

**PEER SUPPORT: WHY
YOUR PROGRAM
NEEDS IT.**

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New England (HHS Region 1)

ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



NEARCP

New England Association of
Recovery Court Professionals

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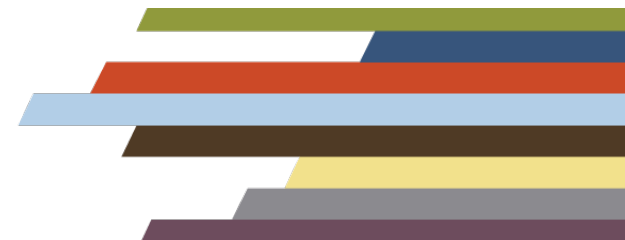
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New England Association of Recovery Court Professionals

- The New England Association of Recovery Court Professionals is a nonprofit consortium of drug treatment court professionals from six states (CT, RI, MA, NH, VT, ME)
- We exist to: Address critical current and emerging issues confronting drug treatment courts through high-quality training and TA
- Promote regional coordination to address challenges common in New England drug treatment courts and develop responsive pro-active policies and practices
- Provide a central forum and repository of resources relevant to the development, operation, and administration of drug treatment courts
- www.NEARCP.org



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GOALS FOR TODAY

- Learning the value of Peer Support
- Understanding the role of Peer Support in a court program
- Reviewing guidelines for implementation of Peer Support into a court program
- Dispel myths about Peer Support



**Incorporating Peer
Recovery Support into
Treatment Courts:**
Practice Guidelines
for Treatment Court
Professionals



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**ACKNOWLEDGEMENT
TO THE FIELD**



CORE COMPETENCIES
FOR PEER WORKERS
IN BEHAVIORAL
HEALTH SERVICES



NATIONAL PRACTICE
GUIDELINES FOR PEER
SPECIALISTS &
SUPERVISORS

BEFORE WE START.....

- What is your role on the team?
- Do you currently have peer support integrated into your court program?
- If no, what is the biggest barrier? (select top 2)

WORKING DEFINITIONS

Peer support : The process of giving and receiving help among people in similar situations based on key principles that include respect, shared responsibility, and mutual agreement on what is helpful.

Peer Recovery Support Specialist : An individual currently in recovery who has lived experience with addiction and/or co-occurring mental health disorders and have been trained to help their peers with a similar experience to gain hope, explore recovery, and achieve life goals.

Alumni: A graduate of a specialty court program

Recovery support services: Nonclinical services that assist individuals and families in recovery from and stabilizing after substance use disorder. Services include social support, linkage to supportive community resources, and a full range of human services that facilitate recovery and wellness, contributing to an improved quality of life.





nami

National Alliance on Mental Illness



An illustration depicting a network of social interactions. It features several circular nodes connected by dashed lines. The nodes contain various scenes: a couple taking a selfie, a man in a suit with a thumbs-up icon, a man in a green sweater looking at a phone with heart icons, a woman with glasses using a tablet, a man in a yellow shirt using a laptop, and a woman in a blue shirt with a thumbs-up icon. There are also smaller icons like hearts, thumbs-ups, and share symbols scattered throughout. A large blue circle in the center contains the text 'THE VALUE OF RELATIONSHIPS' and 'Social Capital'.

THE VALUE OF RELATIONSHIPS

Social Capital

SOCIAL CAPITAL THEORY

- Relationships matter and social networks are a valuable asset.
- Social capital is what allows humans to collaborate, coordinate, and coexist.
- Shared values, norms, trust, and belonging make social exchange possible.
- Produces desired outcomes
- Social capital can have negative effects (gangs, cartels, mafia)



RECOVERY CAPITAL

THE VOLUME OF INTERNAL
AND EXTERNAL ASSETS
TO INITIATE AND SUSTAIN
RECOVERY



- Personal
- Family/social
- Community
- Cultural

Social recovery capital

-Recovery-supportive social networks

-Peers

-Role models



Social
recovery capital

Physical recovery capital

-Basic needs: housing, financial

resources

education

employment and

valid ID card



Personal
recovery capital

Human recovery capital

-Recovery-supportive coping mechanisms

-Medication and substitution treatment

-Willpower

-Acceptance and resilience

-Religion and belief

-Reduced substance use



Community
recovery capital

Cultural recovery capital

-Culture and religion

-Stigma (negative influence on
recovery)

