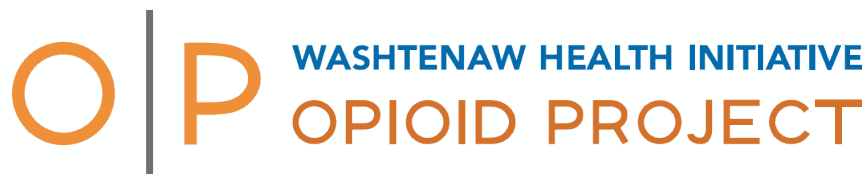




Peer Recovery Coaching in the Primary Care Setting

July 22nd, 2020



Objectives

- What is a Peer Recovery Coach?
- What training do recovery coaches receive and how is that training accessed?
- How could a PRC be utilized/implemented in primary care?
- How can I find PRCs in my community?
- How are Peer Recovery Services funded?



What are Peer Recovery Coaches?

“Peer support workers are people who have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse.”

-SAMHSA, 2020



What are Peer Recovery Coaches?

“A Recovery Coach is someone interested in promoting recovery by assisting recoverees to identify and overcome barriers to recovery, develop recovery capital and serve as a recovery guide and companion for those seeking or sustaining recovery.”

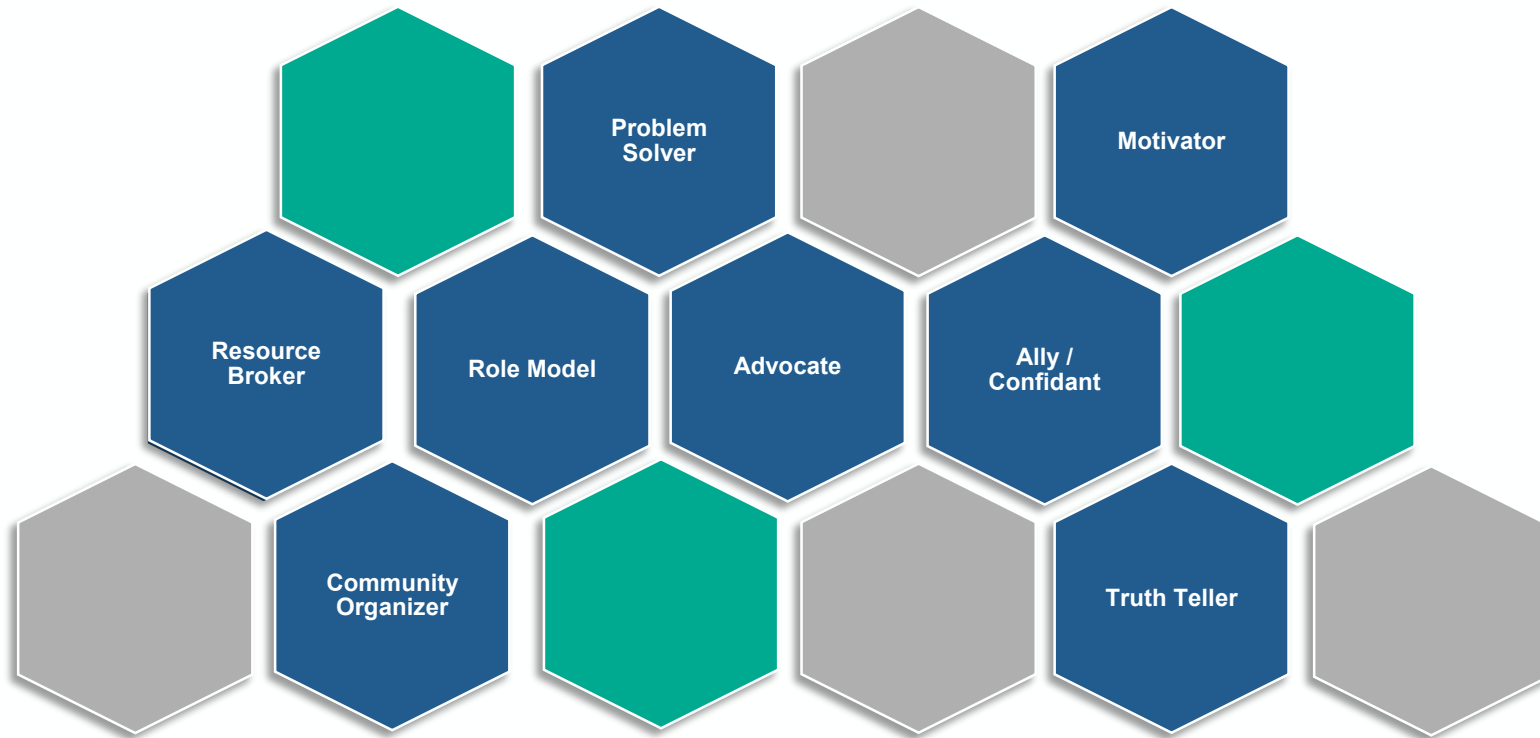
-CCAR Recovery Coach
Academy

Recovery Capital

“the volume of internal and external assets that can be brought to bear to initiate and sustain recovery from alcohol and other drug problems. Recovery capital, or recovery capacity, differs from individual to individual and differs within the same individual at multiple points in time.”

-Robert Granfield and
William Cloud, 1999

Roles of a Recovery Coach



Trainings and Certifications

The types of training and certifications for peer recovery coaches is often times dictated by the funder of peer recovery services. Also varies state to state.

Some organizations have the capacity to provide their own recovery coach training while others utilize outside institutions to provide training.

Trainings and Certifications

MDHHS



Certified Peer Recovery Coach (CPRC)

- Must be employed by agency/provider
- Applicant must meet basic requirements and complete exam
- Week long (40 hours) training hosted all over MI
- Employer pays training fee + normal wage

CCAR



Recovery Coach Academy

- Open to anyone in recovery
- Week-long (40 hours) training hosted all over MI by certified trainers
- Cost varies
- Does NOT provide professional certification

MCBAP



Certified Peer Recovery Mentor (CPRM)

- Applicant must meet basic requirements and pass exam
- 500 Hours of PRC experience
- 46 MCBAP approved training hours in certain domains of recovery coaching



In the Primary Care Setting

Guidance and Support

- Helps create person-centered recovery plans to help guide patients in their recovery
- Helps break down a patients internal stigma through positive motivation

Case Management and Coordination

- Link patients to both medical and behavioral health services outside of the PC setting.
- Link patients to food/housing/employment resources

Connection to Recovery Community

- Identify mutual support groups and other resources that align with the patients pathway to recovery



