

NASMHPD CYF Division Annual Meeting

BE D·B·H·D·D

Georgia Department of Behavioral Health & Developmental Disabilities

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November 17, 2020



“

It is easier to build strong children than
to repair broken men. ”

~ Frederick Douglass

Georgia Child-Serving Agencies

Dept. of
Behavioral
Health &
Developmental
Disabilities

Dept. of
Community
Health
(Medicaid)

Dept. of
Early Care &
Learning

Dept. of
Education

Div. of
Children &
Family Services
(DHS)

Dept. of
Juvenile Justice

Dept. of
Public Health

Ga. Vocational
Rehabilitation
Agency

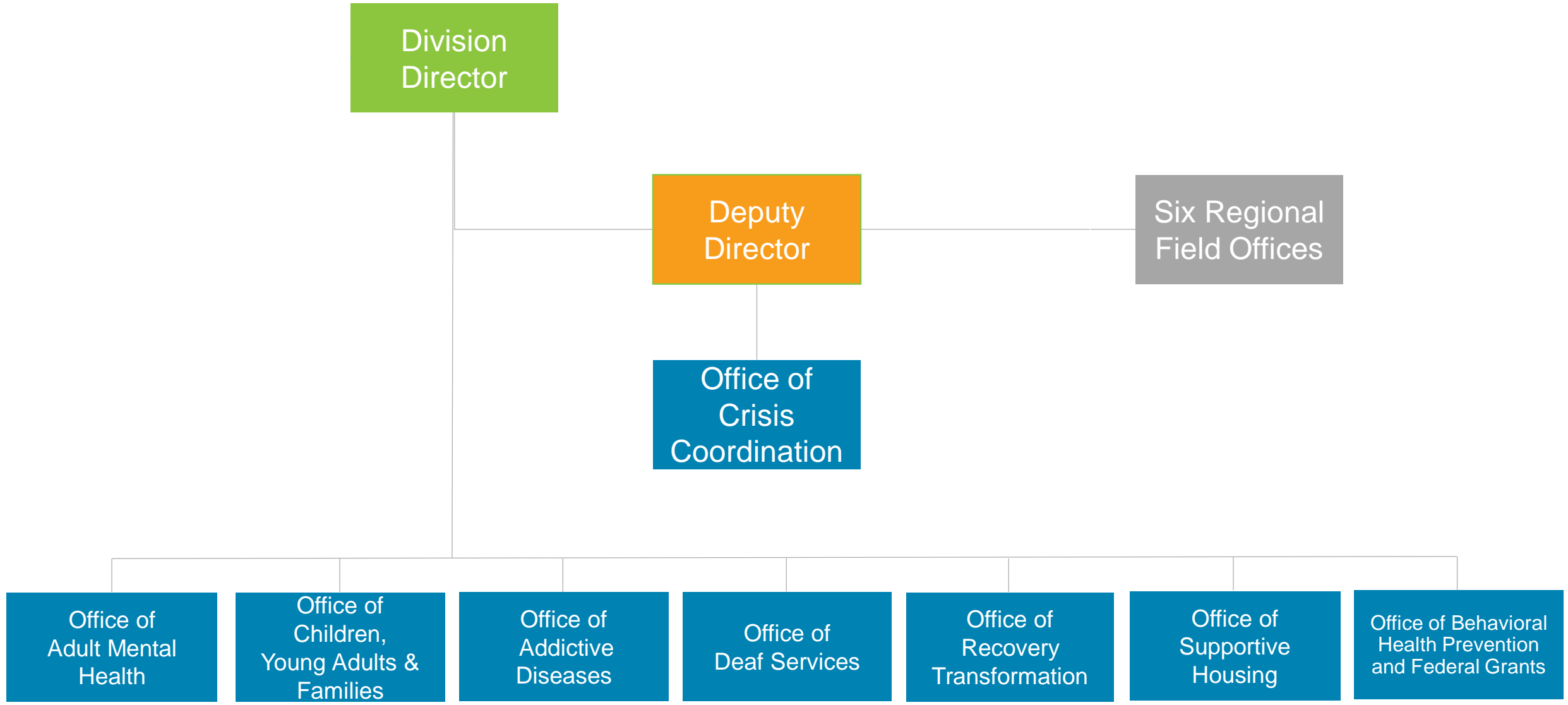
What We Do

DBHDD operates five **state hospitals** and provides for **community-based services** across the State through contracted providers. The Department serves people living with **mental health challenges, substance use disorders, intellectual and developmental disabilities**, or any **combination** of these. As Georgia's public safety net, our primary responsibility is to serve people who are **uninsured**. We also serve individuals who receive **Medicaid** and others with few resources or options.

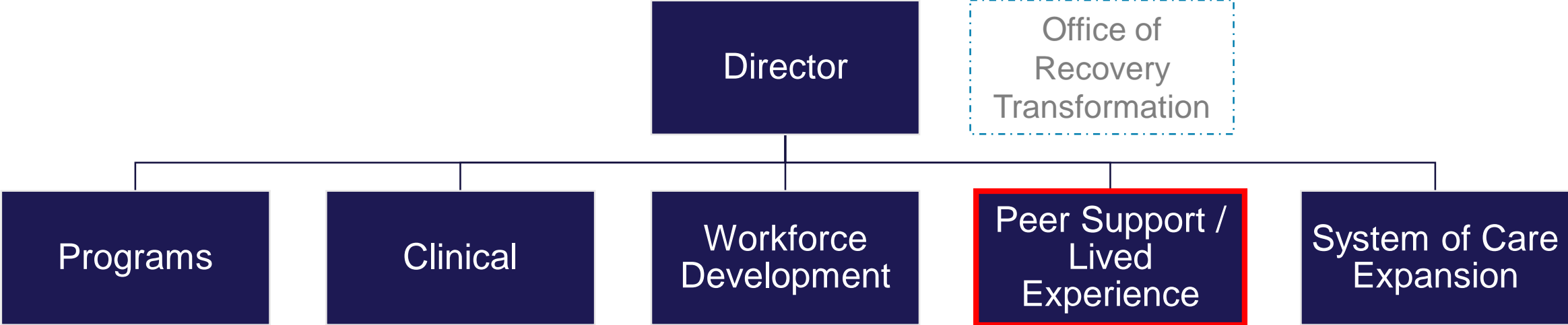
DBHDD Organization

- **Office of the Commissioner**
- **Divisions**
 1. Behavioral Health
 2. Developmental Disabilities
 3. Hospital Services
 4. Performance Management & Quality Improvement
 5. Accountability & Compliance

Behavioral Health Division Organization



Office of Children, Young Adults & Families



Overview

History

Policies

Peer Support in Georgia

Georgia AIME

The Future

A close-up photograph of a person's hands gripping the handlebars of a blue bicycle. The background is a soft-focus outdoor scene with green grass and a blurred path. The text "BE INSPIRED" is overlaid on the image, with "BE" in orange and "INSPIRED" in white.

