MH) meeting:**

The **POWER** of Peer
Recovery Support
Services throughout
the continuum



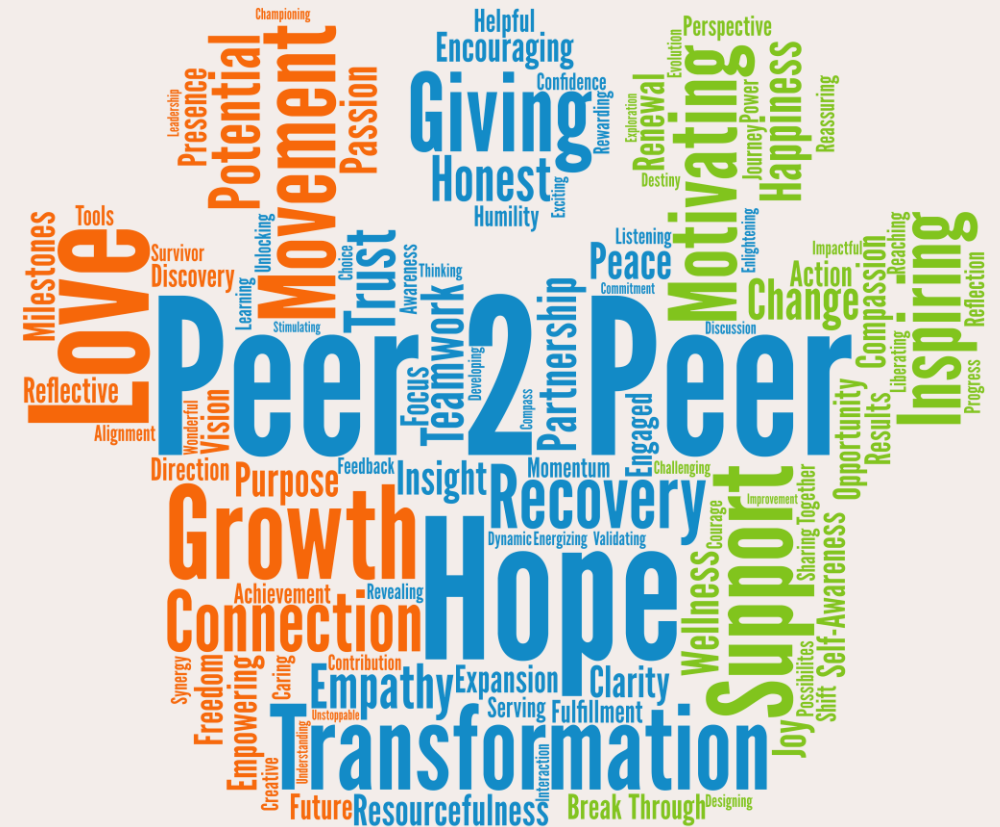


2014-Project FAIHR (Focused Achievements in Housing Recovery)

- 1st hired Peer Specialist @ Steppingstone Inc.
- Transformation Center/Certified Peer Specialist
- How do I supervise a PRS/CPS (Even though I Identify as one)
- Attend CPS training/RCA/Peer Supervision training

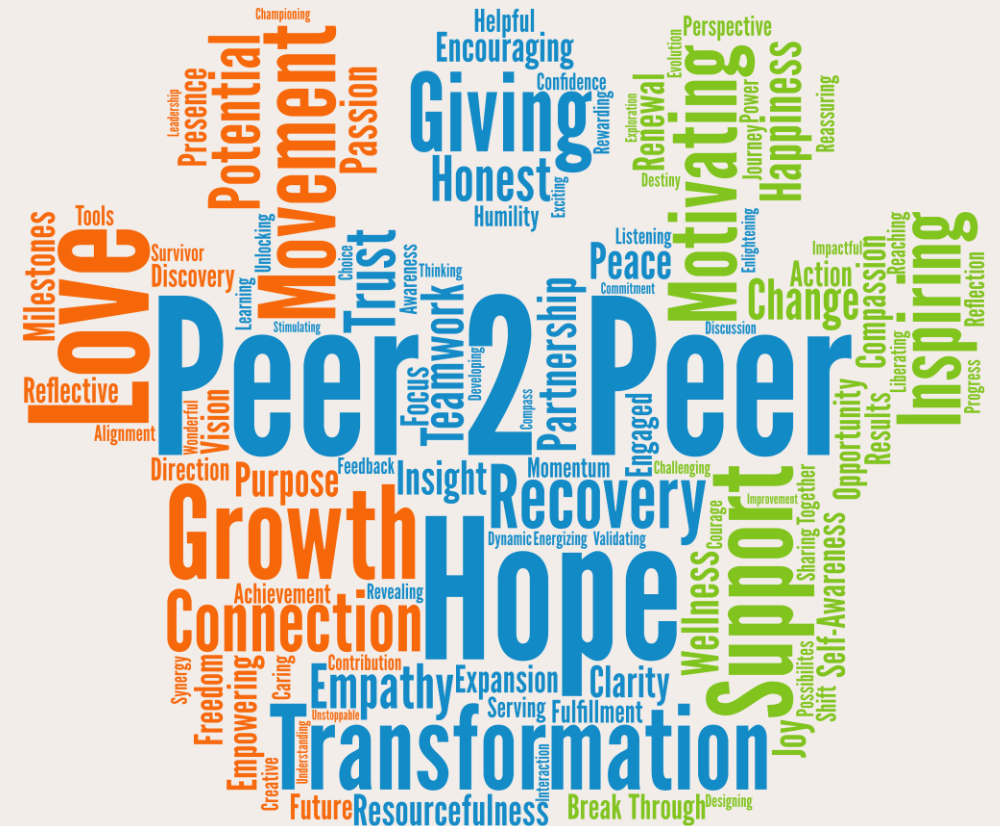
2016-2022- Peer 2 Peer Recovery Support Center

