



OKLAHOMA
Mental Health &
Substance Abuse

The Growing Role and Implementation of Peer Recovery Support in Specialty Courts



About the Presenters



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- Chief Communications Officer
- Father and Husband
- Bachelor's in Psychology from UCO; Master's Degrees in Human Relations, Administrative Leadership, and Women's Gender Studies from the University of Oklahoma.
- C-PRSS



Tony Stelter

- Director of Recovery Supports
- Father
- Bachelor's in Psychology from UCO and a Master's in Human Relations from the University of Oklahoma
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Bad Dad Jokes

- How do planets clean themselves?
- They take a meteor shower.
- How does an octopus go into battle?
- Well-armed
- Want to hear a joke about construction?
- Never-mind, I'm still working on it.

Learning Objectives



- An understanding of Specialty Court Best Practices and how Peer Recovery Support enhances those best practices
- Knowledge of the Peer Recovery Support Specialist Role and Core Competencies
- How to implement Peer Recovery Support into a program



OKLAHOMA Mental Health Courts

Mental health court programs provide eligible offenders the opportunity to participate in a highly structure, court supervised treatment program in lieu of incarceration.

Fact Sheet

Justification

- Oklahoma consistently has one of the nations highest percentages of persons with mental illness (National Survey on Drug Use & Health)

- The Department of Corrections indicates that 55% (14,625) of all offenders have a mental health need.



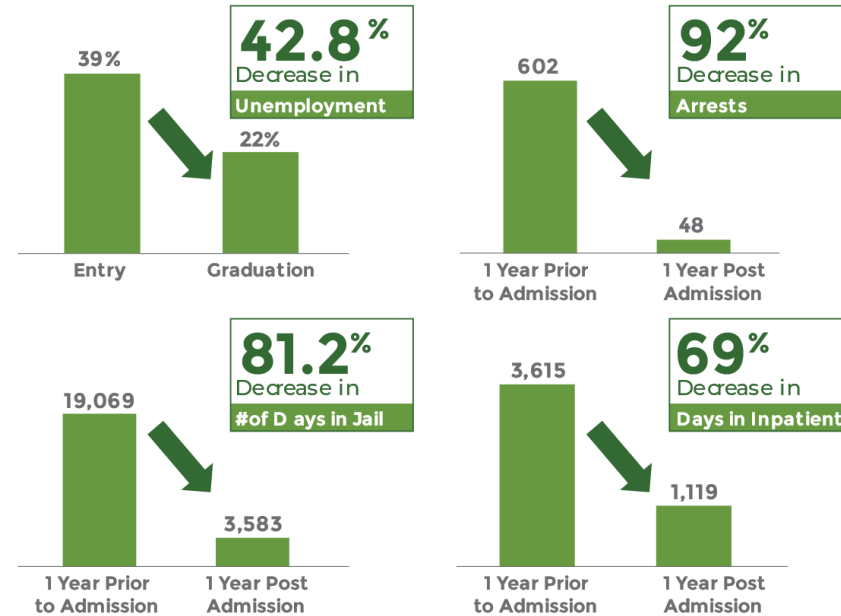
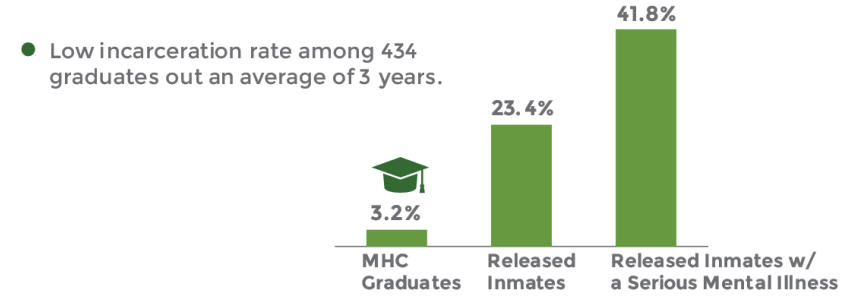
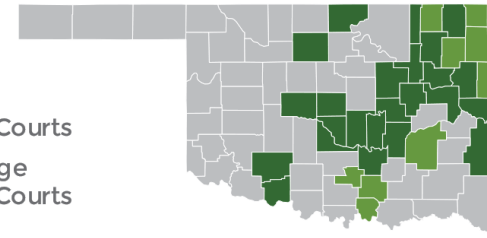
- 55% of inmates diagnosed with a mental illness were incarcerated for non-violent offenses



- The Oklahoma County Jail has as many as 400 persons with a mental illness at any one time.



- The Tulsa County Jail has 500-600 inmates that are on some form of psychotropic drug.





