

Missouri Division of Behavioral Health

Bulletin Number: FY15-Clinical-30	CLINICAL SERVICES BULLETIN	Effective Date: October 1, 2014
New	Subject: Peer Support Services	Number of Pages: 3

1. Programs Affected

1.1 Comprehensive Substance Treatment and Rehabilitation (CSTAR) Programs: Adolescent, Women and Children, Women and Children Enhanced, General Population, General Population Enhanced, and Opioid. Primary Recovery Plus (PR+) programs: PR+ and Enhanced PR+.

2. Purpose

2.1 To define and clarify the appropriate provision and billing of Peer Support Services.

3. Definition

3.1 The Division of Behavioral Health (DBH) has added Peer Support Services to the billable service menu in substance use treatment programs. The purpose of Peer Support Services is to assist individuals served in their recovery from substance use disorders and/or mental illness. Peer Specialists are trained to assist their peers in the process of recovery and the power of resilience and provide hope that recovery is possible.

3.2 Peer Specialists support, encourage, and model recovery and resilience from substance use disorders and mental illness in ways that are specific to the needs of each individual. Peer Support Services:

3.2.1 Are individualized person-centered services with a recovery focus;

3.2.2 Promote a strengths based model and encourage the use of natural supports and enhanced community living;

3.2.3 Assist in achieving goals and objectives set forth by the individual in their individualized treatment or recovery plan; and

3.2.4 Emphasize the opportunity for individuals to support each other as they move forward in their recovery.

4. Key Service Functions

4.1 Peer Support Services consist of the following key service functions:

4.1.1 Helping individuals connect with other consumers and their communities at large in order to develop a network for information and support;

4.1.2 Sharing lived experiences of recovery, sharing and supporting the use of recovery tools, and modeling successful recovery behaviors;

4.1.3 Helping individuals to make independent choices and to take a proactive role in their recovery;

4.1.4 Assisting individuals with identifying strengths and personal resources to aid in their setting and achieving recovery goals;

4.1.5 Assisting individuals in setting and following through on goals;

4.1.6 Supporting efforts to find and maintain paid competitive integrated employment; and

4.1.7 Assisting with health and wellness activities.

5. Qualified Provider

5.1 Peer support providers must complete training and certification as defined by the State. The service must be provided by a Missouri Recovery Support Specialist – Peer or a Certified Missouri Peer Specialist. Missouri Recovery Support Specialist – Peer is a credential approved by the Missouri Credentialing Board. Certified Missouri Peer Specialists are currently provided approval by the DBH based on completion of training and passing an exam.

5.2 The individual must be supervised by a Qualified Substance Abuse Professional (QSAP) or a Qualified Mental Health Professional (QMHP).

- 5.3 Peer Specialists shall be considered a member of the treatment team and shall participate in staff meeting discussions regarding the individual care of persons served.
- 5.4 The job description for a Peer Specialist may include supportive activities including but not limited to the following:
 - 5.4.1 Starting and sustaining mutual support groups;
 - 5.4.2 Promoting dialogues on recovery and resilience;
 - 5.4.3 Teaching and modeling symptom management skills;
 - 5.4.4 Teaching and modeling problem solving skills; and
 - 5.4.5 Using the stages in recovery concept to promote self-determination.

6. Service Limitations

- 6.1 Peer Support Services are limited to 8 hours (32 units) per day and 24 hours (96 units) per calendar month, per participant.
- 6.2 Peer Support Services cannot be billed if the only service being provided is transportation.
- 6.3 The Peer Specialist must work as part of a treatment team and cannot replace the Community Support Specialist or the Therapist. Peer Specialists shall not be the only staff assigned to work with an individual.
- 6.4 Peer Support Services may be provided to individuals aged 16 and older.
- 6.5 Documentation must meet all other certification and MO HealthNet (as applicable) documentation requirements.