

The background is an abstract, textured composition of various colors including red, orange, yellow, green, and blue, resembling a watercolor or marbled paper effect. A large, semi-transparent white rectangular box is centered on the page, containing the main title and speaker information.

# **Supporting Children, Youth and Families: Youth Peer Support and Parent Support Partner**

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# Overview

Utilizing peers in the mental health system for children, youth and families has increased in the past five years.

Parent Support Partners provide the Medicaid service of Family Support and Training to support parents of children with serious emotional disturbance and intellectual and developmental disabilities.

Youth Peer Support is a new Medicaid service designed to support youth involved in the PIHP/CMHSP system with a serious emotional disturbance.

Both Medicaid peer delivered services on the child, youth and family continuum are provided by trained peers, either Youth or Parent, who must have lived experience navigating behavioral health systems.

# Workshop Outcomes

## Participants will be able to:

1. Understand the Youth Peer Support and Parent Support Partner Medicaid Service
2. Define the role of the Youth Peer Support Specialist and Parent Support Partners
3. Learn about the benefits of peer related Medicaid services in Michigan for children and families
4. Understand how you might adopt, support and grow these services at your agency
5. Describe the positive impact that parents and youth with lived experience can make in your community and in the state of Michigan

# Frequently Used Acronyms

- **PIHP:** Prepaid Inpatient Health Plan
- **CMHSP:** Community Mental Health Service Provider
- **PSP:** Parent Support Partners
- **YPS:** Youth Peer Support
- **YPSS:** Youth Peer Support Specialist
- **ACMH:** Association for Children's Mental Health
- **MDHHS:** Michigan Department of Health and Human Services

# Brief History of Peer Support in Michigan

## Adult Peer Support

- For adult individuals with mental health disorders

## Peer Mentors

- For individuals with intellectual disabilities

## Parent Support Partner Service

- For parents/caregivers of children serious emotional disturbance OR intellectual and/or developmental disabilities including autism

## Youth Peer Support

- For youth with Serious Emotional Disturbance

## Recovery Coaches

- For adult individuals with substance abuse disorders

# Why Peer to Peer?

- Defining Hope
- The importance of connection
- “Walking with” someone who has been there

# Why Peer to Peer Support for Youth?

- **Breaking Barriers:** YPS breaks barriers to resilience related to feelings of loneliness, shame, stigma, and low self-esteem because YPSSs role model wellness and recovery.
- **Engaging:** YPS is a great tool to engage youth - especially those that are difficult to engage, because YPSSs understand the feelings associated with mental health challenges, and have the ability to share experience. This perspective can change the way that youth look at their resiliency.
- **Preventative Care:** Youth that participate in YPS are more likely to acquire a set of tools which will set them up for future successes.
- **Youth-Powered:** Communities that provide YPS build an invaluable relationship with youth by providing hope and opportunity to those that may have difficulty seeing a future

# Why Peer to Peer Support for Parents?

- Parents need other parents/caregivers who 'have been there'
- Unique relationship with another parent/caregiver
  - Sharing story
  - Decreased perception of judgment
  - Decreased isolation and increased hope
  - Ability to act as a bridge
  - Increased empowerment and self advocacy
- Help professional and system partners to understand broader parent perspective and vice versa



# Why Peer to Peer Support for Parents? (Continued)

- Increased hope
- Increased engagement and retention in treatment
- Decreased caregiver stress
- Decreased costly interventions i.e.: hospitalization and other system involvement
- Decreased parental isolation
- Increased family and youth involvement in treatment
- Increased parental knowledge of community resources

# Youth Peer Support



# **What is the YPS Training and Technical Support Model?**

The YPS Training and Technical Support Model is a joint project of the Michigan Department of Health and Human Services, Pre-paid Inpatient Health Plans/ Community Mental Health Services providers and the Association for Children's Mental Health.

