Peer & Clinicians Training Program Project Proposal

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Background

THE PROBLEM:

- Evidence shows that lack of understanding and support between peers and clinicians as service providers do injustice to and are a disservice in the field of behavioral and mental health treatment as usually this so-called "gap" between the two camps prevents a whole person approach toward recovery.

Bios:

- Ehsan Gharadjedaghi, PsyD; licensed clinical psychologist, serial entrepreneur, founder of Norooz Clinic Foundation

- Orlando Vera, seasoned peer advocate, trainer, mentor; founder of Peer Voices

1. Core Competencies

Core competencies of psychotherapists

- ○ Understanding and applying theories of mental health & well-being

- ○ Assessing and diagnosing mental health conditions

- ○ Developing & implementing treatment plans

- ○ Providing therapeutic support

Core competencies of peer support specialists

- ○ Sharing personal experience

- ○ Providing emotional support

- ○ Helping individuals develop coping skills

- ○ Providing resources and referrals

[4] (SAMHSA, 2022)

[5] (SAMHSA, 2023)

2. History of Peer Support Workers

- Who are peer support workers?

  - individuals who have personally experienced mental health or substance abuse issues

  - The peer support movement- began in the 1960s and 1970s with the development of self-help groups for individuals with mental health issues.

- SB 803 is a bill that was passed in California in 2014 that established a certification process for peer support workers in the state.

  - Designed to ensure that peer support workers in California meet certain standards of knowledge & competency

5 (SAMHSA, 2023)

2. History of Clinicians

History of Clinicians & Areas of Expertise

- The history of clinicians, or health care professionals who diagnose and treat patients, dates back many centuries.
- Some of the earliest known clinicians were the ancient Greek physicians, who practiced a form of medicine that combined natural remedies with a philosophical approach to illness and healing.
- Rely on Scientific and evidence-based practices to diagnose and treat patients.
- Utilization of diagnostic tests, medications, and various therapeutic techniques.

Professional backgrounds of Clinicians & Areas of Specialization

- Doctors (such as medical doctors, osteopathic doctors, and pediatricians),
- Nurses
- Therapists (such as psychologists, social workers, and counselors)
- In recent years, there has been a trend towards interdisciplinary care, with clinicians from different specialties working together as part of a team to provide comprehensive care to patients.

[1](CMS, 2021)

3. Roles & Purpose for Peers

PEERS

Peer support workers, also known as peer specialists, are individuals who have personally experienced mental health or substance abuse issues and use their lived experience to provide support and guidance to others who are struggling with similar issues. The role of peers in the mental health care system is to offer a unique perspective and understanding of what it is like to live with a mental health or substance abuse condition. They can provide hope, encouragement, and a sense of connection to others who have had similar experiences.

According to the California Department of Health Care Services (DHCS), the purpose of peer support is to:

1. Promote recovery and wellness: Peers can help individuals to develop their own recovery goals and work towards achieving them.
2. Enhance self-determination: Peers can help individuals to identify their own strengths and resources and to advocate for their own needs.
3. Provide hope and support: Peers can offer a sense of hope and understanding to individuals who are struggling, and can help them to feel less alone and more connected to others.

[4] (SAMHSA, 2022)
[8] (DCHS, 2023)

3. Roles & Purpose for Clinicians

Clinicians, or health care professionals, play a vital role in the health care system in California and around the world. They are responsible for diagnosing and treating patients, and for providing a range of medical services to help individuals maintain their health and well-being.

There are many different types of clinicians, each with their own specific areas of expertise and responsibilities. Some common types of clinicians include:

1. Medical doctors: Medical doctors are trained to diagnose and treat a wide range of medical conditions. They may specialize in a particular area of medicine, such as pediatrics, internal medicine, or surgery.
2. Nurses: Nurses provide a range of care and support to patients, including administering medications, performing diagnostic tests, and helping with daily activities such as bathing and dressing.
3. Therapists: Therapists, such as psychologists, social workers, and counselors, are trained to help individuals address mental health issues and cope with life challenges. They may provide individual or group therapy, and may also work with families and couples.

In California and other states, clinicians typically work as part of a team, collaborating with other health care professionals to provide comprehensive care to patients. The overall purpose of clinicians is to promote the health and well-being of the individuals they serve, and to help them to achieve the best possible outcomes.

4. INTERSECTION BETWEEN PEER SUPPORT AND CLINICAL PRACTICE: TURNING CHAOS INTO HARMONY

1. VALIDATING DIVERSITY IN TRAINING, EDUCATION, AND EXPERIENCE

2. HIGHLIGHT AND UPLIFT EACH SPECIALTY

3. A WIDENING GAP

4. BRIDGING THE GAP: NECESSITY, DANGERS, OPPORTUNITIES, METHODS

[2] (Grant et al., 2021)

[7] (Gilligan et al., 2017)

5. LAWS & REGULATIONS

1. Peers: In California, the California Department of Health Care Services (DHCS) is responsible for overseeing the certification of peer support workers.

