



ZOMALAB

The logo for ZOMA Foundation, featuring the word "ZOMA" in a bold, sans-serif font with a stylized slash through the letter "O", followed by the word "Foundation" in a smaller, regular sans-serif font. The logo is white and is set against a dark purple background that has a subtle pattern of dandelion seeds and petals.

ZOMAFoundation

Peer Support for All of Us

An Introduction to Certified Peer Specialist
Programs in Perinatal Mental Health

What is Peer Support

Mental Health America

Peer support is an evidence-based practice that:

- Improves outcomes and quality of life
- Reduces hospitalizations and cost of services for consumers

Through its focus on empowerment, mutuality, and the whole person, it has the power to fundamentally change how we approach and engage people around their mental health and wellbeing.

SAMSHA

Peer support encompasses a range of activities and interactions between people who have shared similar experiences of being diagnosed with mental health conditions.

This mutuality – often called “peerness” – between a peer worker and person using services promotes connection and inspires hope.

Is Peer Support Recognized by the Federal Government?

YES!

SAMSHA, CMS, and HRSA to name a few

The Centers for
Medicaid and Medicare Services
(CMS):

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

Defines Peer Support Services As:

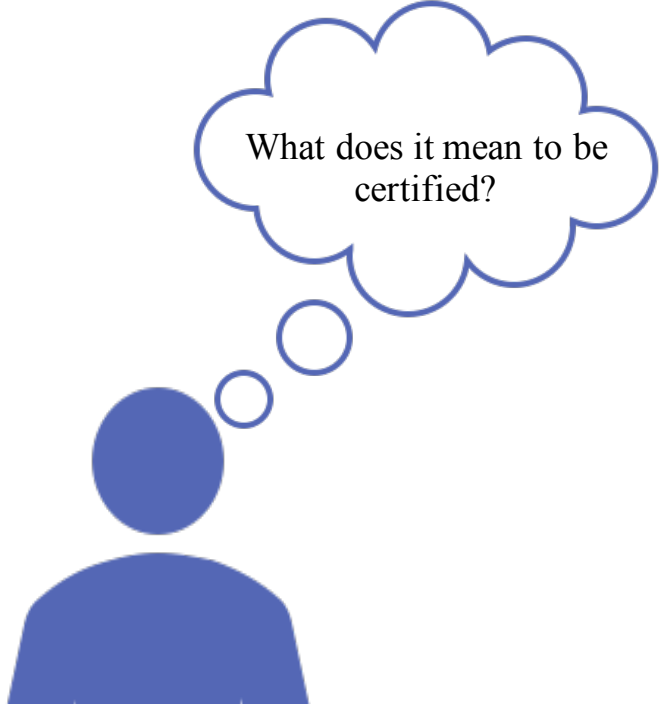
“An evidence-based mental health model of care which consists of a qualified peer support provider who assists individuals with their recovery from mental illness.”

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 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.
- Every state except California has a peer specialist certification process.
- However, those processes and requirements look different across states as well as the types of mental health issues peers are allowed to engage in.

Program Reimbursements?



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.

NCSL

What do Peer Specialists Do?

Peer Workers Offer Different Types of Support, Including:



Perinatal Mental Health – Ripe for Use of Certified Peers?

✈ Augment Mental Health Providers Shortages & MMH Super Shortages

✈ Decrease Stigma

✈ Enhance Cultural Competency in Care

✈ Increase Access in Community

✈ Cost Effective Expansion of Services and Supports

✈ Provide Meaningful Career Pathways for Mothers

Today We Will Hear About. . .

✈️ 2020 Mom's Certified Peer Support Training Study & Next Steps

✈️ Women's Health Innovations of Arizona

✈️ The AMLA Program Serving Anglo and Latina Women in CO

✈️ Sister Circles Peer Support Model Supporting Black Women in CA

✈️ A Trained Peer's Experiences Serving Mothers