

Governors Challenge – Peer to Peer Subgroup

Meeting Minutes

Peer to Peer Subgroup Meeting	
Date	April 24, 2020
Time	10:00 a.m.
Location	Zoom Video Conference
Join Zoom Meeting	https://zoom.us/j/2558212387?pwd=WjF3TXh0bEhEaHZUaUxtVXBqUXVZdz09
Meeting ID	255 821 2387
Password	621700

Attendance	
Kelly Ackerman	Taryn Phillips
Megan Grotzke	Robert Mortenson
Col. Gregory Olson	Elizabeth Crabtree
Karl Rosston	Jess Hegstrom
Michael Noyce-Merino	

Meeting Minutes	
Discussion Topics	
Michael	Update on Listing of Formal Peer Trainings
<p>Michael received calls back for two of the six approved course trainings. Western Montana Mental Health Center worked with two companies to develop a training specific to them. It is primarily internal, but they are about to renew their contract and are willing to work with us to provide training externally. This training is provided for free, but more information is needed regarding cost for working externally.</p> <p>Montana Peer Network has a very detailed orientated and very throughout course providing 40 hours of training. The costs is \$750.00 and can be provided at any town in Montana.</p> <p>There was question about how and who would provide the clinical supervision, and it was mentioned the VA course will provide the clinical supervision, so the VA should be used primarily. The trainings from other providers offer the courses, but not the clinical supervision. These courses are great to have if the VA training is unavailable.</p>	

Michael obtained these two training providers assessments and course plan; those documents are attached.

Michael – Call Jim Hanjy with Montana Peer Network for information on how they handle the clinical supervision

Michael – Continue to contact the other four approved course trainings

Jess

Updates to Funding Proposal

Jess presented the Funding Proposal Draft and the group edited the document. This document outlines the tasks needing completion, who oversees the tasks, and when that task is due by. The group was able to edit about three out of the nine pages.

While reviewing the document, Michael suggested to make the application process a first come, first served and to put a limit of \$1,000 per applicant. DBSA poses potential issues because the costs is \$1,000 per person with a minimum of 10 people to do the training. This would cost the entire grant funding so there was discussion for the VA to provide the costs and training from DBSA instead of this funding. The group will need to find out if the VA will move forward with the contract to pay for the trainings. Jess spoke with Paul Harmon and he will get in touch with her when he has more information. Michael mentioned that the VA or the individuals need to pay for the training fees, and the grants from this funding will be used provide travel costs.

At the end of the meeting, the tasks were divided to each member of the Peer Support Workgroup to finish reviewing and editing the last six pages of the document. Karl suggested to keep the document simple and focus on the main goals of the group. The Funding Proposal will be submitted by the end of the day on April 24th.

Jess – Match the deliverables with the scope of services sent by Karl

Megan and Jess – Submit final draft of Funding Proposal to the state for approval

Jess – Contact Paul Harmon to get updates on the VA contract

Montana's Peer Network

Peer Supporter Readiness Self Assessment

This self-assessment is a readiness tool designed to help you determine if you are ready to become a peer supporter. There are no right or wrong answers it is simply an assessment. When answering each question take a moment to examine how you might specifically answer. These are a good example of interview questions that you may be required to answer for employment. For our purposes simply answer YES or NO for each questions.

1. Are you willing to disclose to your peers, clients, staff and the general public that you have been diagnosed with a mental illness, addiction disorder or both?
2. Can you describe in detail the type of supports you have found helpful to move from where you were to where you are now in recovery?
3. Can you describe what you have had to overcome to get where you are today?
4. Can you describe what you have learned about yourself in recovery?
5. Can you describe some of the things that you do daily to keep yourself on the path of recovery?
6. Can you describe what having a diagnosis means, how it impacted your life?
7. Can you describe some of the strengths you have developed for your recovery?
8. Can you describe the role that a sense of hope played in your life?
9. Could you describe some of the community supports you currently use or have used in the past?
10. Have you ever lead a support group?
11. Do you have any experience with advocacy organizations in Montana?
12. Do you have any experience volunteering in a recovery program or serving on related boards or committees?

