



National Mental Health Peer Workforce Forum 2011

“Reflections on Starting a Peer Workforce”

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John McKnight:

“Revolutions begin when people who are defined as problems achieve the power to redefine the problem.”



U.S.A. United Consumer Voice

**“I am the evidence of
recovery.”**

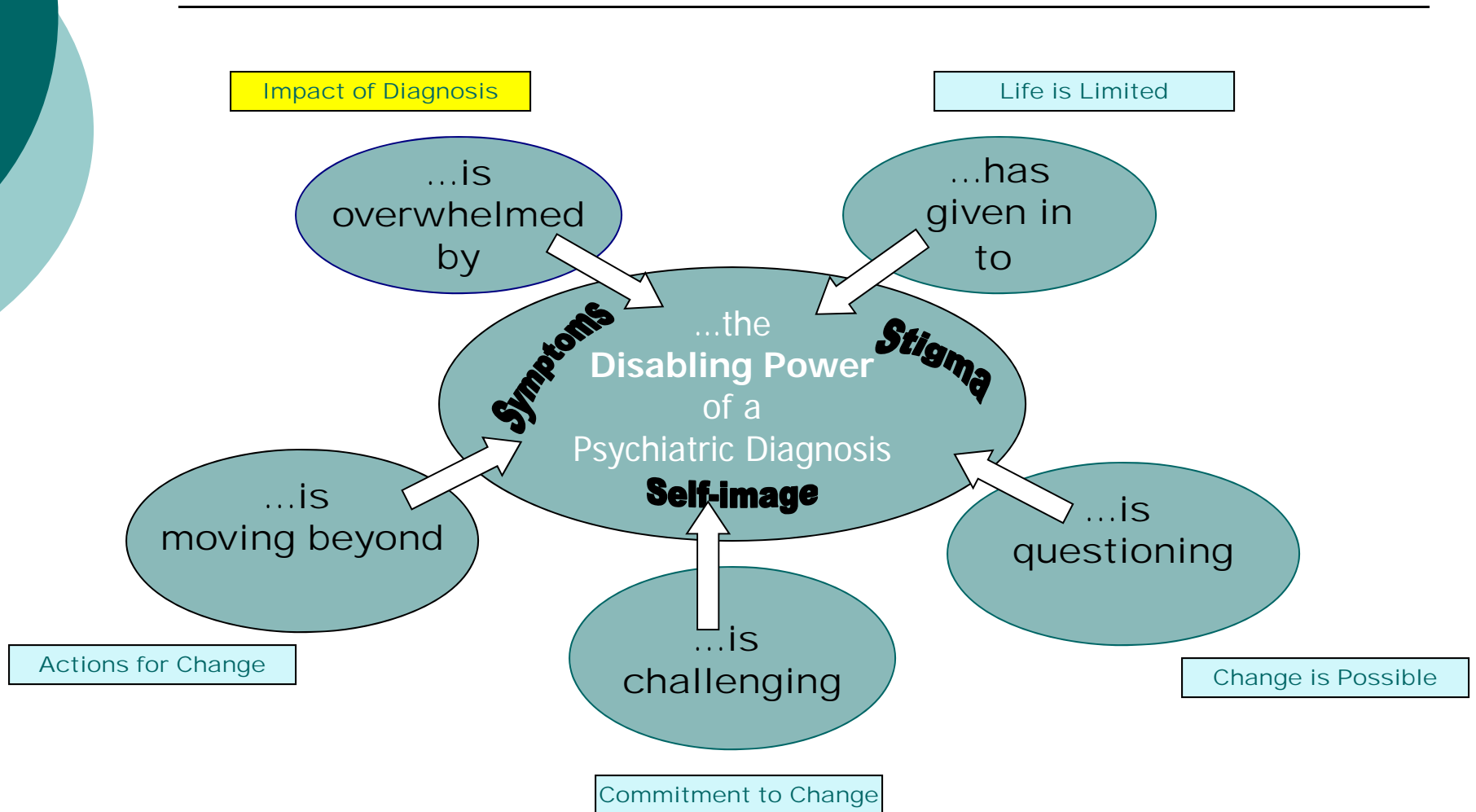


Certified Peer Specialists Role at 50,000 Feet:

**Promote hope and focus on
strengths and supports rather
than illness or disability**

Five Stages in the Recovery Process

There are times when a person...



