

DSAMH ACT/ICM PEER ROLES: SCOPE OF PRACTICE

Peer Specialist Role

The following responsibilities are unique to the Peer Specialist position:

- Uses lived experience with a mental illness and/or co-occurring disorder to assist in supporting team clients in their recovery path.
- Helps clients aspire to roles which emphasize their strengths by:
 - Sharing parts of their own personal recovery story and first hand experiences
 - providing mutual support, hope, reassurance and advocacy
- Provides peer support to clients regarding, understanding their symptoms of mental illness and effects of trauma and trauma history, developing positive coping skills
- Engaging clients through outreach and support
- Assists clients to advocate for self and others
- Promotes recovery through modeling by:
 - sharing one's own "personal recovery story"
 - display of self confidence and self-determination
 - use of natural supports including connections to friends and family and other supports in the community
 - display of personal achievements of personal recovery goals
- Provides training and education to other Act/Icm team members and clients on:
 - recovery-oriented care and processes
 - local and national peer support resources and advocacy organizations
 - psychiatric advance directives: advocacy, information and referral
 - wellness tools
 - trauma informed care
 - use of creativity and the arts

Peer Generalist Role on ACT/ICM Teams

All team members are generally responsible for the following activities:

- Participates in the ongoing engagement of ACT/ICM team clients
- Assists individual to complete peer-related elements of a comprehensive assessment.
- Prepares individual to attend their recovery plan meetings and is present to assist them express their goals and needs.
- Assists client to accomplish their life goals of living in a chosen community, working in a job if wanted, having a natural support system in place and having a number of hobbies or activities that are creative and "fun."
- Works with clients and staff in developing and implementing person-directed individual recovery plans

- Assists in helping the individual to work on their individual wellness plan for physical and emotional wellness. these services might include physical exercise, dietary assistance, recognition of medical/healthcare needs introduction to alternative healing techniques such as meditation or massage, etc.
- Provide assistance with ADLs which may include grocery shopping, housekeeping, exploring employment opportunities, or going with someone to a medical doctor to support them in this process, etc.
- Facilitates peer recovery support groups
- Accompanies clients to appointments which connect them to community resources and services. At times this may include the peer staff acting as the driver as well as the peer supporter.
- Acts as an advocate for clients to secure needed services, financial entitlements, and effectively raise complaints and suggestions about unmet needs.
- Locates peer-run programs, and support groups for interested clients
- Attends all act team meetings in order to facilitate an integrated, trans-disciplinary team approach to service:
 - Daily Team Meeting – to organize work for each day
 - Recovery Planning Meeting – to develop and review recovery plans/decisions
 - Clinical Supervision Meeting – one to two times monthly for training, education and professional development of ACT team staff. Peers should be supervised by other senior peers or non-peer staff that have been certified to supervise peers.
- Provides on-call crisis intervention services and back up to the team. according to team's policy
- Maintains compliance with all applicable practice standards and guidelines
- Maintains client confidentiality and adherence to HIPAA requirement at all times
- Completes all required documentation in a timely manner consistent with agency guidelines
- Maintains agency required productivity standards

Qualifications

- The Act/Icm peer specialist is an individual who has a unique perspective because of his/her own experience with serious and persistent mental illness or a co-occurring disorder of smi and sa.
- Qualifications include:
 - Some college education and/or equivalent work history desirable
 - Excellent communication skills both verbal and in writing
 - Ability to work independently and collaboratively
 - Preference given to peers who have received peer specialist training
 - Willingness to self-disclose to clients and others as appropriate
 - Willingness to attend training on subjects of recovery

- Adequate transportation necessary to attend meetings in different parts of the state.
- The ACT Peer Specialist shall have documented competency in the following areas, or receive core training to be completed within six months of hire:
 - Recovery from a mental condition or co-occurring mental health and substance abuse condition that is self expressed freely;
 - An ongoing self recovery plan that the individual can clearly articulate;
 - Experience in providing Peer Support Services as identified above;
 - Participation in local or national Consumer Advocacy Organizations; and
 - An understanding of Psychiatric Advance Directives:
 - education and advocacy; and,
 - information and referral