BE INSPIRED

Peer Support as a
Medicaid Billable Service

Georgia Led the Way

1

Georgia was the first state to bill Medicaid for peer services (CPS-MH, 1999)

2

Expanded Medicaid coverage to include addiction recovery and whole health (1st in the country)

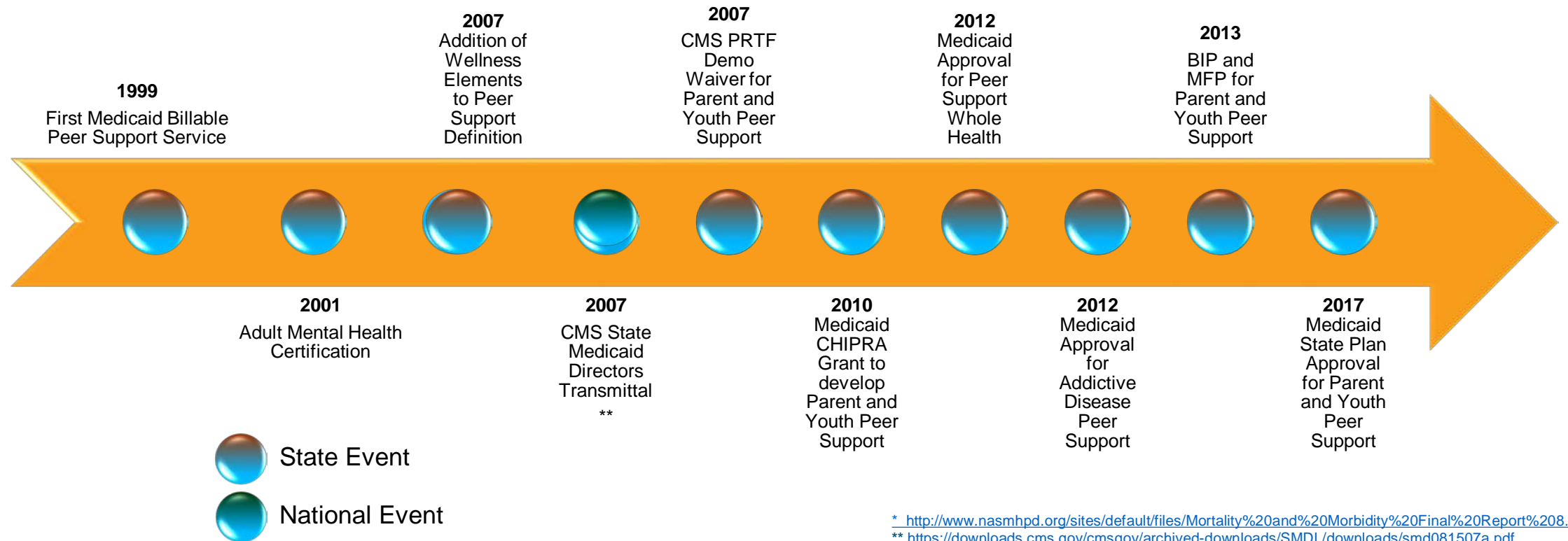
3

CPS-Y and CPS-P Medicaid-reimbursable as of late 2017

4

Georgia model became basis for 40+states and a dozen countries to adopt mental health Peer Support

Georgia: Brief History of Medicaid Peer Support



* <http://www.nasmhpd.org/sites/default/files/Mortality%20and%20Morbidity%20Final%20Report%208.18.08.pdf>

** <https://downloads.cms.gov/cmsgov/archived-downloads/SMDL/downloads/smd081507a.pdf>

Types of Peer Certifications

Certified Peer Specialist – Mental Health (CPS-MH)

- Age 18 and older
- Living in recovery with a mental health condition and is practicing recovery as related to that condition.
- Supports other adults on their journey of recovery with a mental health condition

Certified Peer Specialist - Addictive Diseases (CPS-AD)

- Age 18 and older
- Living in recovery from addiction and abstinent from any drug use for over (2) years
- Supports other adults on their journey of recovery from substance use

Certified Peer Specialist - Youth (CPS-Y)

- Ages 18 -30
- Living with a behavioral health condition and is willing and able to self-identify as a person who has or is receiving behavioral health services
- Uses that experience in helping other youth and young adults living with similar behavioral health conditions

Certified Peer Specialist - Parent (CPS-P)

- Parent or legal guardian of a child who is living with a mental health, substance use or a co occurring diagnosis
- Provides support to other parents who are raising a child with similar behavioral health conditions

Types of Peer Certifications – Ancillary CPS Credentials

MH & Whole Health

- Certified as an Adult CPS
- Earned additional certification to support individuals living with a MH condition in creating a plan that considers mental and physical wellness
- Support individuals with prevention, balancing healthcare, wellness, and navigating the health care system