OKLAHOMA Drug Courts

Adult drug court programs provide eligible, non-violent, felony offenders the opportunity to participate in a highly structure, court supervised treatment program in lieu of incarceration. Since the inception of the first program in 1995, Oklahoma's adult drug court programs have expanded to 73 of the 77 counties in the state.

Fact Sheet

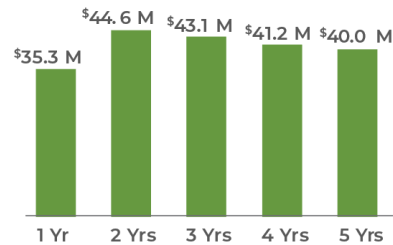
Current Program

Estimated cost of DOC incarceration per person: **\$19,000** (Yearly)

Estimated cost of Drug Court per person: **\$5,000** (Yearly)

Graduates Wages Earned

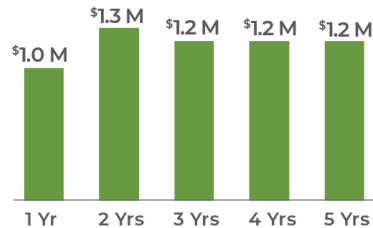
4,076G raduates Post Admission from FY'10-FY'12



\$204 Million
in Total Wages Earned

Taxes to be Paid

4,076G raduates Post Admission from FY'10-FY'12



\$6.1 Million
in Total Tax
Revenue Expected

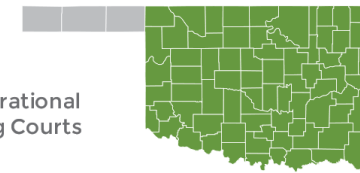
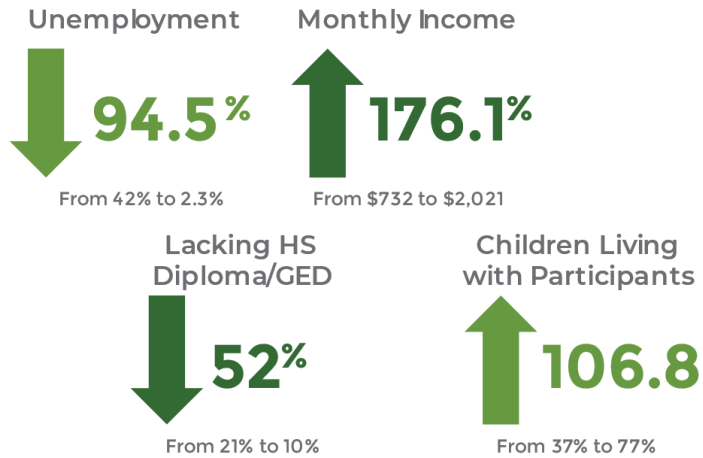
Re-arrest rates among 8,545 G raduates 3 Years out since 2001:



7.9%

Drug Court Graduates

Outcome Comparisons for FY'18-19 Drug Court Graduates
Between Entry and Graduation.



Operational Drug Courts

- 59 Operational Drug Courts
- 46 Adult
- 7 Juvenile
- 6 Family

74 Counties (Some courts serve multiple counties)

Specialty Court Best Practices

- The National Association of Drug Court Professionals (NADCP) published [Adult Drug Court Best Practice Standards](#) in 2013 and 2015 that guide the field in defining what a drug court is and operationalizes the science behind their success.
- Standards include:
 - I. Target Population
 - II. Equity and Inclusion
 - III. Roles and Responsibilities of the Judge
 - IV. Incentives Sanctions, and Therapeutic Adjustments
 - V. Substance Use Disorder Treatment
 - VI. Complementary Treatment and Social Services
 - VII. Drug and Alcohol Testing
 - VIII. Multidisciplinary Team
 - IX. Census and Caseloads
 - X. Monitoring and Evaluation
- Mental Health Courts use these best practices but with flexibility and adaptability in order to meet the appropriate needs of the consumer.

National Association of Drug Court Professionals. (2018). *Adult Drug Court Best Practice Standards* (Vol.1 and Vol. 2). [PDF File]. Retrieved from [The Verdict Is In \(nadcp.org\)](#)

Where does Peer Recovery Support fit in?

- Standards:
 - II. Equity and Inclusion
 - Peer Support is uniquely qualified to engage, include, and advocate for individuals who have historically experienced sustained discrimination or reduced social opportunities because of their race, ethnicity, gender, sexual orientation, sexual identity, physical or mental disability, religion, or socioeconomic status.
 - Can be a lifeline for potential participants, encourage engagement in the program, ask questions, etc.
 - IV. Incentives, Sanctions, and Therapeutic Adjustments
 - Help put setbacks in context (eg., jail visit), provide continued motivation for future decision-making, walk through opportunity to be heard, phase promotions.
 - V. Substance Use Disorder Treatment
 - I. Peer Support Groups-Participants regularly attend self-help or peer support groups in addition to professional counseling.