- 2 staff volunteer Driven
- GUS - One of our 1st members. Identified as Co-Occurring. He saw the value of peer support from both Lense.
- Developed a partnership with our local RLC. Co-facilitated peer led groups at both location.
- Became a liaison



2016-2022- Peer 2 Peer Recovery Support Center

- CPS & Value in a PRSC (RLC & Corrigan MH FR)
- CPS & limitations In a PRSC
- Unique differences/Shared lived experience & overlap of supportive services.
- MH providers/" clientele" inappropriate use of space.



What is our Role?

PRSC “Knowing your Role”

Peer Recovery Support Centers “Knowing your Role”

Characteristic	Harm Reduction Center	Peer Recovery Support Centers (PRSC)	Recovery Learning Communities (RLC)	12 Step Clubhouse	Addiction Treatment
<i>Primary Target Population</i>	People using substances, who may or may not be seeking recovery	People in all stages of recovery from addiction	People who are in or seeking mental health recovery	People with desire stop using substances and those who identify as members of a 12-step fellowship	People using substances seeking recovery, in early recovery or in long-term maintenance
<i>Secondary Target population</i>	NA/Primarily focused on the individual	People seeking recovery, family members, friends & allies	None/ may offer support for people who are in addiction recovery	None	Family members (in some settings), EAP
<i>Core Services</i>	Harm reduction supplies, teaching safe using practices Crisis response, basic needs, testing & treatment, primary/preventative medical care, monitor and respond to overdose	Peer recovery support, recovery-capital building, social activities and resources, volunteer opportunities, advocacy, public education, and support groups	Mutual peer support, peer-facilitated support groups, peer bridging with inpatient MH, advocacy, community connecting, social activities	Sober social fellowship, mutual aid meetings, meeting rental space	Assessment, diagnosis, treatment planning, treatment services, continuing care
<i>Culture/Tone</i>	A non-judgmental, and trauma-informed space to have immediate needs met, focused on reducing harm of substance use, people may engage with Harm Reduction Specialist, medical professional, or clinical staff	A non-judgmental place that values lived experience with addiction recovery, and celebrates Multiple Pathways of Recovery &, a safe sanctuary of hope; healing environment; trauma informed, community driven; recovery oriented; peer leadership decision making	A safe, mutual, nonjudgmental, and trauma-informed space that foster emotional wellness & values lived experience with Mental Health Recovery	Pathway driven, 12-Step environment, signs, slogans, language, meetings; aligned with Pathway, fellowship; welcoming newcomers, celebration of Recovery time, Sponsorship	Variable, often perceived as sterile, hospital like, medical, clinical, trauma-informed, models may vary.

PRSC “Knowing your Role”

Characteristic	Harm Reduction Center	Peer Recovery Support Centers (PRSC)	Recovery Learning Communities (RLC)	12 Step Clubhouse	Addiction Treatment
<i>Assessment</i>	<p>Not required for supplies or space.</p> <p>Clinical assessment provided for triage, referral, or onsite medical care.</p>	<p>None</p> <p>Participants seeking to become members complete non-clinical, self-directed enrollment packets</p>	<p>None</p> <p>Participants seeking to become members complete non-clinical self-directed enrollment packets</p>	<p>None</p>	<p>Immediate upon arrival, formal, comprehensive, documented, results in diagnosis & treatment plan; pathology-based</p>
<i>Recovery Focus</i>	<p>No expectation of Recovery</p> <p>Will provide referral to treatment or recovery supports if interest is expressed</p>	<p>Grounded in recovery Values, supports recovery sustainability & growth</p>	<p>Maintaining Mental wellness, maintenance, sustainability, growth & may provide support around addiction recovery/dual recovery</p>	<p>Abstinence, recovery Sustainability, growth</p>	<p>Acute symptom management & Stabilization</p>
<i>Role in Recovery Community</i>	<p>Minimal, supports harm reduction recovery pathway and broader SUD-related advocacy, community engagement, wellness events and overdose awareness</p>	<p>Unifies a statewide network of people in recovery, and Multiple Pathways, builds inclusion, collaboration & partnerships, links to community resources, participates in visible public advocacy & community organizing</p>	<p>Links to community resources & partnerships, bridge gaps between MH & SUD supportive services, participants are often members of or allies to recovery community</p>	<p>Well established, free, community-based, accessible pathway. A part of the broader recovery community. No advocacy, or outward representation due to Anonymity</p>	<p>Intrapersonal & interpersonal focus; Minimal focus on ecology of recovery; Minimal advocacy; Some TX initiate and support engagement, others minimal</p>