2. Marriage Family Therapists: The CA Board of Behavioral Services is responsible for licensing and regulating marriage family therapists in the state.

3. Psychologists: The California Board of Psychology is responsible for licensing and regulating psychologists in the state.

4. Social workers: The California Board of Behavioral Sciences is responsible for licensing and regulating social workers in the state.

6. TRAINING & EDUCATION

- Therapists and psychologists may also be required to complete continuing education courses on an ongoing basis in order to maintain their licenses.
- Clinical and academic courses may cover new developments in the field, as well as help therapists and psychologists stay up-to-date on current best practices in mental health treatment.

[3] (Back et al., 2019)
[5] (SAMHSA, 2023)

7. VALUE OF EXPERIENCE

Lived experience and peer support work can be extremely important in the field of mental and behavioral health. Lived experience refers to the personal experience of living with or overcoming mental health or substance abuse issues. Peer support workers are individuals who have personally experienced these issues and use their lived experience to provide support and guidance to others who are struggling with similar issues.

Lived experience can be valuable in several ways. It can provide a unique perspective and understanding of what it is like to live with a mental health or substance abuse condition. It can also provide hope and encouragement, as peer support workers can share their own stories of recovery and resilience with those they are helping. In addition, research has shown that peer support can be an effective component of treatment, leading to improved outcomes and greater satisfaction with care.

Overall, lived experience and peer support work can be an important resource for individuals who are struggling with mental health or substance abuse issues, and can play a vital role in helping them to achieve recovery and improve their overall well-being.

[6] (SAMHSA, 2023)

8. CURRENT TRENDS

Trends in the field of mental & behavioral health involving peers & clinicians working together

1. Increased integration of peer support services into mainstream treatment settings
2. Emphasis on recovery-oriented care: There is a growing trend towards a recovery-oriented approach to mental health care, which places a strong emphasis on empowering individuals to achieve their own recovery goals.
3. Use of interdisciplinary teams: There is a trend towards interdisciplinary care, with clinicians from different specialties working together as part of a team to provide comprehensive care to patients.
4. Development of peer-led programs: In some cases, peer support workers are leading their own programs and services, providing a range of support and resources to individuals with mental health and substance abuse issues.

9. APPLICATION & DELIVERY OF SERVICES

1. Twelve Steps & Support Groups
2. Therapy Groups
3. Case Management
4. Supervision
5. Self Care
6. Group Care
7. Self-interest (agenda), identity, and role
8. Scope of Practice
9. Effective Dialogue
10. Connection Activities
11. Specific Topics: De-escalation of clients, increasing motivation for treatment compliance, boundaries, medication compliance, dual relationships, religious practices, countertransference, tolerance/respect/dignity, self disclosure, agendas and influence & alliance

10. SCHEDULE

WEEK 1: INTRODUCTION & OVERVIEW of PCC Training Program
Core Competencies and History
- Crossing/Swapping/Overlapping Roles

WEEK 2: ADDRESSING THE PROBLEM, CHALLENGES, AND DISCOVERING SOLUTIONS
- Open Discussion, Brainstorming, "Storming" (from Group Formation perspective)

WEEK 3: DEEPER UNDERSTANDING: FACTORS LEADING TO BETTER SOLUTIONS
- "Performing" collaboratively on coming up with options Delve into Roles, Value of Lived Experience

WEEK 4: LAWS & REGULATIONS (RESTRICTIONS & NEW OPPORTUNITIES)

WEEK 5: EXPERIENTIAL INTEGRATION
- Collaborative Problem Solving - Chaos to Harmony

WEEK 6: TRAINING MODELS

WEEK 7: EXPERIENTIAL INTEGRATION
- Collaborative Problem Solving - Chaos to Harmony

WEEK 8: NATIONAL TRENDS & DATA; DELIVERY OF SERVICES
- The overlap between clinicians and peers (consumers)

WEEK 9: TRAIN THE TRAINER PRACTICE (PEER SUPPORT GROUP FACILITATION)

WEEK 10: TRAIN THE TRAINER PRACTICE (CLINICAL SUPPORT GROUP FACILITATION)

WEEK 11: COMBINED, INTEGRATED PEER & CLINICIAN FACILITATED SUPPORT GROUP

WEEK 12: WRAP UP: ASSESSMENTS & EVALUATIONS

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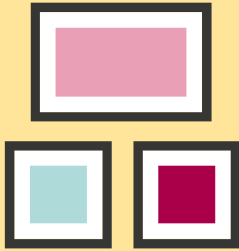
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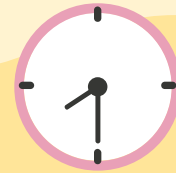
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Thanks!

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PH: 714-386-9171

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