MH & Forensic

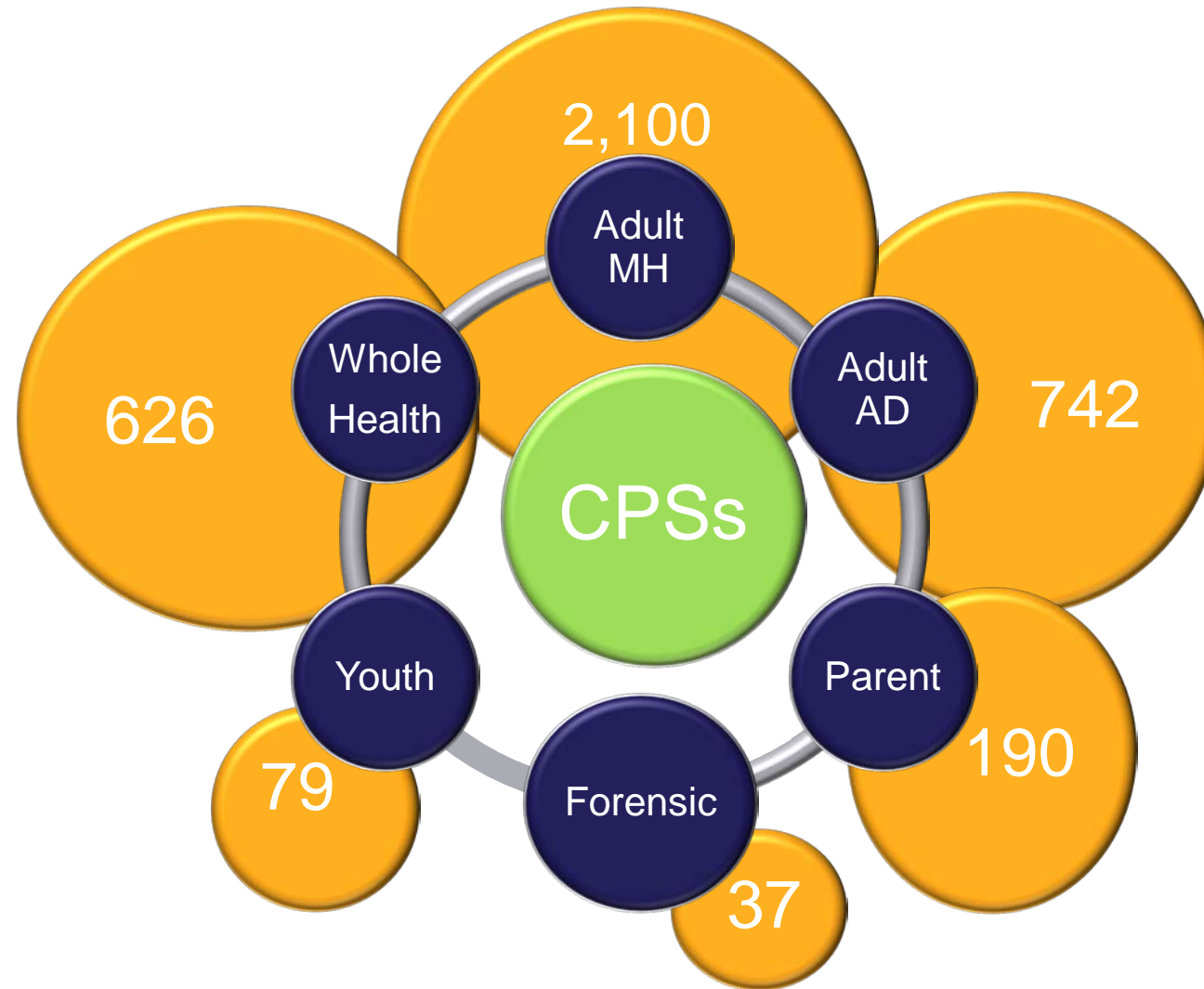
- Age 18 and older
- Living in recovery from addiction and abstinent from any drug use for over (2) years
- Support other adults on their journey of recovery from substance use

