



## **Peer Support Supervision, An Ongoing Program**

**Program Launch: February 27, 2019**

**11:00 A.M. – 12:30 P.M.**

**RCNC Offices, 5245 Capital Blvd., Raleigh, NC 27616**

**(CEU credits will be offered for this training)**

The Team of facilitators consists of Certified Peer Support Specialists, Social Workers, Advocates and Integrative Health Professionals. This Team has been providing supportive and coaching services to those who are responsible to ensure that those in recovery, seeking recovery, their family and allies are provided with the direct service resources and support they need to succeed in a life of sustainable recovery.

### **Certified Peer Support Specialist**

A Certified Peer Support Specialist (CPSS) is a person with significant lived experience - life altering experience, committed to helping others who might be in early recovery or desire to be in recovery. Peer Support training requires a CPSS to understand and develop competencies regarding the prevalence and impact of trauma in the lives of service recipients as well as trauma's demonstrated link to overall health in later life. They are required to support individuals with issues pertaining to substance use disorders, mental health and/or psychological trauma. Because of their lived experience, CPSS have expertise that professional training cannot replicate. Research is clear about the benefits of peer support specialists to those who receive services (Schwartz, C.E., Sendor, M., Social Science and Medicine, Volume 48, Issue 11, pgs. 1563-1575).

### **The State of North Carolina (DHHS) has defined PSS Services as:**

An evidenced-based mental health model of care that provides community-based recovery services directly to Medicaid eligible adult beneficiaries that are diagnosed with a mental illness or substance use disorder. PSS provides structured, scheduled activities that promote recovery, self-determination, self-advocacy, engagement in self-care and wellness and enhancement of community living skills of beneficiaries. PSS activities are directly provided by Certified Peer Support Specialists (CPSS) who have self-identified as a person(s) in recovery from mental illness or substance use disorders. PSS can be provided in combination with other approved mental health or substance use services or as an independent service.

Due to the high prevalence of beneficiaries with co-occurring disorders (mental illness, substance use or medical disorders) it is a priority that integrated treatment be available to these beneficiaries.

PSS is based on the belief that beneficiaries with serious mental or substance use disorders can and do recover. Focus is on the person, rather than the identified mental illness or substance use disorder and emphasizes the acquisition; development; expansion of rehabilitative skills needed to move forward in recovery. The service promotes skills for coping with and managing symptoms while utilizing natural resources and the preservation and enhancement of community living skills. Peer Support Services (PSS)



activities are provided one-on-one to the beneficiary or in a group setting, with most activities being provided one-on-one by CPSS. Providing one-on-one support builds on the relationship of mutuality between the beneficiary and CPSS; supports the beneficiary in accomplishing self-identified goals; and may further support the beneficiary's engagement in treatment. Peer support services provided in a group setting allows beneficiaries the opportunity to engage in structured activities with others that share similar recovery challenges or interest; improve or develop recovery skills; and explore community resources that will assist beneficiaries in his or her recovery. PSS activities must be based on the beneficiary's needs and coordinated within the context of the beneficiary's Person-Centered Plan.

### **RCNC PSS Supervision**

Supervision offered by RCNC will provide opportunities for the CPSS to discuss concerns or issues during group supervision sessions and build awareness around strategies to navigate difficulties. Quite often a challenging situation will present itself over the course of meeting with participants. Many times, these concerns can be addressed in the group, and do not develop into problematic situations. CPSS will learn about boundaries, including mindful self-care, self-compassion and explore options for facilitating their work in a way that allows for self-advocacy of needs and clearer workplace goals, better management of stressful situations and improved health status. CPSS will also learn about the Pillars of Peer Support which was designed to support the development of the Peer Support workforce. The Pillars focus on a core set of principles whose intention is to guide the evolving growth of peer support services and those that facilitate those services.

The difficulty lies in the fact that historically there have not been significant anchors of support for those Certified Peer Support Specialists who are caregivers and provide services that expose them to the trauma, addiction issues and mental health problems of those they serve. CPSS have reported they can't turn work off in their heads once they leave the job, not sure of their roles as it relates to providing crisis services after their work day is over, don't feel respected or supported as professionals by their superiors or others in their workplace, love and dislike the work at the same time, feel stressed and anxious and/or are experiencing bouts of insomnia and depression. Other signs and symptoms of those who provide support to others in crisis include:

Feeling overwhelmed	Having headaches or body aches often
Feeling alone, isolated, or deserted by others	Feeling worried or sad often
Sleeping too much	Becoming easily irritated or angered
Gaining or losing a lot of weight	Feeling tired most of the time
Losing interest in activities you used to enjoy	

**Supervision sessions will be offered monthly.**

### **February 27, 2109: *Whole Body Health on a Limited Schedule***

**Justin Garrity:** Justin works as the Rapid Responder Administrator at Healing Transitions where he oversees three peer support specialists who follow up with opioid overdose survivors within 24-hours of the overdose episode. He is a NC Certified Peer Support Specialist and is completing the second year of NC State's MSW program. Justin, along with another Healing Transitions program graduate, established the Oak City Recovery Run Club which connects Raleigh's running community to Raleigh's recovering community.