Total number of YES answers you have.

If you answered YES to 9 to 12 questions this indicates you are more than likely ready to pursue work as a peer supporter.

If you answered YES to 6 to 8 questions you may need to continue to work on some of the key components to peer support and continue to grow in your own journey of recovery. You may choose to pursue this type of work but may need to strengthen some areas of knowledge and experience.

If you scored 0 to 5 you may not be ready just yet to pursue work as a mental health peer support specialist. If this is case, we encourage you to continue to work on your own recovery. Being grounded in your own recovery is the best step you can take to help others become grounded in theirs.

Training Plan: Clinical Supervision

<u>Training Plan Module List</u>	<u>Module Training Hours</u>	<u>Comments</u>	<u>Format</u>
Clinical Supervision: Essentials of Reflective Supervision (REL-HHS-0-ERS-V2)	1.50		online
Intentional Peer Support – A Different Kind of Relationship (REL-HHS-0-IPS)	2.00		online
Clinical Supervision: Overview of Clinical Supervision (REL-HHS-0-OCS-V2)	3.00		online
Incorporating Recovery Principles and Practices into Mental Health Treatment (REL-HHS-0-PRMHT)	1.25		online
Clinical Supervision: Pitfalls of Supervision (REL-HHS-0-PS)	1.00		online
Peer Support: The Basics and Beyond (REL-HHS-0-PSSAR)	1.00		online
Clinical Supervision: Supervising the Difficult Supervisee (REL-HHS-0-SDS)	1.00		online
Consumers as Service Providers in the Behavioral Health Workplace (REL-HHS-CASRA-CMHW)	1.00		online
10 Steps to Fully Integrating Peers into your Workforce	1.00		online
Effective Communication for Supervisors	1.25		online
Trauma-Informed Clinical Best Practices: Implication for the Clinical and Peer Work force	1.00		online
Groundwork for multicultural Care	1.25		online
Recovery Promoting Relationships	1.00		online
Compassion Fatigue, Secondary Trauma and the Importance of Self Care	1.00		online
Overview of Supported Employment	2.00		online
Total	20.25		
(20 credits required by ARM 24.219.902)			