National Association of Drug Court Professionals. (2018). *Adult Drug Court Best Practice Standards* (Vol.1 and Vol. 2). [PDF File]. Retrieved from [The Verdict Is In \(nadcp.org\)](https://www.nadcp.org/)

Where does Peer Recovery Support fit in? (Cont.)

- Standards
 - VI. Complementary Treatment and Social Services
 - Peer support is co-occurring and an evidence-based practice.
 - PRSS support and education about mental health treatment need, wellness planning, reducing health risk behaviors.
 - PRSS facilitate peer support groups, improve treatment engagement, instill hope in wellness and recovery potential, aftercare.
 - VII. Multidisciplinary Team
 - PRSS is a valuable and vital member of the team.
 - Provide recommendations and training to members of the team based on area of expertise.

National Association of Drug Court Professionals. (2018). *Adult Drug Court Best Practice Standards* (Vol.1 and Vol. 2). [PDF File]. Retrieved from [The Verdict Is In \(nadcp.org\)](https://www.nadcp.org/)

The Up-and-Coming Family Treatment Courts

- Juvenile or family court docket
- Child abuse or neglect
- Parental substance use and often co-occurring mental health disorder
- Goals:
 - Keep the child safe
 - Work with the entire family
 - Long-term recovery
 - Reunification

National Association of Drug Court Professionals. (2019) Family Treatment Court Best Practice Standards. [PDF File]. Retrieved from [Family-Treatment-Court-Best-Practice-Standards_Final2.pdf \(nadcp.org\)](#)

FTC Best Practice Standards

- Standards:
 - 1. Organization and Structure
 - 2. Role of Judge
 - 3. Ensuring Equity and Inclusion
 - 4. Early Identification, Screening, and Assessment
 - 5. Timely, High-Quality, and Appropriate Substance Use Disorder Treatment
 - 6. Comprehensive Case Management, Services, and Supports for Families
 - 7. Therapeutic Responses and Behavior
 - 8. Monitoring and Evaluation

National Association of Drug Court Professionals. (2019) Family Treatment Court Best Practice Standards. [PDF File]. Retrieved from [Family-Treatment-Court-Best-Practice-Standards_Final2.pdf \(nadcp.org\)](#)

Why Peer Support in FTC

- Just as in the Drug and Mental Health Courts Peer Recovery Support plays a key role in maintaining FTC Best Practice Standards.
- The FTC Best Practice Standards report that those that worked with a certified Peer Support Specialist had:
 - More timely or rapid treatment entry and greater engagement in treatment
 - Longer stays in treatment and higher treatment completion rates
 - Reduced substance use and higher recovery rates
 - Reduced child maltreatment recurrence rates;
 - Increased reunification and foster care case closure rates
 - Fewer days for children in out-of-home care and fewer foster care reentries
 - Reduced risk of youth delinquency after reunification
 - Fewer subsequent births of infants with prenatal substance exposure
 - Elimination of racial disparities in reunification
 - Cost savings for child welfare agencies
 - Increased employment and decreased arrests and incarcerations

National Association of Drug Court Professionals. (2019) Family Treatment Court Best Practice Standards. [PDF File]. Retrieved from [Family-Treatment-Court-Best-Practice-Standards_Final2.pdf \(nadcp.org\)](#)

Consumer Satisfaction

- Services provided by a Peer Recovery Support Specialist are paid through both Medicaid and state indigent contracts.
- A past survey conducted by ODMHSAS found that:
 - 1,500 felony drug court participants received services from a Peer Recovery Support Specialist and were provided a total of over 22,000 unique services.
 - 93% are satisfied with the treatment services available
 - 100% of those reported to “Strongly Agree” with service satisfaction had received support from a PRSS

What is a Peer Recovery Support Specialist?

- An individual that is trained, certified, living in recovery, willing to be vulnerable and share their lived experience to provide a listening ear, hope, and support to those that are engaging in their recovery.

“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.” – **Brené Brown**

Brown, B. (2012). *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. (pp. 63-64). Penguin Random House.

