

NORTH
Dakota
Be Legendary.™

Behavioral Health
HUMAN SERVICES

Peer Support



2019 Legislative Session

During the 2019 legislative session, North Dakota lawmakers passed several policies supporting the provision of peer support services

- The Division was authorized to establish and implement a certification program for peer support specialists.
- The Division was authorized to expand the implementation of the Free Through Recovery program outside of criminal justice, of which peer support is a key component.
- The current Free Through Recovery program is continued, which peer support is a key component.
- The Department will develop a Medicaid state plan amendment to include peer support as a covered service for individuals of all ages with a significant mental illness, an addiction or a brain injury.





Peer Support Training

- Since 2018, the Behavioral Health Division has hosted 28 trainings and trained approximately 650 peers.
- Monthly webinar/trainings are offered on topics related to peer support work as an opportunity for continuing education units.
 - Recent trainings included:
 - Peer Support Integration and Supervision
 - Peer Support Refresher
 - Peer Support Ethics and Values in the Workplace

Peer Support Certification

The administrative rule outlining the guidance and process for certification was developed and implemented July 1, 2020.

July 2021-There are 63 Certified Peer Support Specialists I and 17 Certified Peer Support Specialist II

April 2022-There are 106 Certified Peer Support Specialist I and 20 Certified Peer Support Specialist II

North Dakota offers a single, integrated peer support certification for individuals with lived experience in mental health, brain injury, substance use recovery and/or combination thereof.

In addition, North Dakota offers certification to individuals if they have lived experience as a family member/caregiver of a person with mental illness, brain injury, substance use or combination thereof.



Certification

Two levels of Peer Support Certification:

- **Certified Peer Support Specialist I**
 - Completion of a Division approved training program
 - Three letters of recommendation
 - Personal Statement
 - Application fee \$50
- **Certified Peer Support Specialist II**
 - Completion of a Division approved training program
 - Completion of a Division approved supervision training program
 - Two letters of recommendation
 - Personal Statement
 - One thousand five hundred hours of direct service hours as peer support



NORTH DAKOTA
BRAIN INJURY
NETWORK

NORTH
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Behavioral Health
HUMAN SERVICES

Are you working as a
Peer Support?

Are you interested in
learning more about
Brain Injury?

The North Dakota Brain Injury Network offers online training designed to meet your training needs. These five separate courses can help peer support specialists learn more about brain injury.

- Introduction to Brain Injury*
- Cognitive and Behavioral Consequences of TBI in Adults*
- Primary Care and TBI
- Pediatric TBI
- Substance Use and TBI

These courses are approved for CEU's for Certified Peer Support Specialists.



Culturally Relevant Peer Support

Our goal is to provide Culturally Relevant Peer Support training by December 2022

- To build culturally responsive peer support services available across North Dakota

Target Audience

- Peer Support Specialists
- Supervisors



Family Peer Support



Family Peer Support

Peer Support Specialist who uses their experience of being a parent or primary caregiver who has navigated child service systems on behalf of their child(ren) with social, emotional, developmental, health and/or behavioral healthcare needs. FPSS provide a structured, strength-based relationship between a Family Peer Support provider and the parent/family member/caregiver for the benefit of the child/youth.

- Currently reimbursable through the 1915i Medicaid State Plan Amendment



Parent to Parent Program

The Department of Human Services' Behavioral Health Division contracts with the ND Federation of Families for Children's Mental Health (NDFFCMH) to administer the Parent-to-Parent support services program as a statewide collaborative effort with multiple systems to engage, train, educate and support parents who have children with mental health disorders.

Program responsibilities include:

- Organize and lead support and educational services to parents.
- Collaborate with other private non-profit entities and link to both paid and natural supports.
- Coordinate with existing community-based organizations and programs to maximize benefit, avoid duplication, and leverage, redirect and realign resources.

Services provided by NDFFCMH may include attending meetings at the request of a parent, assisting parents in understanding their child's mental health needs, assisting parents in becoming involved in a support network, assisting parents in obtaining training on how to advocate for their child, assisting parents in locating informal services and supports and/or assisting parents in accessing information on their rights and responsibilities.