PRSC “Knowing your Role”

<i>Training on Recovery</i>	Minimal to None	Recovery Coach Academy required, many complete additional trainings for CARC certification. Recovery Education Collaborative, variety of topics to ensure quality of peer recovery support services.	Extensive, varied, comprehensive MH training, all staff are Certified Peer Specialist certified. Min SUD training education	No formal Recovery training may hold 12-Step study workshops. Recommends study of qualified literature	Historically minimal but increasing, majority of training focused on addiction
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Characteristic	Harm Reduction Center	Peer Recovery Support Centers (PRSC)	Recovery Learning Communities (RLC)	12 Step Clubhouse	Addiction Treatment
<i>Knowledge Base</i>	Mix of experiential, trained and clinical Professionals, may or may not have lived experience with addiction	Peer-fessional, lived experience SUD recovery & training	Peer-fessional, lived experience & MH recovery training	Lived experience, pathway immersion	Professional & Scientific, Clinical knowledge
<i>Funding Source</i>	DPH/Nonprofit/SAMHSA/	DPH/Nonprofit/SAMHSA	DMH	Membership dues	Vary from nonprofit to 3 rd party/for profit
<i>Service/Support Relationship</i>	Minimal power differential; Moderate external accountability	Minimal power differential, Ethical guidelines for internal accountability developed via peer participatory process with community, Moderate external accountability.	Minimal power differential; Moderate external accountability	Minimal power differential: Support is reciprocal; Minimal to no external accountability	Significant power differential; Explicit ethical guidelines; High external accountability

PRSC “Knowing your Role”

Characteristic	Harm Reduction Center	Peer Recovery Support Centers (PRSC)	Recovery Learning Communities (RLC)	12 Step Clubhouse	Addiction Treatment
<i>Style of help/ Use of Self</i>	Ranges from formal to informal, may involve strategic use self-disclosure but required to provide services	Personal & informal support Strategic use of one's own story. Role model expectation, many participate in recovery advocacy but not required	Variable but generally personal & informal Strategic use of one's own story. Role model expectation, many participate in MH advocacy but not required	Informal, open & spontaneous Strategic use of one's own story with the fellow ship; Role model expectation, public disclosure of story with affiliation to 12 step is discouraged due to traditions	Formal, personally guarded and strategic Self-disclosure discouraged, monitored for strategic value or prohibited
<i>Volunteer Opportunities</i>	Yes, but varies by community	Yes, formal, and informal system, formal recognition, multiple opportunities. Coordination, PRSC expectation	Yes, formal, and informal system, formal recognition, multiple opportunities.	Yes, informal service system, volunteer run, no formal recognition	Minimal, some opportunities with alumni programs

PRSC “Knowing your Role”

<i>Temporal Orientation</i>	Focus on present only & reducing harm	Focus on present/stage of recovery	Focus on present/emotional wellbeing	Variable by fellowship & stage of recovery	Considerable focus on past experience and problem solving strategies
Characteristic	Harm Reduction Center	Peer Recovery Support Centers (PRSC)	Recovery Learning Communities (RLC)	12 Step Clubhouse	Addiction Treatment
<i>Duration of Support/Service Relationship</i>	Variable/can be short or long-term Frequency is determined by individual.	Variable/can be short or long-term Commitment to Membership & community driven guidelines Frequency is determined by individual.	Variable/can be short or long-term Commitment to RLC guidelines Frequency is determined by individual.	Variable/can be short or long-term Frequency is determined by individual.	Variable, Short term/time based or long term, duration based on compliance payment, availability and/or clinical guidelines
<i>Paid Staff</i>	Primarily	Primarily & stipend volunteers	Primarily	Minimally	All

Thank
you

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Find a Peer Recovery Support Center:
<https://www.mass.gov/info-details/peer-recovery-support-centers>

Access Recovery Support Training:
<https://massrec.org/>
<https://careersofsubstance.org/trainings>

Connect to a Recovery Coach Learning Community:
<http://massrchub.org/>