Peer Recovery Support Specialist

Roles

- Recovery and wellness role models
- Sharing lived experiences
- Active listening
- Engaging, orienting, connecting and supporting

Non-Roles

- Sponsors
- Therapists
- Physicians
- Assistant case managers or administrative assistants

Core Certification Training



Process

- Qualifications
- Application components
- 40-hour training
- Comprehensive examination
- Annual re-certification
- Specialization opportunities

Core Competencies



- Role and evolution of peer recovery support
- Impact of diagnosis and the recovery process
- Job activities and meaningful contribution
- Self-care and self-management
- Recovery-oriented services and impact of trauma
- Developing recovery and wellness plans
- Motivational Interviewing and problem-solving
- Education and support group facilitation skills
- How to share your lived experience in an empowering way
- Ethics and boundaries

Additional Competencies for Criminal Justice Peers



- Impact of culture of incarceration on behavior
- Understanding of incarceration and recidivism data in Oklahoma
- Discussion of trauma and its impact on community reintegration
- Lived experience of mandated recovery and self-driven recovery

Peer Recovery Support Specialists

Inspire hope

Meet people where they are and walk with them on their recovery journey

Dispel myths and reduce stigma about mental health and substance use disorders

Empower

Support clients to identify their goals, hopes, and dreams

Remove barriers

Help navigate the system

When Integrating PRSS into Drug Court

- Have discussions about what the role should and shouldn't look like.
 - What type of information does the team expect a PRSS to share?
 - What parts of the drug court will PRSSs be involved in? Mutual understanding that this is not an extension of supervision- no compliance visits, no drug testing, etc.
 - What about former participants?
 - Reevaluate, along with other program practices, at least annually.
- Listen, listen, listen.
 - PRSSs can bring a lot of valuable input to the team and are a huge resource to participants.

Preparing the Climate & Culture

- Commit to a recovery-oriented service philosophy.
- Solicit perspectives of people in recovery, family members and staff.
- Provide resources, ongoing training and continued opportunities to orient current staff.
- Examine the extent to which agency language is recovery-oriented.
- Conduct treatment court self-assessment.
- Examine and create shared expectations related to boundaries and ethics.
- Align policies with a recovery-oriented approach.
- Clarify expectations and roles of new peer staff, both employees and volunteers.

Effective Service Delivery

1.

Conducting initial engagement

2.

Facilitating recovery/wellness planning

3.

Creating a culture of peer support

4.

Promoting community integration

5.

Continuing support

Potential of Peer Support



- Community Outreach and Integration
 - Interim services
 - Aftercare connections
- Hospitality
 - Greeters and mentors
 - Create and disseminate calendar of recovery support
 - Events/Groups/Classes
- Program Admission
 - Handbook/Orientation
 - Person-centered planning
 - “Recovery capital” scale

Potential of Peer Support, Continued



- Follow-Up and Recovery Check-Ins
 - Targeted and specific, level of care and system-to-system transitions
- Promote Leadership Opportunities
 - Peer advisory council
 - Volunteer league

Impact of Peer Services



- Research and practice tells us that Peers impact behavioral health outcomes by:
 - Improving self-efficacy
 - Reducing use of emergency services
 - Promoting supportive social networks
 - Increasing life expectancy, quality of life, and whole health
 - Increased engagement rates

Advocate

One of the most important roles of a peer is to advocate for the client.

Peers can be a voice for the client

Peers work with clients to empower them to advocate for themselves

Advocate for the Peer Role



- When implementing peers into the treatment court it is important for you to be an advocate for the peers and their roles in the program
 - Ensure peers have a voice and a seat at the table
 - Ensure their voice and seat is valued
 - Be aware of stigma, stigmatizing language, and stigmatizing practices
 - Support a person-centered, trauma-informed, and recovery-oriented environment
 - Provide ongoing and consistent support and supervision to peer support staff
 - Promote peer recovery support staff
 - Provide continuing training, support, and education to all staff on the peer role

Snapshot of Peer Services in Oklahoma



- Currently over 900 certified PRSS across treatment programs
- Almost half of everyone receiving treatment gets a peer delivered service
- Peers lead our tobacco cessation intervention efforts and have helped decrease tobacco prevalence rates from 74% to 47% on average
- 100% of those reported to “Strongly Agree” with service satisfaction surveys received support from a PRSS

**The Peer Role is an
equally valuable and
crucial part of the
team and program**





Questions?

References

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- National Association of Drug Court Professionals. (2019) Family Treatment Court Best Practice Standards. [PDF File]. Retrieved from [Family-Treatment-Court-Best-Practice-Standards_Final2.pdf \(nadcp.org\)](#)
- Oklahoma Department of Mental Health and Substance Abuse Services [Oklahoma Department of Mental Health and Substance Abuse Services](#)
- Substance Abuse and Mental Health Services Administration [Peers | SAMHSA](#)

Contact Information



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**THANK
YOU**