CPS Guild in Georgia

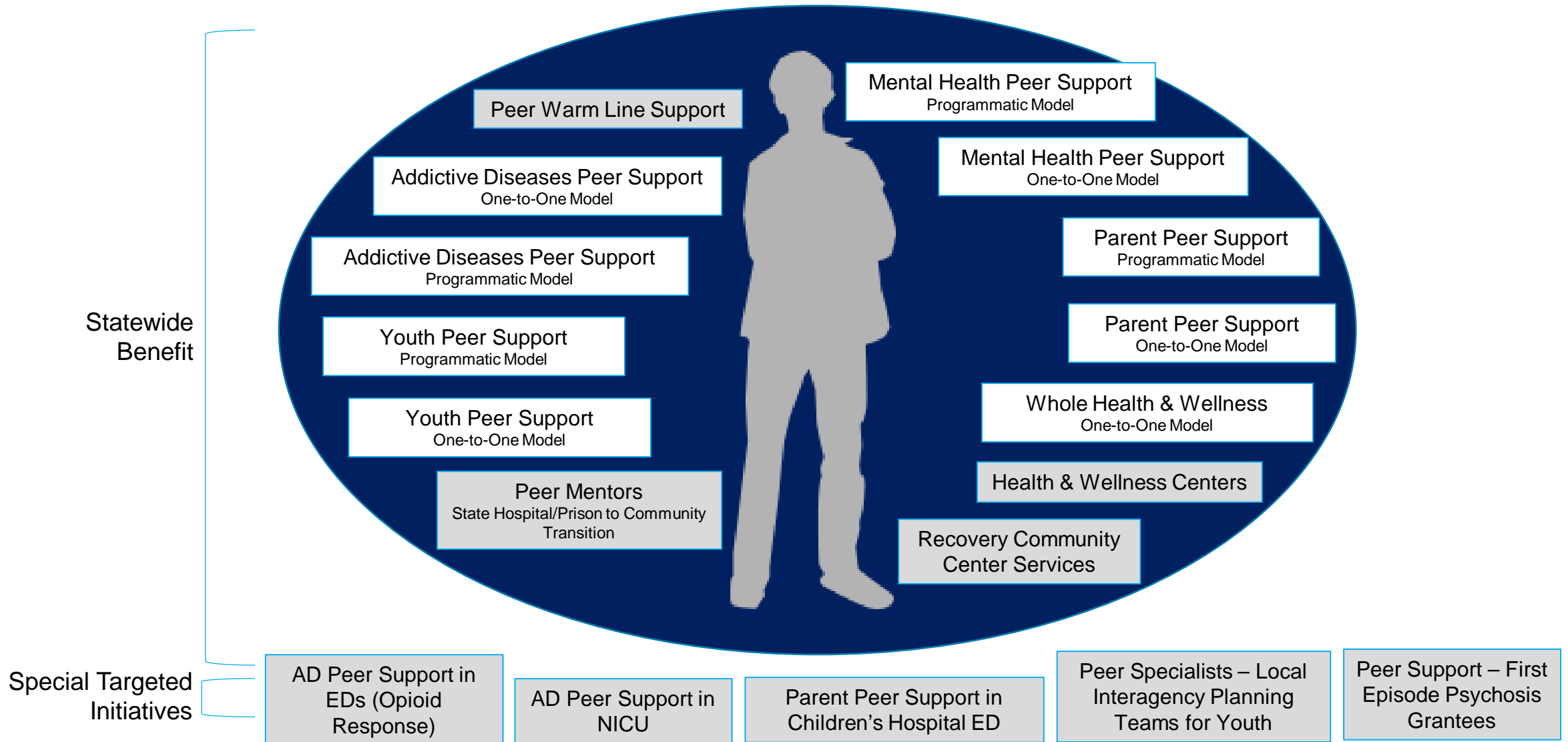


Approximately 2,800
(unduplicated CPS)
are certified in
Georgia

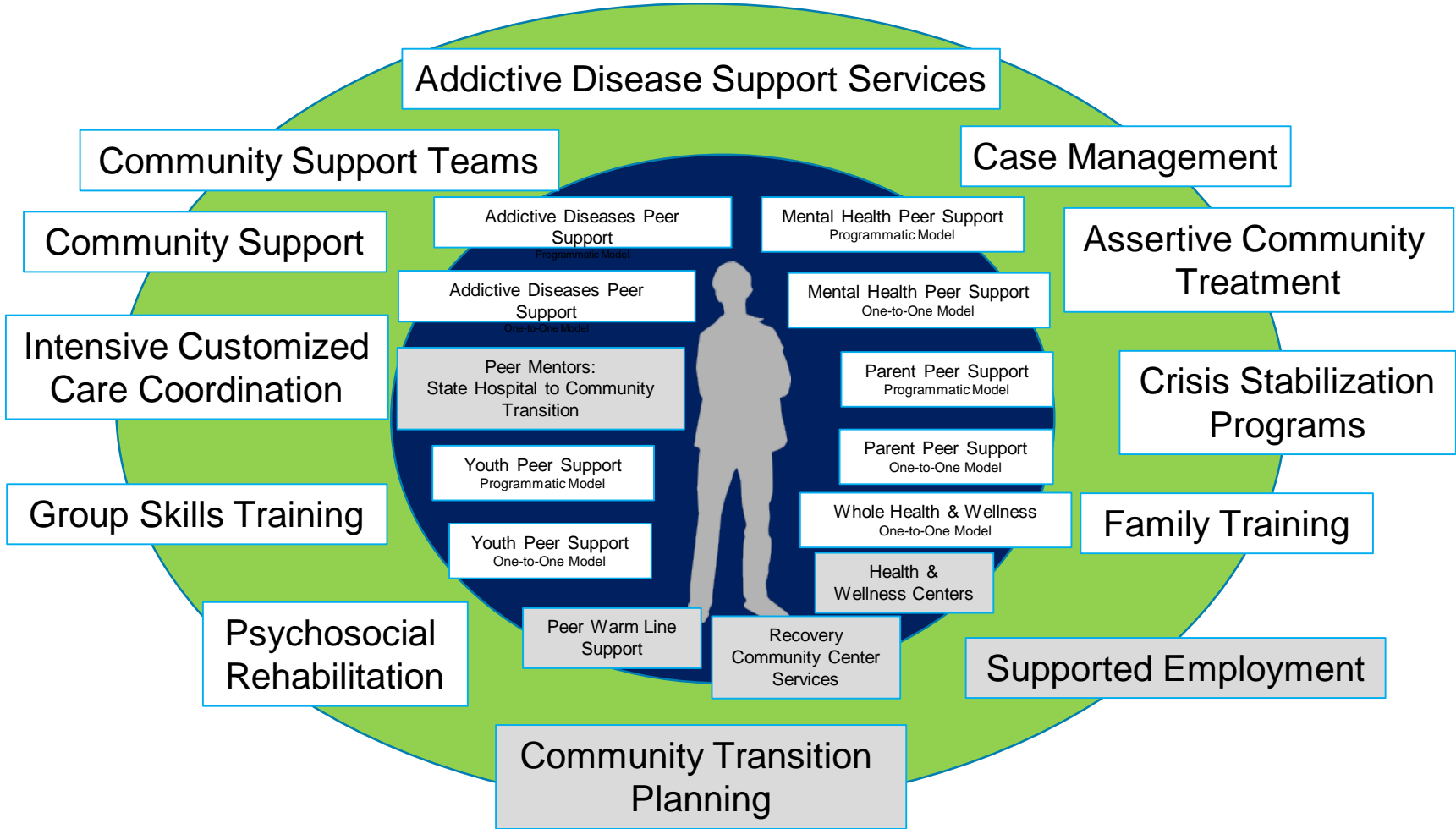
3,700+ roles due to
multiple certifications



