

# **NAMICon 2020**

A Virtual Event • July 13-14

**Together Toward Tomorrow**

# Creating Meaningful Connections: Youth Certified Peer Specialist (CPS-Y)

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**BE D·B·H·D·D**

Georgia Department of Behavioral Health & Developmental Disabilities

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# Ana Gaona Martinez

- Lived Experience
- Family
- Arriving at the Department
- Lessons Learned
- Where I am Today



# Georgia's Recovery Principals & Values

## RECOVERY . . .

Is age independent

Occurs via many pathways

Recognizes the wisdom of "lived experience"

Is holistic

Is supported by peers, allies, advocates, and families

Is nurtured through relationships and social networks

Is culturally based and influenced

Is anchored in wellness

Addresses trauma

Supports self-responsibility

Empowers communities

Is based on respect

Emerges from hope

Is person driven

Is strengths based



Recovery doesn't mean that someone has been cured, it means that their quality of life got better.

- School
- Home
- Community
- Friends
- Family

RECOVERY . . .

# Peer Support | Certification Competencies

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- CPS role and responsibilities
- Definition of recovery
- Effectively utilizing your personal recovery story to benefit individuals served
- Listening, self-disclosure & engagement
- Creating environments that support recovery
- Ethics & professional boundaries
- Combating negative self-talk
- Workplace power, conflict & integrity
- Recovery-oriented goal setting
- Change facilitation
- Self-care & wellness
- Self advocacy
- Documentation
- Testing and certification
- Science of Addiction & Recovery (SOAR)

# Youth Certified Peer Specialist (CPS-Y)

- Youth Certified Peer Specialist (CPS-Y) – Is an individual who is a young adult, ages 18 through age 26, with lived experience living with a mental health or substance use condition or both and who has received behavioral health services as a youth, and is willing and able to self-identify as a person living with a behavioral health condition and is prepared to use that experience in helping other youth and young adults living with similar behavioral health conditions.
- The Youth CPS-Y offers emotional support, shares knowledge, and works with individuals to identify meaningful connections and tools that contribute to wellness/resiliency/recovery.



# Youth Certified Peer Specialist (CPS-Y)

Enrollees must meet the lived experience expectations below:

- Be 18-26 years of age (valid Georgia ID); and
- Have a mental health (MH) condition, substance use disorder (SUD), or a co-occurring diagnosis; and a strong desire to identify themselves as a person living with a mental illness or substance use diagnosis; and
- Be able/willing to actively seek and manage your own appropriate care; and
- Be able to share their own personal story in a safe and appropriate way; and
- Must be well grounded in recovery wellness; and
- One year between diagnosis and application to training; and/or
- If the individual has a substance use condition, there must be one year continuous abstinent from substance use;
- Have a high school diploma or GED



## The Focus of the CPS-Y

*The primary functions of the Youth Peer Support service is to promote **Youth & Family Recovery.***



**Making a Connection**

**Addressing Isolation**

**Building Knowledge and Skills**

**Cultivating Hope**



# Youth CPSS Aim to:

## Support

- Support increased advocacy

## Help

- Help improve communication within the family

## Reduce

- Reduce crisis

## Help

- Help youth and families learn to deescalate potential crisis situations

## Establish

- Establish meaningful community connections

## Enhance

- Enhance quality of life in community

## Cultivate

- Cultivate Self management/self control

# Personal Development

**What do you think about your diagnosis?**

**Do you know what it is?**

**Have you ever looked it up?**

**Agree/Disagree**

**Cultivating the young person's ability to make informed, independent choices**

**Who is your Support?**

**What has helped you?**

**Help the young person understand what a behavioral health diagnosis means and what a journey to recovery may look like.**

# Dana McCrary

- Lived Experience
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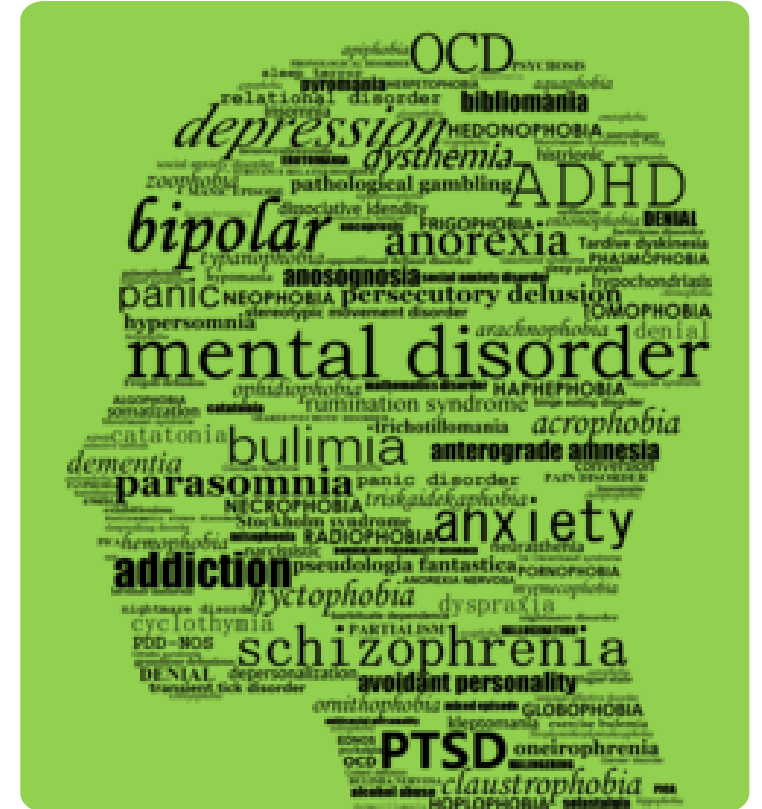
# Align Treatment with a Recovery Orientation

Moving our system away from a crisis-driven model of services to a prevention-focused, strength-based continuum of care that provides sustained support and wellness.