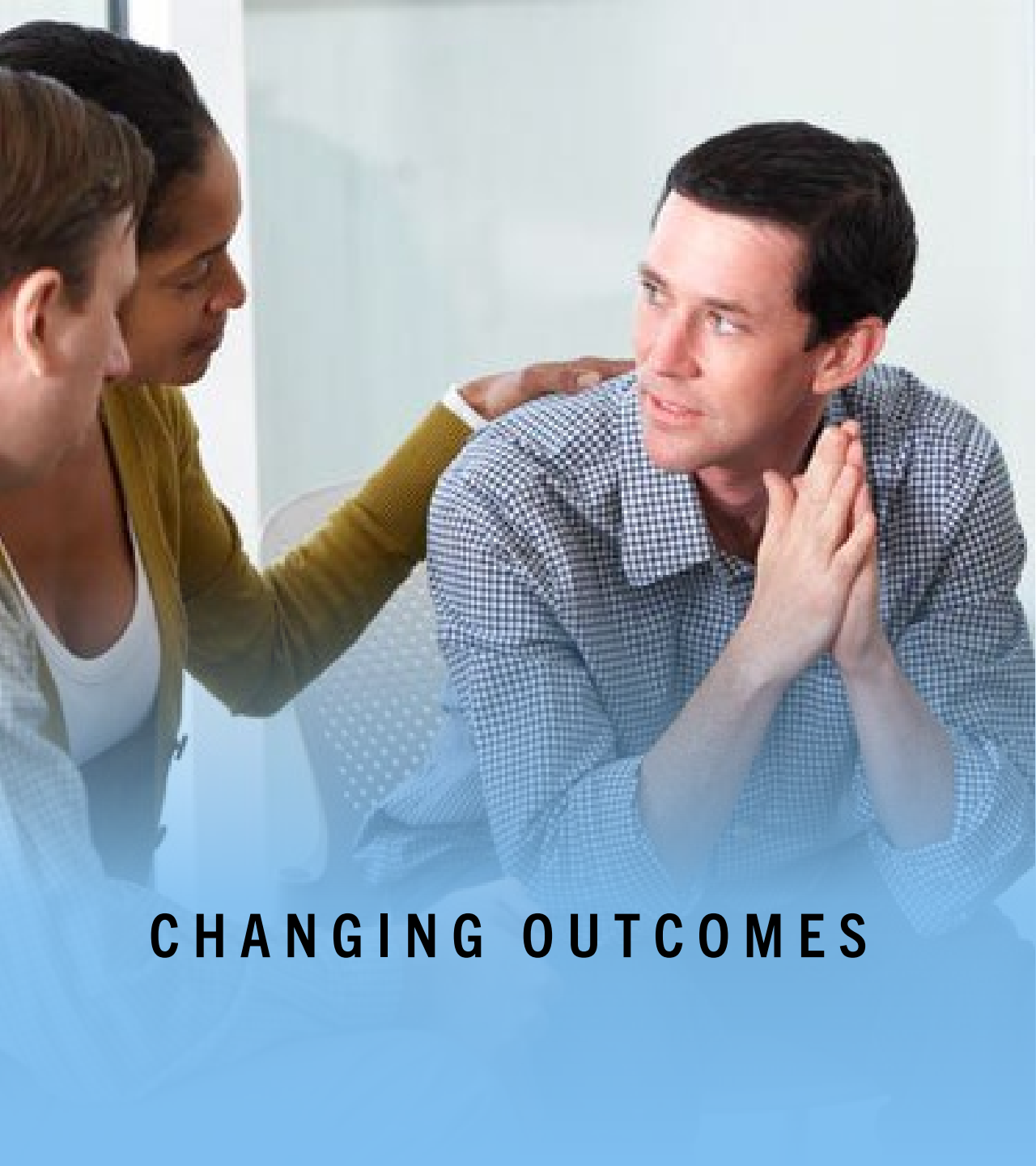
Community recovery capital

-Recovery supportive environment

-Professional support

-Specialized treatment

-Social and judicial services

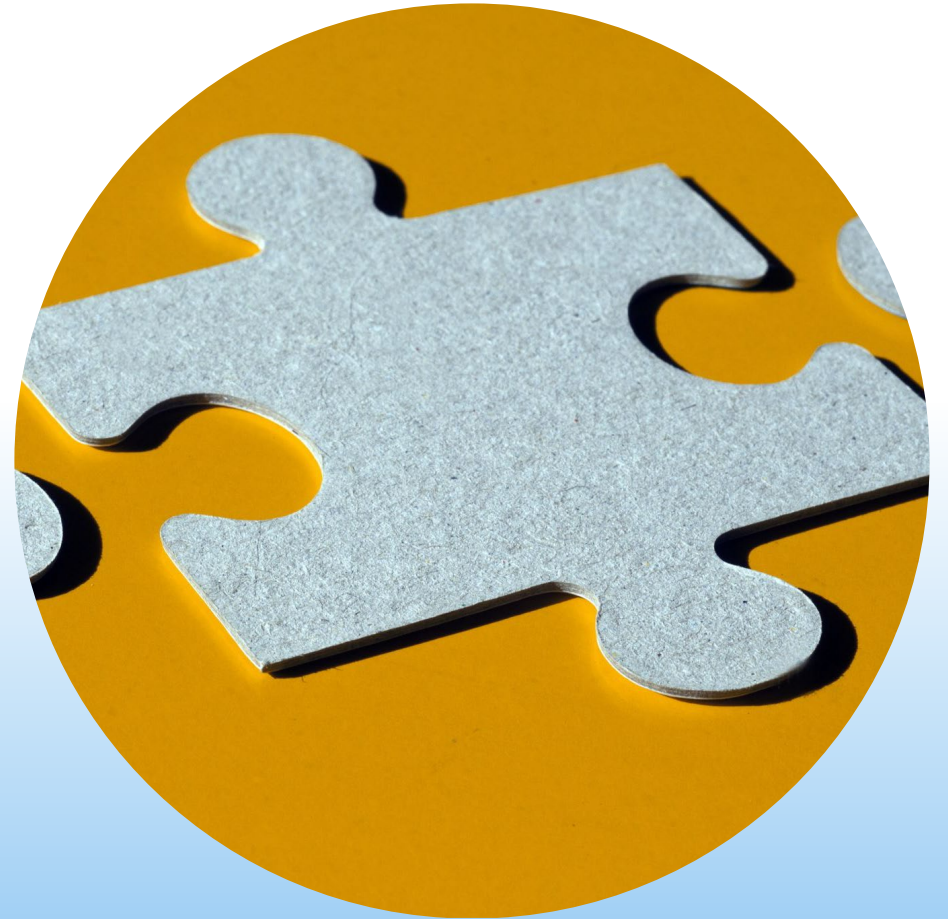


CHANGING OUTCOMES

- Reduction in recurrence of substance use
- Improved treatment engagement and retention
- Higher participant satisfaction
- Reductions in emergency service utilization and hospitalization
- Reduction in new incarceration

WHAT IS PEER SUPPORT

...”a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful.”



CORE VALUES

1. Peer support is voluntary

2. Peer supporters are hopeful

3. Peer supporters are open minded

4. Peer supporters are empathetic

5. Peer supporters are respectful

6. Peer supporters facilitate change

7. Peer supporters are honest and direct

8. Peer support is mutual and reciprocal

9. Peer support is equally shared power

10. Peer support is strengths-focused

11. Peer support is transparent

12. Peer support is person driven

PEER SUPPORT SPECIALIST



Trained and certified Peer Professional



Person with lived (substance use and/or mental health) experience



Certification varies state to state

ROLE

- Provide non-clinical strength-based formal and in-formal supports
- Mentoring prosocial skills
- Role model of hope and recovery
- Access to recovery resources & support services
- Assist with problem solving
- Inspire hope
- Help develop self-determined goals
- Create strategies for self-empowerment
- Help individuals develop self-advocacy skills





KEEP IN MIND.....

Peer Support Specialists are not acting in the role of

- Counselors
- Clergy
- Sponsors
- Compliance officers

CONSIDERATIONS FOR THE TEAM

1. Prior to implementing Peer Recovery Support services, training is provided for all team members on the topics of:

- ❖ What is Peer Support?
- ❖ What is a Peer Support Specialist, and what do they do?
- ❖ What are the benefits of peer support?
- ❖ How are peer recovery support specialists trained (by whom, how often)?
- ❖ How is the peer recovery support specialist's role different from other roles on the TRC team, including alumni?

A hand holding a pen over a document with a blue circular overlay containing the title.

CONSIDERATIONS FOR THE TEAM

2. Written roles & responsibilities

- ❖ Clearly define the role of the Peer.
