

Peer Support Specialists The Emerging Solution Countering Stigma and Provider Shortages

Joy Burkhard, MBA
Executive Director
2020 Mom

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2020Mom.org



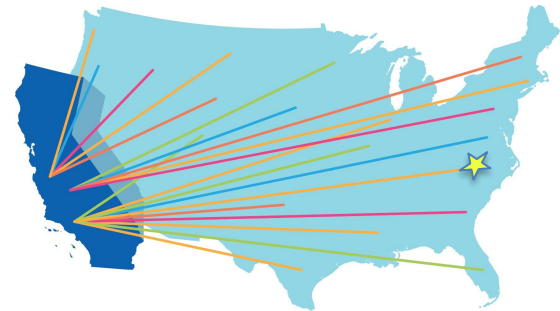
Who is 2020 Mom?

Mission: To close gaps in Maternal Mental Health Care



**Visionaries for the Future
of Maternal Mental Health**

We believe if families, employers and society are paying for health care benefits, the health care system should detect and treat MMH disorders.



What is Peer Support?

The Centers for
Medicaid and Medicare Services
(CMS):

CMS has recognized the efficacy of using peer support in mental health since 2007.
SAMHSA also recognizes the Peer Support model.

Defines Peer Support Services As:

“An evidence-based mental health model of care which consists of a qualified peer support provider who assists individuals with their recovery from mental illness.”

Recognizes that the experiences of peer support providers, as consumers of mental health services, can be an important component in a State’s delivery of effective treatment

What to Certified Peers Do?

Peer Workers
Offer Different
Types of Support,
Including:



Emotional (Empathy and Camaraderie)

Informational (Connections to Information and Referrals to Community Resources that Support Health and Wellness)

Instrumental (Concrete Supports Such as Housing or Employment)

Affiliation Support (Connections to Community Supports, Activities, and Events)

What is a Certified Peer Specialist?


“Peer support providers must complete training and certification as defined by the State. Training must provide peer support providers with a basic set of competencies necessary to perform the peer support function.”

CMS

What does it mean to be certified?

- Those who are “certified” sit for a test through an agency identified by the state.
- The testing process ensures the peer retained key knowledge provided through training, and allows peers to be issued a professional credential.
- All states now have a state sanctioned peer specialist certification process.

Peers can be Reimbursed through Medicaid



Can a Certified Peer Specialist Program Receive Reimbursement from Medicaid?

Most states reimburse for certified peer specialists billed time through their Medicaid programs.

At least 36 states offer providers the opportunity to bill Medicaid for mental health peer support services. They can do so through mechanisms such as a state plan amendment, the rehabilitation services option or a Medicaid waiver.

A few states also fund grant programs or other alternative financing to support peer specialists.

Maternal Mental Health -Ripe for Certified Peers

- › Augment Mental Health Providers Shortages & MMH Super Shortages
- › Decrease Stigma
- › Meeting Women Where they Are
- › Increase Access
- › Cost Effective Expansion of Services
- › Provide Meaningful Career Pathways for Mothers

Pilot Study Findings

Maternal Mental Health Peer Support Training

2017-2018
TX and AZ
Report Published Jan 2019



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of Maternal Mental Health**

Funding provided by



Training Model: Standard Peer Training + MMH Add On



Training Provider in AZ:
RI International

Training Provider in TX: Via Hope

Pilot Overview

Provided MMH training: 5 hours

- Defining Maternal Mental Health
- Impact of the untreated illness
- Barriers
- Screening tools
- Resources
- Role of peer support with new moms and families

2-week peer support certification program

Study Design

- Participant surveys (n = 6)
 - Retrospective design
 - Knowledge and confidence
 - Peer support skills
 - Maternal Mental Health skills
- Follow-up interviews (n = 9)
 - Work in MMH
 - Use of info from training
 - Open ended feedback
 - Peers and supervisors

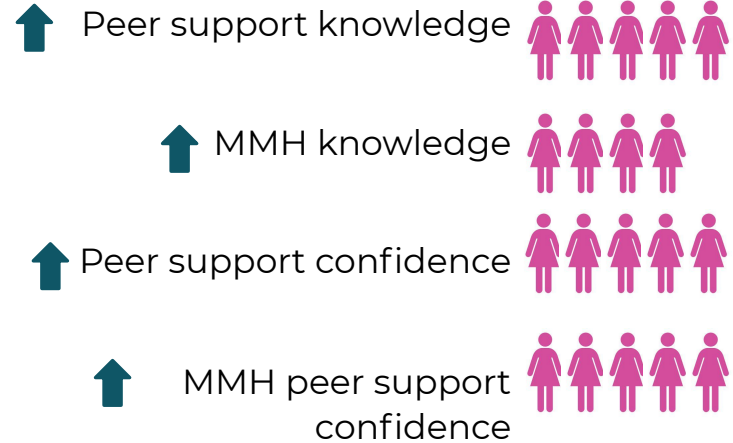
Have you used any of the information from the peer support training in your work?
How useful was the training for this work?

Since you participated in the training, would you say that you have enough support to use what you learned about maternal mental health?

How confident are you in your ability to provide peer support specifically for maternal mental health?

Training Increased Knowledge & Confidence

“The facilitator of course made information very clear for my understanding. The tools and statistics were very helpful and I gained more knowledge.”



Pilot Training Findings / Recommendations

- In AZ began in-person and finished online
- Lessons learned
 - Childcare issues
 - Integrate MMH into base training vs doing ad-on
 - Training should be closed group of mothers, not blended with other peers

Now in Pilot 2, Certified Peer Support for Black Mamas



**Visionaries for the Future
of Maternal Mental Health**

*perinatal outreach
& encouragement*



Learn More



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of Maternal Mental Health**

<https://www.2020mom.org/certified-peer-support>