Statewide Family Network

- October 2022 - The BHD posted a Request for Proposal seeking proposals from entities for the purpose of statewide administration of a Family Network. The purpose of the statewide Family Network is to more effectively respond to the needs of children, youth and young adults with Serious Emotional Disturbances and their families by providing information, referrals and support.
- The BHD awarded the contract to the North Dakota Federation of Families for Children's Mental Health (NDFFCMH).
- The Family Network will seek to ensure that families are catalysts for transforming the mental health and related systems in the state and community by strengthening coalitions among family organizations and between family members and service providers and recognizing that family members can be effective change agents.



- Amendment to the ND State Medicaid Plan
- Fills gaps in behavioral health service delivery throughout ND; supporting people in their homes and in their community of choice
- Allows for the provision of Home and Community-Based Services that previously didn't exist, or were not previously billable to Medicaid

What is 1915(i)?



1915i Peer Support

- Family Peer Support (0-18)
 - All Human Service Centers are enrolled group providers
 - Lighthouse-Cass
 - The Lotus Center-Cass, Richland, Steele, Ransom, Barnes
- Peer Support (18+)
 - All Human Service Centers are enrolled group providers
 - Lighthouse Church-Cass Co
 - Amachi Mentoring-Devils Lake
 - The Lotus Center-Cass, Richland, Steele, Ransom, Barnes
- *Opportunities for providers to receive technical assistance around enrollment in Medicaid, in the process of IRFP to select vendor*



Peer Support Funding Sources

Free Through Recovery

Community Connect

Substance Use Disorder Voucher (SUD Voucher)

1915i

Disaster Grants

Sanford-Fargo
Peer Support
in the
Emergency
Department
Pilot Project





CommunityConnect

My Recovery. My Story.

Since program launch, over **2,052 people have been served** within the program and there are **currently 1,442 active participants (as of 4/20/2022)**.

- **65% of participants have co-occurring behavioral health needs** (substance use disorder and mental illness).
- **35% of participants identify as the primary parent/caregiver** with an average of 2.32 children per parent/caregiver; 2% of participants were pregnant upon application submission.

Community Connect Providers are reimbursed with a pay for performance model. In addition to monthly base pay, providers can receive outcome pay if participants meet at least 3 of 4 outcome metrics (Housing, Employment/Financial, Recovery, and Criminal Justice Involvement).

- **96%** of participants are actively addressing their **housing** needs.
 - **89%** of participants are actively addressing their **employment/financial** needs.
 - **94%** have had **no law enforcement contact**.
 - **92%** are actively addressing their **recovery** needs.
- After six months, active participants are contacted to report any updates to their circumstances. Out of those contacted, 66% reported an improvement in their housing situation.



CommunityConnect

My Recovery. My Story.

PEER SUPPORT ENGAGEMENT

- 83% of providers are utilizing Certified Peer Support Specialists.
- 1 in 7 participants are actively engaged with a Peer Support Specialists.
- One third of providers have a 45% or higher rate of participant engagement with their Peer Support Specialists with three of those providers having a 70% rate or higher.
- In rural areas, where face-to-face peer support is not available, telehealth/video options may be used.



FREE THROUGH *Recovery*

Free Through Recovery is a community based behavioral health program designed to increase recovery support services to individuals involved with the criminal justice system who have behavioral health concerns.

Individuals Currently Receiving Service: 1,164

Total Served To Date: 4,116



Recovery Talk

WHAT TO EXPECT WHEN YOU CONTACT 24/7 RECOVERY TALK

If you don't know where to begin getting help with addiction for yourself or someone you know—start here. **call or text** 701-291-7901 to speak to a trained peer support specialist with lived experience in addiction to chat and receive support.





CALL **KAY**

Pregnant or parenting
while struggling with
substance use?



Are you a parent or currently pregnant and struggling with substance use and wish you had somebody to talk to?

If you answered yes to these questions, please call or text **701.471.0857**.

Call Kay is a confidential resource to connect with a peer support specialist who has experience navigating the child welfare system and is now living a life in recovery as parent.

Peer Support Employment

- Free Through Recovery
- Community Connect
- Human Service Centers
- DOCR Prison Facilities
- Private Providers
- Hospital settings
- SUD Voucher Providers
- 1915i Providers
- Family Run Organizations
- Telephone Support-Recovery Talk, Call Kay



More Information

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