- ❖ Written description of roles, responsibilities, and appropriate tasks.
- ❖ Consideration for attendance to pre-court staffing meetings. Weigh the pros and cons.
- ❖ Determine an appropriate caseload size.

CONSIDERATIONS FOR THE TEAM

3: The treatment court program has established processes for recruiting, hiring, and orienting Peer Support Specialists to the treatment court.

- ❖ Establish partnerships with the agency who will be employing the Peer Recovery Support Specialist
- ❖ Supervision per the State's certification guidelines.
- ❖ Ongoing training, professional support
- ❖ Thoughtful and thorough orientation process

CONSIDERATIONS FOR THE TEAM

4: The treatment court ensures that peer recovery support specialists receive regular and ongoing external supervision from qualified staff.

- ❖ Administrative

- ❖ Educational

- ❖ Supportive



CONSIDERATIONS FOR THE TEAM

5. Peer support specialist receive annual ethics training, and policies and procedures are in place to address ethical issues.

- ❖ Confidentiality
- ❖ Boundaries
- ❖ Dual relationships



WHY PEER SUPPORT IS VALUABLE

—

BREAKING DOWN MYTHS

“I’m concerned the stress of the work will be too much for the Peer Recovery Support Specialist.”

“I’m concerned the Peer Recovery Support Specialist will be triggered by the stories and experiences of the participants.”

“Peer work isn’t a professional role.”

“I’m concerned for recurrence of use for the PRSS.”

“I’m concerned about boundary violations.”



- Peer Recovery Support Specialists are trained, certified professionals.
- Employment in a professional role can create a sense of purpose and be therapeutic and healing.
- The expertise of their lived experience can be informative to help us best understand and support the population we serve.
- Self care is a critical tool for ALL professionals working in this field. Ensuring all professionals have the time and space to attend to their needs (recovery and other) will translate to happy, healthier employees.
- Peers may “wear many hats”. Ensuring regular practices of supervision and training are integrated into the role, will support Peer Professionals in setting and maintaining healthy boundaries and ethical practices.



WHAT'S AT RISK IF WE DON'T



Q & A



THANK YOU



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