Five Stages in the Recovery Process

Impact of Illness	Life is Limited	Change is Possible	Commitment to Change	Actions for Change
<p>The person is overwhelmed by the disabling power of the illness. The role of services is to decrease the emotional distress by reducing the symptoms.</p>	<p>The person has given into the disabling power of the illness. The role of services is to instill hope, a sense of possibility, and to rebuild a positive self-image.</p>	<p>The person is questioning the disabling power of the illness. The role of services is to empower the person to participate in his/her recovery by beginning to take small steps.</p>	<p>The person is challenging the disabling power of the illness. The role of services is to help the person identify his/her strengths and needs in terms of skills, resources and supports.</p>	<p>The person is moving beyond the disabling power of the illness. The role of services is to help the person use his/her strengths and to get the necessary skills, resources and supports.</p>

The Role of Peer Support in the Recovery Process is to Promote Hope and Focus on Strengths



A New Paradigm: Certified Peer Specialists

“Being able to bill Medicaid for their services provides sustainable funding for a new workforce in the mental health field, a workforce that has firsthand knowledge of how to successfully combat the debilitating effects of stigma and negative self image...”

Carter, Rosalynn (2010), *Within Our Reach – Ending the Mental Health Crisis*. Rodale, 153.



Peer Workforce Nationwide

- **Pillars of Peer Support Services Summit funded by SAMHSA in 2009; attended by representatives of 23 states currently billing Medicaid for Peer Support Services**
- **Summit Report: www.pillarsofpeersupport.org**
- **Summit 2: October 18-19, 2010**



Centers for Medicare and Medicaid Services Guidelines for Peer Support Services 2007:

“Peer support services are an evidence-based mental health model of care which consists of a qualified peer support provider who assists individuals with their recovery from mental illness and substance use disorders.”



Peer Support Whole Health and Resiliency (PSWHR): The New Frontier In Recovery

Promoting peer support whole health and resiliency is a key to offsetting premature death and disability.

- **SAMHSA 10x10 Wellness Campaign**
www.10x10.samhsa.gov
- **SAMHSA/HRSA Center for Integrated Health Solutions**
funded 2010



The PSWHR training is built on a Person Centered Planning (PCP) process that focuses on the following ten health and resiliency domains:

- **Healthy Eating**
- **Physical Activity**
- **Restful Sleep**
- **Stress Management**
- **Service to Others**
- **Support Network**
- **Optimism Based on Positive Expectations**
- **Cognitive Skills to Avoid negative Thinking**
- **Meaning and Purpose**
- **Spirituality**



The PSWHR training focuses on the following 5 keys to success:

- **A Person-Centered Goal that uses the SMART process to be written into a treatment plan**
- **A Weekly Action Plan that uses a confidence scale**
- **A Daily/Weekly Personal Log**
- **Peer Accountability and Support**
- **Weekly Peer Support Whole Health Group**



**PSWHR Training developed in partnership with the
Benson-Henry Institute (BHI) for Mind-Body Medicine
and Massachusetts General Hospital**

**“BHI was founded by Harvard
cardiologist Herbert Benson, famous
for the Relaxation Response shown to
reduce stress and the release of
cortisol, a stress hormone that can
increase dangerous belly fat.”**

*Fricks, L. (2009). Consumers Take Charge of Wellness. National
Council Magazine, 20-21.*



BHI research demonstrates that the Relaxation Response:

- **Decreases metabolism**
- **Decreases heart rate**
- **Decreases blood pressure**
- **Decreases breathing**
- **Decreases muscle tension**
- **Decreases cortisol**
- **If practiced regularly, can have lasting effects**



There are two essential steps in elicitation of the relaxation response:

- 1. Repetition of a word, sound, phrase or muscular activity**
- 2. Passive disregard of everyday thoughts that inevitably come to mind and the return to your repetition**



Dr. Martin Luther King:

“In a real sense all life is inter-related. All people are caught in an inescapable network of mutuality, tied to a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. This is the inter-related structure of reality.”