# Supports and Interventions

- Encourages participants do research on their personal diagnosis and assist them in creating plans or tools to manage their own wellness.
- Helps participants recognize the importance of developing a support system.
- Helps them understand that their support system should go beyond the doctor's office and the staff that they work with.



# Supports and Interventions

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

Assisting the youth 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/challenges so that the family/youth can assume the role of self-monitoring and self-management;

# Supports and Interventions

01

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.

02

Coaching youth 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;

03

Assisting the family in understanding so that youth have improved communication with family



*Supporting peers through his/her decision-making process.*

*Increase meaningful connections.*

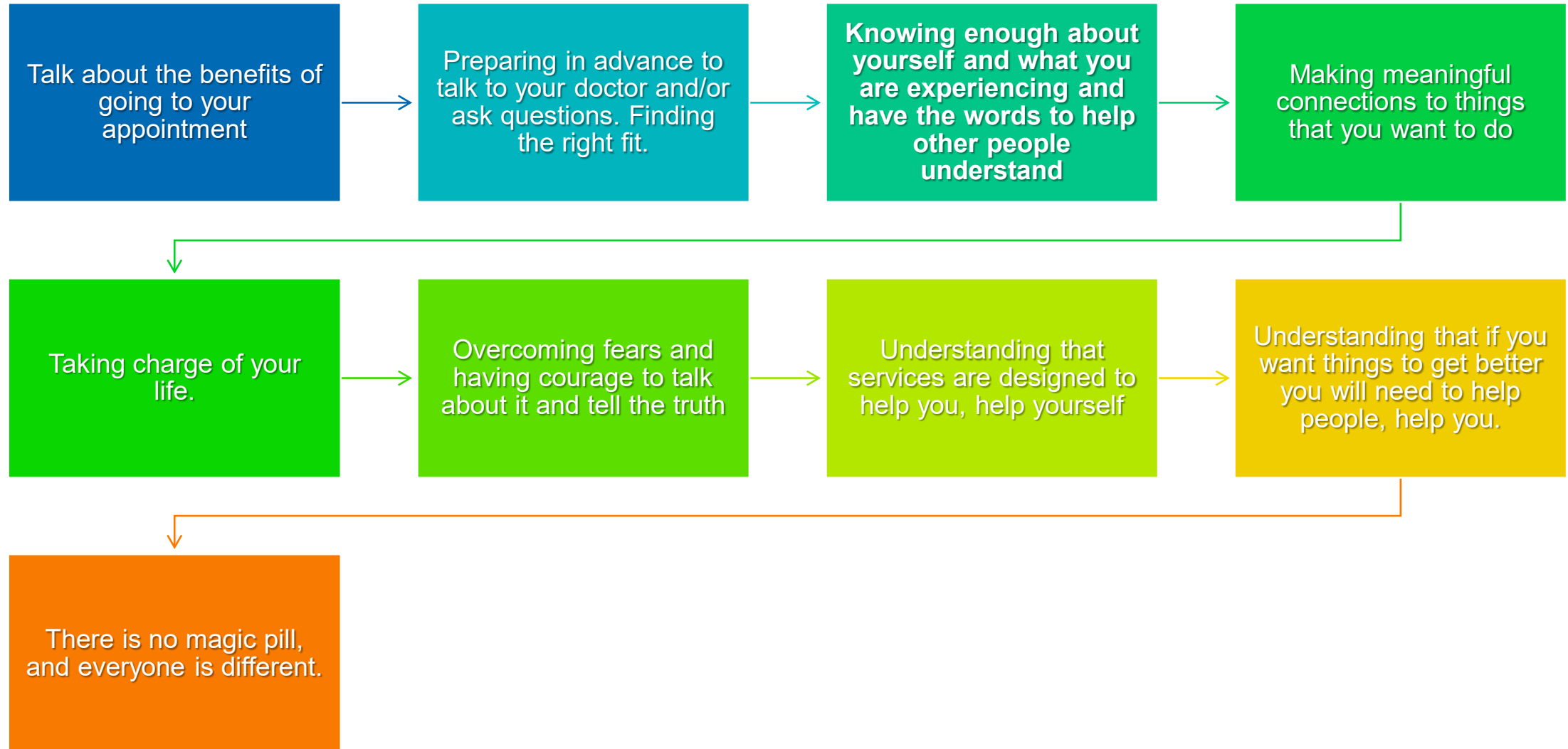
*Encourages youth to talk about themselves in a positive way.*

*Provides Positive reinforcement.*

*Encourage peers to try new things and new experiences.*

# Increase Community Supports

# ***You can get better!!!***



# How to Access the Peer Support Service



Individual must be living with a Behavioral Health condition and meet the DBHDD Admission Criteria



Must be receiving services from a DBHDD approved provider



Peer Support is an intervention that must be prescribed on the Individual Recovery/Resiliency (IRP) Plan



Must be authorized by the ASO/Beacon Health Options

# Questions?

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# Thank You



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