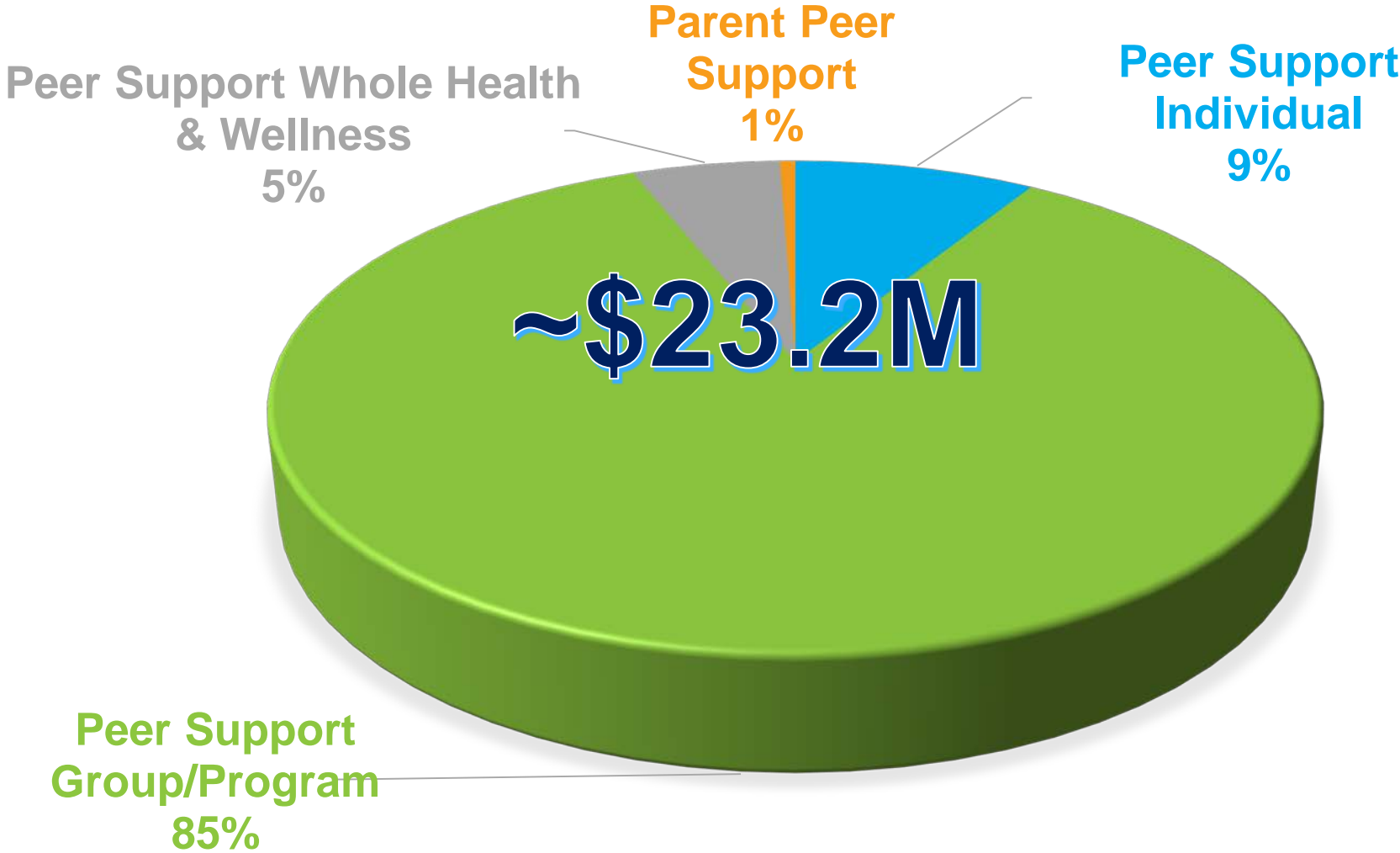
Georgia's Foundation: Peer-Specific Services



Georgia's Foundation: Peer-Engaged Services

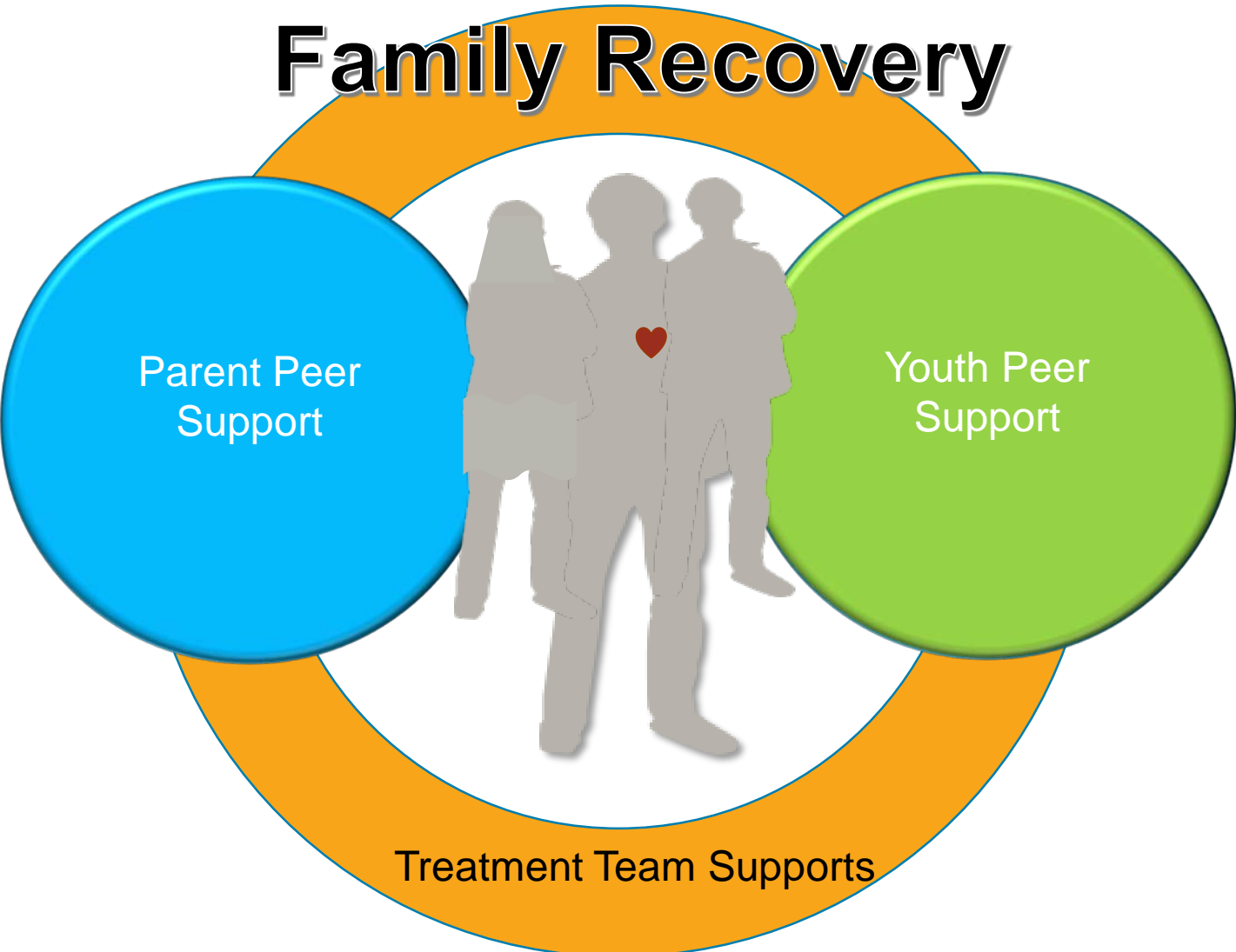


Peer Support FY19 Utilization



Why Are Peer Support Services Important?

