

The background is a vibrant, abstract painting with a mix of colors including red, orange, yellow, green, blue, and purple. The brushstrokes are visible, creating a textured and expressive look. A large, semi-transparent white rectangular box is centered on the page, containing the main title text.

Youth Peer Support And The Wraparound Process: Partnering to Support Youth

3/28/2016

Goals of Presentation

- Describe the Youth Peer Support (YPS) Medicaid Service
- Define the Role of the Youth Peer Support Specialist (YPSS)
- Describe MDHHS initial and ongoing YPS training
- Describe YPS hiring expectations and recommendations
- Describe how YPSSs can participate in teams and partner to support youth within the Wraparound model and planning process.

Common Terms and Acronyms

- **PIHP:** Prepaid Inpatient Health Plan
- **CMHSP:** Community Mental Health Service Provider
- **YPS:** Youth Peer Support
- **YPSS:** Youth Peer Support Specialist
- **ACMH:** Association for Children's Mental Health
- **MDHHS:** Michigan Department of Health and Human Services
- *"Peer Support"-generally refers to adult peer support*

System of Care Philosophy

The mental health component of the system of care should be family-driven, and youth-guided, with the needs of the child and family dictating the types and mix of services provided.

Youth Guided

Youth Guided means that young people have the right to be empowered, educated, and given a decision making role in the care of their own lives as well as the policies and procedures governing care for all youth in the community, state, or nation.

Youth Guided, Why is it Important?

Youth have a right to contribute in decision making that affects their lives;

Youth know themselves and their needs, goals, and aspirations better than we do;

Youth have important, first-hand knowledge about what works and what doesn't.

Youth Peer Support as a Medicaid Service

- Youth Peer Support is designed to support youth with a serious emotional disturbance through shared activities and interventions.
- The goals of Youth Peer Support include supporting youth empowerment, assisting youth in developing skills to improve their overall functioning and quality of life, and working collaboratively with others involved in delivering the youth's care.
- Youth Peer Support services can be in the form of direct support, information sharing and skill building.

Youth Peer Support as a Medicaid Service Cont.

- The Youth Peer Support service is provided by trained youth peer support specialists, one-on-one or in a group
- Support youth in accordance with the goals in their plan of service to assist them in building skills to:
 - Resolve conflicts;
 - Integrate into community, school, and family;
 - Achieve successful independent living options;
 - Obtain employment;
 - Transition into adulthood;
 - And navigate the public human services system

Youth Peer Support as a Medicaid Service Cont.

Remember:

- The goals of the Youth Peer Support service shall be included in the individualized plan of service where interventions are provided in the home and community.
- These goals will be mutually identified in active collaboration with the youth receiving services and must be delivered by a Youth Peer Support Specialist with lived experience.
- Youth Peer Support activities are identified as part of the assessment and the person-centered/family-driven, youth-guided planning process.

Who are YPSSs?

- Young adult, ages 18 through age 26
- Received mental health services as a youth and is willing and able to share experience navigating behavioral health system.
- Experience receiving services as a youth in complex, child serving systems preferred (public behavioral health, child welfare, juvenile justice, special education, etc.)
- Must participate in and complete the approved Michigan Department Health and Human Services training curriculum.
- Employed by PIHP/CMHSP or its contract providers.

The image features a complex, multi-layered background. At the top and bottom, there are horizontal bands of vibrant, textured colors including reds, oranges, yellows, and purples, resembling a marbled or painted surface. The central portion of the image is dominated by a large, semi-transparent white rectangle. Within this rectangle, the word "Clip" is written in a bold, black, serif font, centered both horizontally and vertically. The overall composition is abstract and visually rich, with the text serving as the primary focal point.

Why is lived experience so valuable?

Youth Peer Support Specialists support youth to:

- Be heard and validated by someone who understands because they have been there
- Have hope for the future
- Have a sense of connection and not alone
- Feel accepted; not judged
- Valued
- Experience a safe space through connection

YPS Role: P.E.E.R.

Its about:

Partnerships

Engagement

Empowerment

Relationships

What Youth Peer Support is NOT

Not a:

- Friend
- Therapist
- Babysitter
- Spy
- Advocate
- Convincer
- Compliance monitor

Benefits to Youth and Families Involved in the CMHSP/PIHP System

- Connection to others with shared experience
- Decreasing isolation
- Increasing hope and sense of future
- Increasing engagement and satisfaction with services
- Decreasing stigma
- Enhancing child and family mental health service array

Benefits to Youth and Families Involved in the CMHSP/PIHP System

- Early adopters will be leaders and help to shape this service statewide
- Seamless continuum of services to children and families
- Broader perspective/understanding for treatment team
- Positive outcomes of youth to support them to stay in their community
- Improved overall services due to Youth Peer Support Specialist input
- Community involvement – utilizing youth in the community in leadership roles
- Free MDHHS training and technical assistance

Hiring YPSSs

- Either hired by CMH or contract service provider
- YPSS be hired before they attend the initial three day training. The initial training is intended only for YPSS who will be providing this Medicaid service.
- The agency will ensure that the YPSS will be an active member of the treatment team and will participate in team and planning meetings
- Regular supervision required

Hiring Recommendations

It is strongly recommended that:

- A minimum of two YPSS be hired per agency as they will offer additional support to one another, which contributes to improved retention rates for the YPSS and offers choice by broadening the range of strengths, skills, and experiences from which to draw in providing support for youth.
- Employers establish a consistent work schedule that includes a minimum number of hours of work per week (i.e. 20 hours per week).
- The workload will be individualized to assure that youth receive a high quality YPS service.

Training Requirements

- Initial 3 Day Training
- 2 Day Training
- Quarterly one day meetings: “Quarterlies” (3 out of 4 a year)
- Monthly coaching contacts for one year
- Ongoing Technical Assistance with Statewide Coordinator

The YPSS Perspective: How to Support YPSSs

- **Welcome YPSSs with the same respect as other professionals/providers**
 - Lived experience is a unique form of education but value is equal to formal education
- **Consider YPSSs as equal members of the team**
 - Essential element to youth mental health wellness and treatment
 - Include YPSSs in meetings and communications
- **Become acquainted with their role**
 - Not big brother/big sister program – trained professionals
 - Learn from YPSSs their professional strengths and limitations
 - Provide clear expectations
- **May need champions to communicate importance of YPS to families and other systems**
 - More likely to sign on when endorsed by a respected professional

The YPSS Perspective: The YPS Relationship

- **Helping vs. Empowering**
 - YPSSs encourage and empower youth but do not “do for” or advocate for them
- **Setting unique boundaries with youth peers and professionals**
 - YPSSs share their lived experience to support youth peers and provide the youth and peer perspective to professionals and community stakeholders
 - YPSSs are trained to share stories strategically to provide best outcomes
- **Because YPSSs have lived experience, youth peers are likely to confide in them**
 - Not a spy or compliance monitor
 - Provide information to team for effective treatment but should not be expected to provide every detail that do not relate to safety or treatment
 - Encourage youth peers to advocate for themselves & share information pertinent to safety & treatment with individuals involved in treatment
 - Mandated reporters

Partnering with YPSSs

- Making referrals:
 - How will you identify youth that will benefit from YPS?
 - How do you introduce youth to the service?
 - Pros and Cons of introducing YPS to youth?
 - Communicating benefits of YPS
 - Not prescriptive; no cookie-cutter approach
 - Role clarity

How to Support YPS; Partnering with a YPSS

- New service
- What are possible Challenges?
- What can you do to support YPS?
- How can you be welcoming to new YPS staff?

Questions/Contact Information

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