### **March 27, 2019: *Feel confident. Speak up. Be heard.***

**Karen Kranbuehl:** Karen is the Chair of RCNC Board of Directors as well as Chair of the Substance Use Disorder Federation in North Carolina. Social entrepreneur and innovator at the intersection of advocacy and social work; developer of self-advocacy training curriculum and strategy guide for use in daily life; former attorney; person in long term recovery from substance use disorder since 1995; loves to read and spend time with family and friends; hopes for snow every winter.



**April 24, 2019      *Medication-Assisted Treatment: Examining Biases, Prejudices & Implications***

**Scott Luetgenau:** Scott is the Medication-Assisted Treatment Director at SouthLight Healthcare. As a Licensed Clinical Addiction Specialist and Licensed Clinical Social Worker; his focus on client-driven care and creative staff development has empowered Scott to assist many individuals to increase their recovery capital for sustained recovery.

**May 29, 2019      *Help for the Helper***

**Chris Budnick:** Chris is the Executive Director of Healing Transitions (a long-term recovery program located in Raleigh, NC). Chris is an Adjunct Instructor with the North Carolina State University Department of Social Work. He was the founding Board Chair for Recovery Communities of North Carolina, Inc. (RCNC), a recovery community organization. He also serves on the North Carolina Lawyer Assistance Program Board and the Recovery Africa Board. Chris is a Licensed Clinical Addiction Specialist, a Licensed Clinical Social Worker and a Clinical Certified Supervisor.

**June 26, 2019      *The Role of a Peer Support Specialist***

**Elliott Palmer, Jr.:** Elliott is the owner and lead trainer for the consulting and training agency named A.N.S.W.E.R. (A New Start While Empowering Recovery) . He offers classes in WRAP (Wellness Recovery Action Plan), CPR, and NCI (North Carolina Intervention) to agencies and individuals. Elliott is highly experienced in assisting those with Mental Health challenges and/or Substance Use Disorders. In addition, he is certified trainer for NC Peer Support Training for NCHope.

**July 31, 2019      *Staying Involved through the Years***

**Kurtis Taylor:** Kurtis is the Executive Director of Alcohol Drug Council of NC. He is currently pursuing his bachelor's degree in social work from Shaw University, where he will graduate in May of 2019. He has served as the Chairperson of the NC SCFAC for two terms. He served as Chairperson for the NC Substance Use Disorder Federation for multiple terms and is currently serving as Vice-Chairperson for the Federation. Kurtis served as an appointed member of Governor Pat McCrory's Task Force on Mental Health & Substance Use Disorder. Kurtis is also proud to serve as the newest addition to the board of directors for the NC Governor's Institute on Substance Abuse.

**August 28, 2019      *Peer Support Specialist Across North Carolina***

**Ken Schuesselin:** Ken is the Community Policy Advisor at the North Carolina Dept. of Mental Health, Developmental Disabilities and Substance Abuse Services. Ken led the development of a service classification for peer support services to preserve unique service characteristics within a historically clinical services model and payor structure in North Carolina

**September 25, 2019 *Peer Support to Meet the Needs of Our Veterans***

**Mary Wright :** Mary is veteran with lived experience in recovery and military service. She is a statewide trainer of Peer Support and other supportive services within our community.

**October 30, 2019      *Peer Support for Students in Higher Education***

**Paula Harrington:** Paula serves on the Board of Directors for Recovery Communities of Durham. In addition, she works for Oxford House, Inc. as an Outreach Worker and assists with Special Projects. She is a NC CPSS, Recovery Coach and Recovery Coach trainer. Paula initiated and opened the very first Collegiate Recovery Oxford House in North Carolina which provides structured, recovery supportive housing for men enrolled in higher education. The first women's collegiate Oxford House has now opened in Chapel Hill, NC.

**November 20, 2019      *Mental Health/SUD and Peer Support***

**Patty Schaeffer —** Patty serves as staff at WellSurgent. The organization is a non-profit which is peer-operated and works to assist and support people with substance use and mental health disorders. They



provide collaboration opportunities, training and education to family members, community and consumers the resources to live health lives. Patty is a NC Certified Peer Support Specialist/Trainer, Advanced Level WRAP® Facilitator, QPR Instructor, Mental Health First Aid Instructor, ITE.

**December 18, 2019**

***Supporting Men and Women Exiting the Criminal Justice System***

**Troy Manns:** Troy is RCNC's Manager of Advocacy and Education. He has spent over 15 years advocating on behalf of the recovery movement and those with substance use disorders and their families. As a person in long-term recovery, Troy understands the importance of influencing others toward the advocate's agenda. One of his advocacy efforts evolved into an ongoing and valuable program which regularly receives statewide acclaim, as it is filling the gap for a forgotten population (those who are incarcerated) with significant need for long term recovery.

**This program is free.**

**Register by emailing: [pgix@rcnc.org](mailto:pgix@rcnc.org).**

**Type "Peer Support Supervision" in the subject line and include your full name and contact information (including phone number) in the body of the email.**



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