Operationalizing Family Recovery



Family Recovery is Possible!

The child is not singular – the child is a part of a family unit (no matter the nature of the family). Recovery, then, is for the child and family!



- Everyone in the family can contribute and participate in family recovery
- Building hope within the entire family
- Helping the family become more educated on BH and related support skills
- Be specific to the child's needs (make it personal)
- Everyone in the family needs some degree of accommodation, flexibility, and support
- Promotes a Healing Journey
- Builds Connections
- Improved Communication
- Bolsters Unity and Wellness

CPS-P | -Y Growth & Sustainability

Funding

- Ability to bill Medicaid/DBHDD Fee for Service OR
- Dedicated personnel funding (e.g., operations, grants, etc.) OR
- A combination of both of the above

Capacity

- Recruitment
- Training
- Certification
- Continued Education

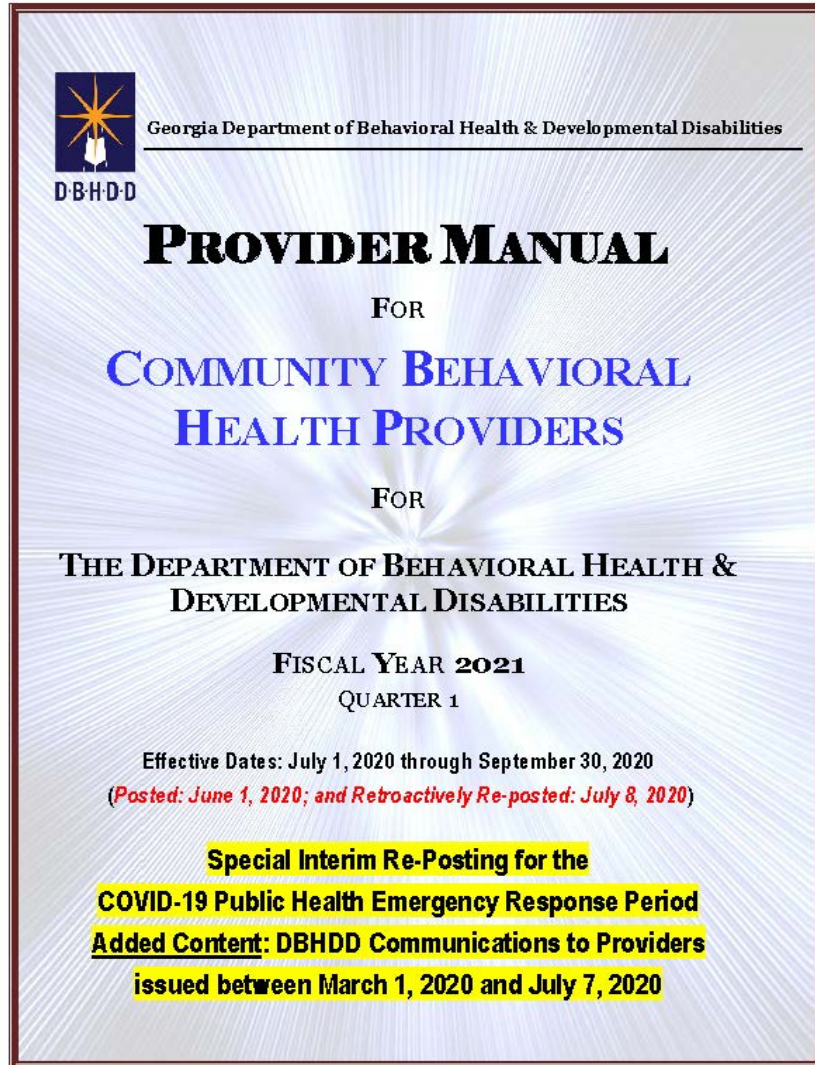
Enrollment

- Provider enrollment in service AND
- Included in Individual Recovery Plan (IRP)

DBHDD Policies



DBHDD Service Guidelines



Two modalities for parent and youth peer support:

- Individual
- Group

Provider Manual

- Billing Codes & Rates
- Service Definition
- Admission Criteria
- Continuing Stay
- Discharge Criteria

DBHDD Policy 15-150 | Recovery, Wellness & Independence

DBHDD recognizes that all people, regardless of their challenges, can build resilience, independence, and wellness to enjoy a life well lived. These broad concepts include principles of individual self-determination, freedom, and personal responsibility and are considered key to achieving the goal of a satisfying, independent life with dignity and respect for everyone.

DBHDD Policy 15-150 | Recovery, Wellness & Independence

Guiding Principles & Values

1. Convey the hope of recovery
2. Informed by wisdom of lived experience
3. Address trauma
4. Recovery occurs via many pathways
5. Empower communities
6. Support self-responsibility
7. Based on respect
8. Person-driven
9. Strength-based
10. Age independent
11. Holistic
12. Supported by peers, allies, advocates, families
13. Nurtured through relationships and social networks
14. Culturally based and influenced
15. Anchored in wellness

DBHDD Policy 01-123 | Training & Certification of Peer Specialists

DBHDD is the sole certification body for Certified Peer Specialists in Georgia. Certification certificates are only valid if signed by a DBHDD official.