Training Plan: Peer Support Specialists

<u>Training Plan Module List</u>	<u>Module Training Hours</u>	<u>Domain</u>	<u>Format</u>
Review of SAMHSA Core Competency Category Expectations	0.50	SAMHSA Core Competency Categories	in-person
Boundaries REL-ALL-0-BOUND	0.50	Boundaries and Ethics	online
Ethical Decision Making: The Basics	0.50	Boundaries and Ethics	online
Boundaries and Dual Relationships for Paraprofessionals: REL-HHS-0-BDRPP	2.25	Boundaries and Ethics	online
Confidentiality of Substance Use Treatment Information: REL-HHS-0-CSUDTI-V2	1.25	Confidentiality	online
HIPAA and Behavioral Health REL-HHS-0-HHP-V2	2.00	Confidentiality	online
Intentional Peer Support - A Different Kind Of Relationship: REL-HHS-0-IPS	2.00	Scope of Practice	online
Basic Communication and Conflict Management Skills: REL-IDD-0-BCCMS	1.75	Communication Skills; SAMHSA Core Competency Category IX	online
Effective Communication: REL-ALL-0-EFFCOM	0.25	Communication Skills; SAMHSA Core Competency Category IX	online
Working with Difficult People: REL-ALL-0-WVWDP	0.25	Communication Skills; SAMHSA Core Competency Category IX	online
Employee Wellness -Side Effect of Care Giving: REL-ALL-0-SECG-V2	0.25	Self Care	online
Employee Wellness- Work-life balance: REL-ALL-0-WLBAL-V2	0.25	Self Care	online
Employee Wellness - Stress Management: REL-ALL-0-STRMGT-V2	0.25	Self Care	online
Employee Wellness - Time Management: REL-ALL-0-TMGMT-V2	0.25	Self Care	online
Suicide Screening for Direct Care: REL-HHS-0-BH4	0.75	Suicide Awareness	online
Suicide Risk Factors, Screening, and Assessment: REL-HHS-0-SSRF-V2	1.25	Suicide Awareness	online
Substance Use Treatment and the Stages of Change: REL-HHS-0-ADDITION3	1.75	Stages of Change	online
Motivational Interviewing: REL-HHS-0-MI-V2	1.75	Stages of Change	online
Introduction to Trauma-Informed Care: REL-HHS-0-INTTIC-V2	1.75	Trauma-informed Care	online
Cultural Competence: REL-ALL-0-CDIV	0.50	Cultural Awareness; SAMHSA Core Competency Category IV	online
Cultural Diversity: REL-CDWMCC-COMP-0	1.25	Cultural Awareness; SAMHSA Core Competency Category IV	online
Barriers to Recovery: REL-HHS-CASRA-BTR-V2	1.00	Pathways of Recovery; SAMHSA Core Competency Categories IV and V	online
The Role of Wellness in Recovery: REL-BH-0-ADD6	1.00	Pathways of Recovery; SAMHSA Core Competency Categories IV and V	online
Recovery of Persons with Severe and Persistent Mental Illness: REL-HHS-0-RPSPMI	1.75	Pathways of Recovery; SAMHSA Core Competency Categories IV and V	online
What to Expect from Clinical Supervision	1.00	Clinical Supervision	in-person
Introduction to Case Management Basics: REL-HHS-0-CMP	1.00	Accessing Community Resources; SAMHSA Core Competency Category VI	online
Employee Wellness: Emotional Intelligence: Awareness: REL-ALL-0-EINTEL-V2	0.25	Emotional Intelligence	online
Employee Wellness: Emotional Intelligence: Feeling and Thinking: REL-ALL-0-EINTELTFT-V2	0.25	Emotional Intelligence	online
A Culture-Centered Approach to Recovery: REL-HHS-CASRA-CCA	1.00	Supporting Others in Recovery; SAMHSA Core Competency Categories IV and V	online
Review of Montana's Mental Health Care Advance Directive statutes (MCA 53-21-Part 13)	1.00	Supporting Others in Recovery: SAMHSA Core Competency Category VIII	in-person
Client/Patient Rights: REL-HHS-0-CLPR	2.00	Supporting Others in Recovery: SAMHSA Core Competency Category VIII	online
CPI	6.00	Supporting Others in Recovery: SAMHSA Core Competency Category I	in-person
Peer Support: The Basics and Beyond: REL-HHS-0-PSSAR	1.00	One-on-one session skills	online
Learning to Love Groups: REL-HHS-0-NCV1	1.00	Support Group Facilitation	online
Incorporating Recovery Principles and Practices into Mental Health Treatment:REL-HHS-0-PRMHT	1.25	Recovery Planning; SAMHSA Core Competency Category V	online
Total	40.75		

(40 hours required by ARM 24.219.912)

SAMHSA CORE COMPETENCY CATEGORIES

SAMHSA Core Competency Category I: Engages Peers in collaborative and caring relationships

SAMHSA Core Competency Category II: Provides Support

SAMHSA Core Competency Category III: Shares lived experiences of recovery

SAMHSA Core Competency Category IV: Personalizes peer support

SAMHSA Core Competency Category V: Supports Recovery planning

SAMHSA Core Competency Category VI: Links to resources services and supports

SAMHSA Core Competency Category VII: Provides information about skills related to health, wellness, and recovery

SAMHSA Core Competency Category VIII: Helps Peers to Manage Crises

SAMHSA Core Competency Category IX: Values communication

SAMHSA Core Competency Category X: Supports collaboration and teamwork

SAMHSA Core Competency Category XI: Promotes leadership and advocacy

SAMHSA Core Competency Category XII: Promotes growth and development