# What is YPS?

- A Medicaid State Plan Service for youth with Serious Emotional Disturbance
- Provided by young professionals with experience receiving mental health services as a youth
- Written into the individual plan of service
- Goals and activities are mutually identified in active collaboration with youth receiving services
- Interventions provided in home and community

# Who can receive the YPS service?

- Intended for middle school or high school age youth
- Youth involved with CMH and other systems as well

# Staff who provides YPS?

- Young adults, ages 18 – 26 with lived experience receiving mental health services as a youth
- Willing and able to self-identify as a person who has or is receiving behavioral health services and is prepared to use that experience to support others
- Experience receiving services as a youth in complex child-serving systems preferred (behavioral health, child welfare, juvenile justice, special education, etc.)
- Employed by PIHP/CMHSP or its contract providers
- Trained in the Michigan Department of Health and Human Services-approved curriculum and ongoing training model

# YPS Role: Guiding Tenants

YPSS provide youth with empowerment and hope through:

**Direct Support** from someone with shared experience

**Information Sharing** in a way that can be understood

**Skill Building** on self-care, self-advocacy, and system navigation

# **YPS Role: P.E.E.R.**

Its about:

**Partnerships**

**Engagement**

**Empowerment**

**Relationships**



# YPS Curriculum

- YPS Role
- Strategic Sharing
- Engagement
- Relationship Building
- Boundaries
- Language
- Cultural Proficiency
- Confidentiality
- Ethics
- Safety
- Peer Professional Partnerships
- Agency Culture and Professionalism

# What YPS is NOT

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

# Hiring and Implementation: Requirements

- Hired and employed by the CMH or contract agency to provide YPS the Medicaid Service
- Full participation in training and ongoing requirements for certification/recertification
- Supervisor participation in training and certification requirements
- Regular supervision by a qualified children's mental health professional
- Integration into the treatment team and participation in team and planning meetings.
- Adequate technology and equipment to perform work

# MDHHS/ACMH Model Certification Requirements

- 5 full days of Classroom Training
- 100% attendance at Training
- Active participation in all training activities
- Successful completion of evaluation activities during training
- 11 months of group coaching (& individual coaching as requested)
- Participation in 3 out of 4 quarterly PD/TA meetings
- Mastery of core skills as assessed by Statewide Coordinator, your Supervisor & YPS Coach/Lead

Trainer

# PIHP/ CMHSP Encounter Reporting HCPSCS and Revenue Codes

## Peer Directed and Operated Support Services

- H0038-TJ- Youth Peer Support Specialist
- TT Modifier: use when peer service is provided in a group
- Use of TJ modifier – Youth Peer Support Specialist with H0038 or H0038-TT. The Youth Peer can also report H0038-TJ or H0038-TJ-TT if they are face-to-face with youth while another provider is working separately with the family. This type of situation is only allowed in home-based (H0036-HS), or family psychotherapy (90846-HS or 90849-HS).

# Parent Support Partner



# What is the Parent Support Partner Service?

- Intervention based approach to supporting families whose children receive services within the CMHSP
- A Parent Support Partner (PSP) is a member of the treatment team and is included in service planning, implementation, and transition process
- A PSP is an identified service in the Individual Plan of Service to provide support, information, skill development, and resources to families to accomplish the treatment goals
- A PSP is employed by the CMHSP or contract service provider

# Who are Parent Support Partners?

- Parents/Caregivers of youth with emotional, behavioral, and/or mental health challenges OR intellectual and/or developmental disabilities including autism
- Lived experienced with public mental health systems
- Family members who bring personal experiences and knowledge to support family engagement in the treatment process
- A member of the treatment team and is included in the service planning, implementation and transition processes
- Able to work with diverse groups of people
- Strong communication skills
- Someone who uses personal experience and knowledge to expand opportunities for family choice and voice in matters affecting families and their children
- Able to partner and engage with parents as well as professionals



# Role of Parent Support Partners

- Provides parent to parent support to parents of children with mental health concerns or intellectual/developmental disabilities
- Facilitates access to appropriate services for children and families
- Serves as a source of credible information about resources, programs, and services
- Demonstrates effective collaboration
- Assists parents in learning skills to obtain resources for their families
- Becomes a trusted ally in whom parents can confide
- Helps parents navigate a variety of systems including community mental health, schools, hospitals, child welfare, and juvenile justice programs