- Certified Peer Specialists
- Sole Certification Agency
- Certification
- Core Competencies
- Training



BE CARING

Strength-based
Rehabilitative Service

Access to Peer Support

Formal Peer Support

Individual must be living with a Behavioral Health condition and meet DBHDD admission criteria

Must be receiving services from a DBHDD approved provider

Must be ordered on the Individual Recovery/Resiliency (IRP) Plan

Must be authorized by the ASO/Beacon Health

Informal Peer Support

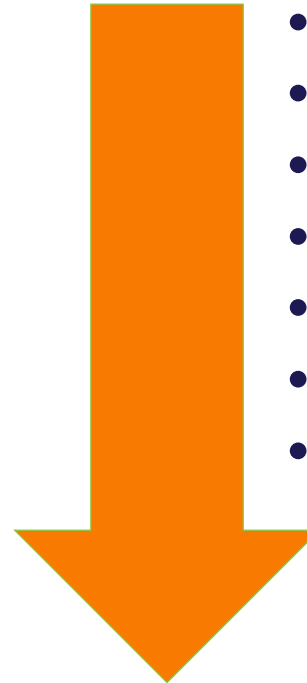
An individual can also receive peer support without it being prescribed through a state-funded or peer-run organization

Impact of Peer Support Services

Among other outcomes ...



- “Hard-to-reach” engaged
- Individuals are more involved in their services
- Employment
- Housing
- Provider relationships
- Quality of life
- Child Welfare Reunification



- Substance use
- ED visits
- Inpatient days
- Re-hospitalizations
- Re-incarceration
- Child Welfare Involvement (youth)
- Cost of services

Sources: Mental Health America, *Evidence for Peer Support*, May 2018 (available online); L. Mangrum, R. Spence, M. Nichols, and C. Peterson, *Recovery Support Services Project FY 2015 Final Evaluation Report*, University of Texas Addiction Research Institute, 2016, Anthony et al., 2009; Cameron, 2002; Rauber, 2009

The Focus of the Parent & Youth CPSs

*One of the primary functions of the Parent/Youth Peer Support service is to promote **family/youth recovery**.*



Making a Connection

Addressing Isolation

Building Knowledge and Skills

Cultivating Hope

Parent & Youth CPSs Aim to:

Support	Support increased advocacy
Help	Help improve communication within the family
Reduce	Reduce crisis
Help	Help families learn to deescalate potential crisis situations
Establish	Establish meaningful community connections
Enhance	Enhance quality of life in community
Cultivate	Cultivate Self-efficacy

Supports and Interventions

Drawing upon their own experience, helping the family/youth find and maintain hope as a tool for progress towards recovery;

Assisting the family in identifying the tools of wellness/resiliency/recovery available in everyday life;

Creating early access to the messages of recovery and wellness;

Identifying and overcoming their fears

Encourage the creation of an ongoing Wellness and maintenance plan.

Identify the importance of Self Care

Building the youth and family skills, knowledge, and tools related to the identified condition/related symptoms/triggers so that the family/youth can assume the role of self-monitoring and self-management;

CPSs Can Assist With

- Encouraging personal responsibility
- Building empowerment and self-determination
- Assisting others in skill-building and problem-solving
- Building self-directed recovery tools
- Establishing personal health directives and making informed decisions

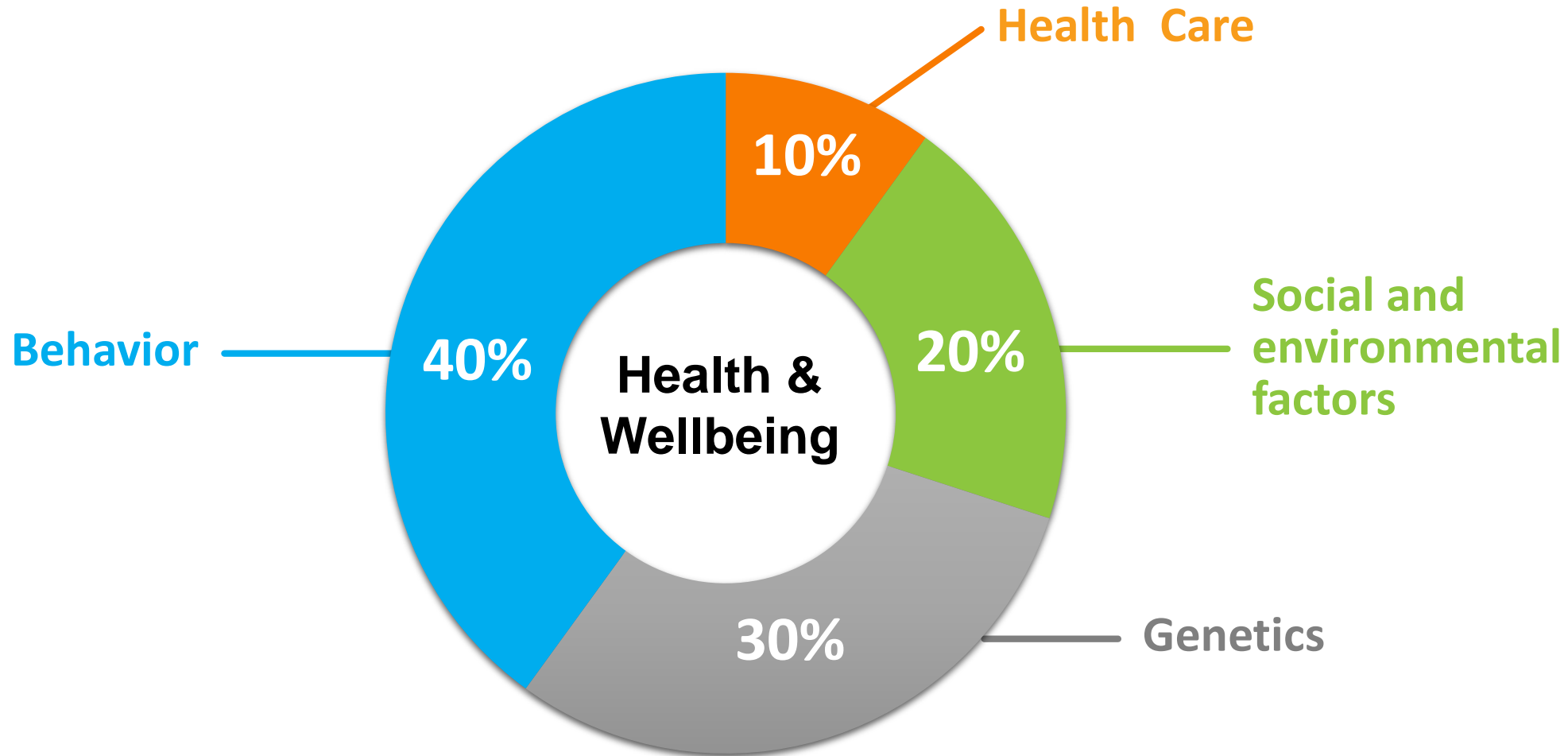


A photograph of a diverse family of four smiling and posing in a grassy field. The father is in the foreground, kneeling on the grass. The mother is behind him, and two children are on her shoulders. The scene is bright and sunny.

