

## Subject: Peer Supports, Peer Counseling, and Family/Caregiver Supports

### Requirements

<b>Bulletin Number:</b> DY-1/Clinical - 24-6	<b>CCBHC Implementation Bulletin</b>	<b>Effective Date:</b> September 1, 2024
<b>Bulletin Status:</b> New	<b>Subject: Peer Supports, Peer Counseling, and Family/Caregiver Supports</b>	<b>Number of Pages:</b> 3

1. **Programs Affected:** All CCBHC Demonstration participants.
2. **Background and Purpose:** Community Mental Health Centers (CMHCs) designated by the Alabama Department of Mental Health (ADMH) as Certified Community Behavioral Health Clinics (CCBHCs) are responsible for providing outpatient mental health and substance use services in accordance with the Substance Abuse and Mental Health Services Administration (SAMHSA) CCBHC Certification Criteria, either directly or via a Designated Collaborating Organization (DCO) partnership.<sup>1</sup> The ADMH is committed to incorporating certified peers within services across the state. Certified peers offer valuable lived experience in recovery that can help to inform CCBHC participant's treatment and recovery journey. ***This bulletin describes how Peer Supports, Peer Counseling, and Family/Caregiver Supports services are defined for all CCBHCs.*** Certified peers will be incorporated into CCBHC programming as follows:
3. **SAMHSA CCBHC Criteria Authority**
  - 3.1. SAMHSA CCBHC certification criterion 4.j.1 The CCBHC is responsible for directly providing, or through a DCO, peer supports, including:
    - Peer specialist and recovery coaches (refer to section 4.2 below)
    - Peer counseling
    - Family/caregiver supports
  - 3.2. Peer services may include:
    - Peer-run wellness and recovery centers
    - Youth/young adult peer support
    - Recovery coaching
    - Peer-run crisis respites
    - Warmlines
    - Peer-led crisis planning
    - Peer navigators to assist individuals transitioning between different treatment programs and especially between different levels of care
    - Mutual support and self-help groups
    - Peer support for older adults
    - Peer education and leadership development
    - Peer recovery services
  - 3.3. Potential family/caregiver support services that might be considered include:
    - Community resources education

<sup>1</sup> <https://www.samhsa.gov/sites/default/files/ccbhc-criteria-2023.pdf>

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- Navigation support
  - Behavioral health and crisis support
  - Parent/caregiver training and education
  - Family-to-family caregiver support
- 3.4. Coordination of services and inclusion of psychiatric rehabilitation in treatment planning is also required per SAMHSA CCBHC Program Requirement 3.

### 4. ADMH Requirements

Per Alabama Administrative Code, Rule 580-9-44-.01 - Definitions:

#### 4.1. Peer Services are defined as:

- The provision of scheduled interventions by a certified peer counselor, who is in recovery from a substance use or co-occurring substance use and mental illness disorder, to assist a client in the acquisition and exercise of skills needed to support recovery.
- Services may include activities that assist clients in:
  - Accessing and/or engaging in treatment and in symptom management
  - Promote socialization, recovery, and self-advocacy
  - Provide guidance in the development of natural community supports and basic daily living skills

Per Chapter 105:

- 4.2. Peer Support Services provides structured, scheduled activities that promote socialization, recovery, self-advocacy, development of natural supports, and maintenance of community living skills, by Certified Peer Specialists (Adult, Youth, Family Peer Specialists, Recovery Support Specialist).
- Peer Support service actively engages and empowers an individual and his/her identified supports in leading and directing the design of the service plan and thereby ensures that the plan reflects the needs and preferences of the individual (and family when appropriate) with the goal of active participation in this process. Additionally, this service provides support and coaching interventions to individuals (and family when appropriate) to promote recovery, resiliency, and healthy lifestyles and to reduce identifiable behavioral health and physical health risks and increase healthy behaviors intended to prevent the onset of disease or lessen the impact of existing chronic health conditions.
  - Peer supports provide effective techniques that focus on the individual's self-management and decision making about healthy choices, which ultimately extend the members' lifespan. Family peer specialists assist children, youth, and families to participate in the wraparound planning process, access services, and navigate complicated adult/child-serving agencies.

Per Alabama Administrative Code, Rule 580-9-44-.02 - Personnel:

#### 4.3. A peer support specialist must meet the following minimum qualifications:

- Certified by ADMH as a Certified Recovery Support Specialist (CRSS) within six (6) months of date of hire, and
- Concurrent participation in clinical supervision by a licensed or certified QSAP I.
- A Peer Support Specialist is authorized to provide services as delineated in the most recent edition of the ADMH Substance Use Services Billing Manual as published and maintained by ADMH.

*Disclaimer: The information contained in this implementation bulletin is for general information purposes only. For more details on the specific subject area covered in this bulletin, please refer to the Certified Community Behavioral Health Clinic (CCBHC) Certification Updated March 2023.*

<sup>1</sup> <https://www.samhsa.gov/sites/default/files/ccbhc-criteria-2023.pdf>