Additional Roles



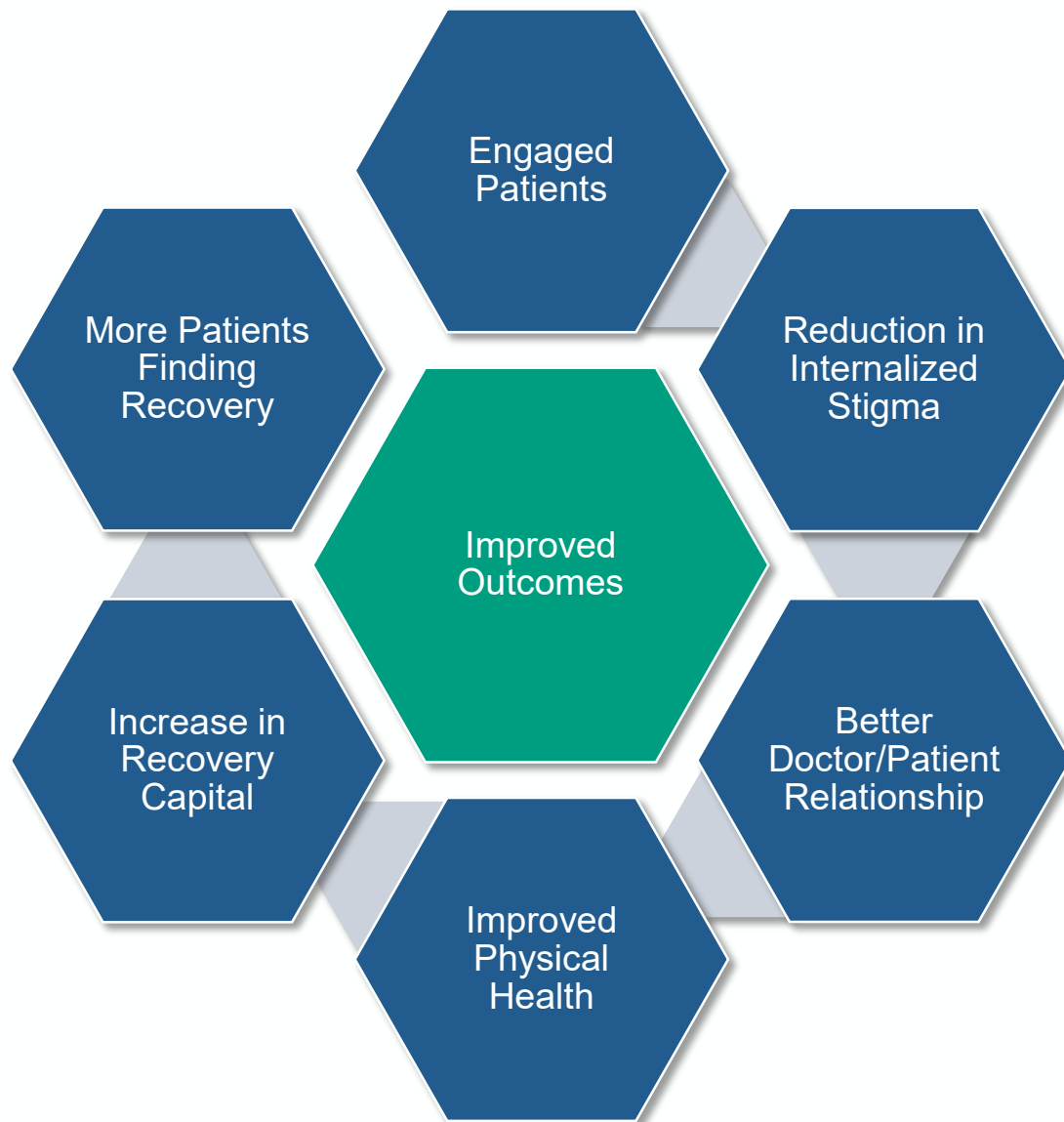
Outreach to pre-contemplative patients



Support for family members affected by addiction



Reduce stigma within PC practices



“Must Haves” in a Successful PRC Program

- Patient-driven recovery plans that empower the people you’re serving
- Culturally competent and trauma-informed peer recovery coaches that believe in multiple pathways to recovery
- Compensation for recovery coaches that reflect their professional contribution to patient care
- Opportunities for professional development and continuing education
- Adequate case supervision mechanisms
- Commitment to a “team-centered approach”



Integrating Peers into a Primary Care Setting

When integrating peer recovery coaches into any setting, it is important to consider:

- Estimated case load for program
- Supervision capabilities
- Desired funding mechanism
- Availability of community partners
- Existing relationships with other organizations



Partner Programs

Primary Care practices and other health organizations that are not equipped to implement their own peer recovery coach program often partner with other organizations. Organizations that often partner include:

- SUD Treatment Providers
- Recovery Community Organizations
- Other Behavioral Health Organizations
- Community Mental Health Authorities



When partnering, consider...

- Who is responsible for case supervision of the PRCs?
- What type of training/certifications do the PRCs have?
- What will be the scope of responsibilities for the PRC?
- Does the partner organization have the capacity to meet your case load?
- How will this program be funded?



Funding for Peer Recovery Coaches

Grant Funding

SAMHSA /
Federal
Demonstration
Grants

MDHHS /
PIHP Grants
and RFPs

Fee for Service

Medicaid Plans

Private
Insurance

Volunteer Based

Recovery
Community
Organizations



**Every peer recovery coach
program looks differently.**

**Successful programs are able to
understand the needs of the
people they serve and are
committed to continuous
improvement.**





How can PRC be implemented in my organization? Let's find out...

Reach Out!

I'd be happy to help guide you as you explore your options.

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