CPSs Can Assist With

- Assisting with identifying other community and individual supports that can be used by the family to achieve their goals and objectives-; these can include friends, relatives, and/or religious affiliations.
- Coaching parents in developing systems advocacy skills in order to take a proactive role in their youth's treatment and to obtain information and advocate with all youth-serving systems;
- Assisting the family in understanding: Various system processes, how these relate to the youth's recovery process, and their valued role (e.g. crisis planning, IRP process);

Why Are Peer Support Services Important?



Source: Steven A. Schroeder, "We Can Do Better — Improving the Health of the American People," *New England Journal of Medicine* 357 (Sept. 20, 2007):1221-122.

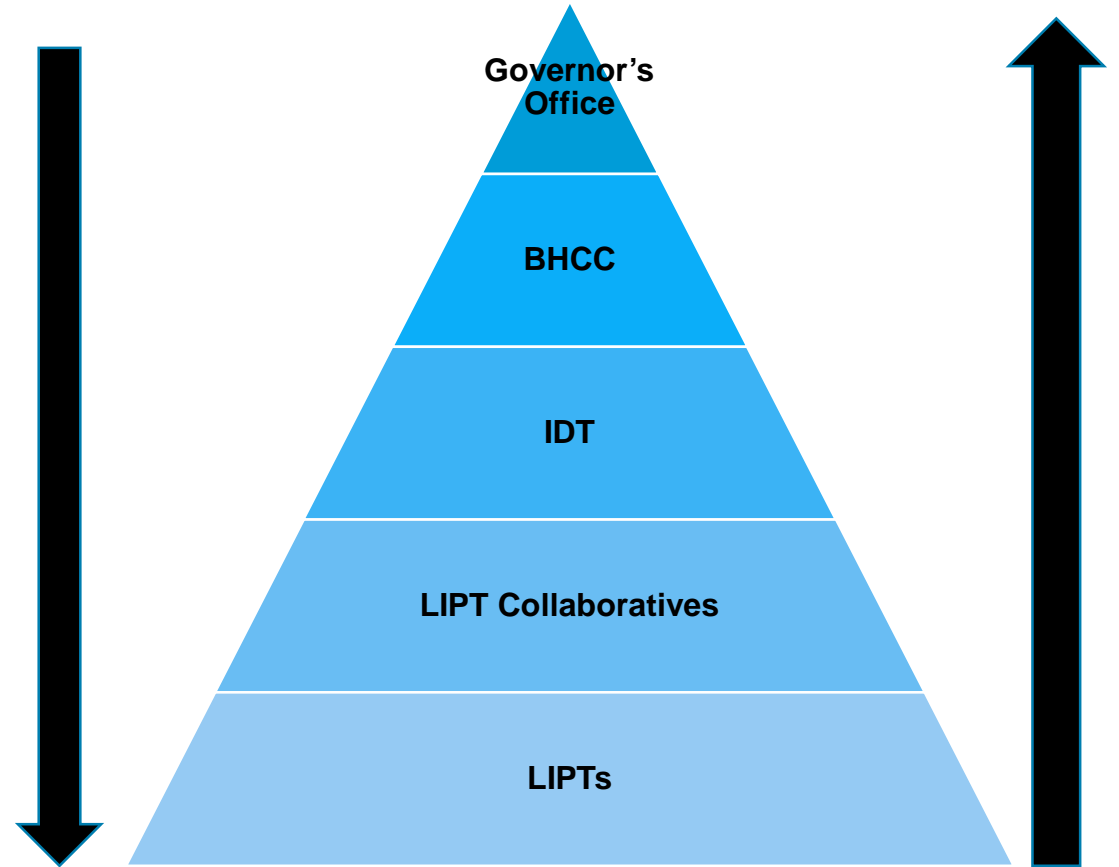


BE EXCEPTIONAL

Georgia AIME

System of Care | Infrastructure

- Behavioral Health Coordinating Council
(O.C.G.A. § 37-2-4)
- Interagency Directors Team
- Local Interagency Planning Teams
(O.C.G.A. § 49-5-225)



Local Interagency Planning Teams (§ 49-5-225)

Permanent Members

- Community mental health agency
- Family and children services
- Juvenile Justice
- Public Health
- Local Education Agency
- Vocational Rehabilitation

Children and Adolescent Case Staffings

- In danger of out of home placement
- Returning to the community

Georgia A.I.M.E

- Pilot Strategy: The Inclusion of Peers within Local Interagency Planning Teams (LIPTs)
- Importance/Rationale
- AIME
 - Inclusion
- Responsibilities of Peers
 - Before the LIPT Meeting Occurs
 - During the LIPT Meeting
 - After the LIPT Meeting
- Next Steps



BE HERE

The Future

DBHDD Approved CPS Certification Training Bodies

CPS

Georgia
Mental
Health
Consumer
Network

C.A.R.E.S.

Georgia
Council on
Substance
Abuse

CPS-P | -Y

Transitioning:
Georgia
Parent
Support
Network

Georgia Parent Support Network

- Georgia Parent Support Network (GPSN) is honored to be transitioning into the role of training agency for the certification of the CPS-Ps and CPS-Ys.
- In early 2021 GPSN, building on the amazing work of the AIME grant, will pilot trainings that will be delivered to the rural regions of Georgia, specifically Region 4 and 5 in South Georgia.
- GPSN has been collaborating with the AIME grant for over a year and has successfully established Federation Chapters and engaged parents and partners in each Region. These partnerships will serve as the foundation for the first GPSN-led trainings.



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