

Central Iowa Recovery Program Description Peer Support Service

Peer Support Service provided by Central Iowa Recovery (CIR) is a service provided to mentally ill individuals to benefit them in their recovery experience. The CIR Peer Support Service is provided by Peer Support Specialists (PSS) who have “lived experience”. These PSS support the individuals served by modeling competency in recovery and coping skills. All Peer Support Specialists have worked on their own recovery and can share those experiences.

The CIR Peer Support Service is a 24-hour level of care service providing advocacy, and also provides consumer information and peer support for individuals in crisis situations, emergency situations, in outpatient and/or inpatient settings as well as transitional services. The PSS provides support to individuals in their homes and/or in community settings to assist individuals in regaining control of their lives and taking steps to facilitate recovery. CIR Peer Support Specialists meet all the training requirements within 24 months of employment.

Peer Support Specialists provide services face to face, over the phone, and in group settings through a minimum of four contacts per month with a minimum of three of these contacts being face to face. The maximum caseload for a CIR PSS is fifteen individuals. All CIR PSS are at least 18 years old and have a history of having been consumers of mental health services.

CIR Peer Support Services provided include, but are not limited to:

- Assisting individuals in developing personal goals for recovery
- Developing and maintaining an individualized crisis plan for each individual
- Developing warm lines and crisis calling trees for individuals/PSS
- Assisting individuals in developing a recovery plan, using Wellness Recovery Action Plan techniques
- Teaching and role modeling the value of every individual’s recovery experience
- Developing a supportive relationship
- Utilizing and teaching problem solving techniques with individuals and groups
- Modeling effective coping techniques and self-help strategies
- Attending treatment team meetings to promote the individuals served use of self-directed recovery tools and coordinating care with other providers

CIR’s Peer Support Program is supervised by a mental health professional that conducts a minimum of two clinical supervision meetings with the PSS each month. The Clinical Supervisor provides access to initial and ongoing training in basic mental health and substance abuse symptomology, crisis management, and recovery concepts to the PSS. The Clinical Supervisor provides ongoing training based on the Georgia Model of Peer Support or equivalent training with a competency exam for each PSS.

In order to be admitted to the CIR Peer Support Program an individual must have validation of a principal DSM-IV-TR Axis I and/or II Diagnosis. The individual must have a mental status that does not put the health and safety of the PSS at risk, as deemed by the Clinical Supervisor or other information available. The individual also chooses to participate in Peer Support Services. The individual demonstrates a need for support in their living, learning, working, and/or social environments and an assessment has determined that Peer Support Service will assist the individual in these functioning areas. The assessment must also indicate that the benefits from this service cannot be provided by other resources available to the individual.

In order for an individual to continue participating in CIR Peer Support Service the individual must continue to meet all admission criteria. Based on the service plan with measurable goals and action steps there is a reasonable expectation the individual will benefit from the service. Also required for continuation, transition plans are developed collaboratively to identify supports, independent of Peer Support services and an annual assessment must be conducted of the benefit of the Peer Support Service to the individual unless risk or other clinical issues require closer follow-up.