

PEER SUPPORT SPECIALIST VIEW OF IDD AND MENTAL HEALTH SERVICES

By:

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KEY TAKE AWAYS FROM FULL PRESENTATION

- Understanding of how you say things to individuals can affect their recovery
- Basic Understanding of what Peer Support is and what a Peer Support Specialist does
- Know where to go for more information on Texas Medicaid Billable Peer Support Certifications
- How individuals with IDD can benefit from receiving Peer Support Services
- HHSC Person-centered Planning for Waiver Program Providers requirement due to Texas Administrative Code.

MY STORY PART 1

- Ages 18 to 26 were the darkest parts of my life. I was constantly in and out of inpatient and/or intensive outpatient psychiatric treatment because of the lack of support I needed due to physical disabilities, mental health diagnosis, and Intellectual and Developmental Disabilities.
- I also suffered trauma from the way I was treated by some mental health providers.

MY STORY PART 2

- My current therapist is the one I went to once I was kicked out of the IOP I was in because she had special certifications. When I met with her for the first time I actually felt listened to and understood about how scared and concerned I was with what I was experiencing while on a specific medication and she was open to the idea that what I was experiencing is a side effect
- Another thing that my current therapist does that helps me feel supported and empowered is I have input on how often she sees me. I also know that if something happens and I need to see my therapist sooner she will make that happen if her schedule allows and not make me feel judged or ashamed about having to see her sooner.
- I have the exact same type of patient-provider relationship with my current psychiatrist.

WHAT IS PEER SUPPORT?

- Peer Support is:
- Person Centered
- Mutual
- Evidence based
- Strength based

WHAT IS A PEER SUPPORT SPECIALIST

- A peer support specialist is:
- Resource Broker
- Advocate
- Motivator
- Problem Solver(when appropriate)
- Ally/confidante
- Role Model
- Truth teller

WHAT A PEER SUPPORT SPECIALIST ISN'T

- Therapist
- A spy for the treatment team
- Someone to do intake assessments for treatment

TEXAS MEDICAID PEER SUPPORT CERTIFICATION

- MHPS- Mental Health Peer Specialist
- RSPS- Recovery Support Peer Specialist
- PSS- Peer Specialist Supervisor
- For more information visit <https://hhs.texas.gov/doing-business-hhs/provider-portals/behavioral-health-services-providers/peer-support-services/certification-peer-support-a-medicaid-benefit>

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HOW CAN PEER SUPPORT BENEFIT THOSE WITH IDD

- Provide Individuals with IDD support with Social Skills development
- Provide Individuals with IDD a group setting to give and receive mutual support from others with similar struggles
- Provide Individuals with IDD the opportunity to learn how to advocate for their needs
- People with IDD who receive services from the Home and Community Based Services (HCBS) waiver are required by CMS(Centers for Medicare and Medicaid Services) and Texas Administrative code to have a person-centered plan that outlines outcomes and action steps which peer support can help meet this requirement
- Help those with IDD discover and develop their voice so they are comfortable speaking up for what they want in their treatment plan

TEXAS HHSC PERSON-CENTERED PLANNING FOR WAIVER PROGRAM PROVIDERS

- The rules in the Texas Administrative Code requires the following programs to use person-centered planning:
 - 1915c waivers:
 - Community Living Assistance and Support Services (CLASS)
 - Deaf Blind with Multiple Disabilities (DBMD)
 - Home and Community-based Services (HCS)
 - Medically Dependent Children Program (MDCP)
 - Texas Home Living (TxHmL)
 - Youth Empowerment Services (YES)

TEXAS HHSC PERSON-CENTERED PLANNING FOR WAIVER PROGRAM PROVIDERS CONT....

- 1915i state plan services
 - Home and Community Based Services Adult Mental Health
- 1915k state plan services
 - Community First Choice
- 1115 waiver:
 - STAR+PLUS Home and Community-based Services
 - STAR Kids Home and Community-based Services
 - Home and Community Based Services delivered through STAR Health
- Website: <https://www.hhs.texas.gov/services/disability/person-centered-planning/person-centered-planning-waiver-program-providers>

WEBSITE AND CONTACT INFORMATION

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