# Functions of Parent Support Partner

- Encourages parents to identify family needs and goals
- Works individually with families who need additional supports and skill building to reach their identified goals
- Serves as a source of credible information about resources, programs, and services
- Provides education and training to families and assists them in preparing for meetings regarding their child
- Assists in the navigation and understanding of services and demonstrates effective collaboration
- Assists parents in learning skills to obtain resources for their families
- Supports parents and family members participation in treatment

# Functions of Parent Support Partner

- Helps the parents build and nurture healthy relationships within the family
- Provides support and empowers parents/family members to speak for themselves
- Assists parents to identify, develop and maintain natural supports for themselves and their family
- Links the family, based on strengths and cultural interest, with activities and groups in their community

# Parent Support Partner is not

- A therapist
- A case manager
- A respite care worker
- An ABA technician
- A taxi service
- A babysitter
- A secretary
- An advocate
- A paid friend

# What is the Role of the PSP Supervisor?

- **Provide regular individual clinical supervision to PSP as well as team supervision if there are multiple PSPs at your agency**
- **Assist with family referrals from clinicians for PSP services**
  - Encourage and assist PSP in promoting this unique service at your agency, especially if it is a new service or there are newly hired clinical staff
- **Monitor family workload (caseload) of PSP**
  - Do they have a full workload or do they need more referrals?
  - Check PSP's weekly schedule to see that they are meeting with families on a regular basis per goals set in the IPOS
  - How and when to close a case

# What is the Role of the PSP Supervisor?

- **Monitor timely completion of all progress notes & contact notes-**
  - Are PSP goals and objectives in line with the therapeutic goals and objectives?
  - Provide training on developing goals and measurable qualities
  - Provide training on accessing and completing progress notes
- **Ensure that the PSP is invited to and allowed to actively participate in all team/staff meetings at your agency.**
- **With the aid of the Statewide Coordinator, monitor the work of PSP to ensure fidelity to the Parent Support Partner Model**
  - Roles and Responsibilities

# What is the Role of the PSP Supervisor?

- Work in partnership with the Statewide Coordinator and Assistant Coordinator to assess the PSP's progress and mastery of skills necessary to meet Certification Requirements
- Ensure that there is adequate **time**, **resources**, and **support** available to each PSP to adequately perform their duties
- Participate in periodic Technical Assistance with PSP and Statewide Coordinator or Assistant Coordinator to assess progress of PSP

# What is the Role of the PSP Agency?

- Create an environment that supports and nurtures the values and beliefs of the PSP program
- Support regular clinical supervision of PSP
- Include PSP in team meetings and support them in being a team member with clinicians and staff
- Help with referrals



# Medicaid Code

## Family Training Service:

- S5111 HM- Parent-to-parent support provided by a trained Parent Support Partner using the MDHHS-endorsed curriculum (can report encounter after completion of initial 3 days of core training but must continue certification process)

## When/how to report encounter:

- Face-to-face encounters with family (report one encounter per family no matter how many family members are present)
- S5111 HM – Parent Support Partners can also report S5111 HM if they are face-to-face with the parent while another provider is working separately with the child (consumer). Please note, this is not allowed for Wraparound services.
- Can Bill for IEP Meetings-“CMHSPs cannot report encounters for services such as home-based, mental health therapy, case management that are provided at the same time the consumer is attending Individualized Educational Plan (IEP).”

# How to Retain PSPs

- Prepare the organization and agency, build infrastructure
- Identify champions within the organization
- Provide ongoing consistent supervision and support
- Remove barriers for PSP employment
- Be clear about role and expectation of PSPs  
(what the PSP role is and is not)

# Retaining PSPs Continued

## What helps?

- Appreciation
- Consistent support
- Receptive Team- PSPs feel valued and are immersed within the agency/team (open and respectful and understand the role)
- Embedding support and buy-in throughout organization
- Build trust
- Train and support the supervisors of PSPs

**For more information, including current YPS and PSP communities and upcoming events:**

**<http://www.acmh-mi.org/get-information/acmh-projects>**

You may also refer to our website for the registration process and documentation necessary to send a PSP or YPS to the training.

# Discussion

**What's the benefit of having a parent or youth on board?**

# Questions/Contact Information

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