

Certified Peer Support Services (CPSS)

Peer support services is a research-based practice that uses peers who have been successful in their own recovery process, to design and deliver social and recovery support to consumers. It has been a major focus for Utah's adult mental health system since 2008 to integrate peer support service into community-based treatment system. The first 40-hour peer specialist training was held on December 2010 which produced 35 Certified Peer Support Specialists (CPSS). The counterpart of the CPSS in Utah's children's mental health is the Family Resource Facilitation (FRF), which uses family members for family support services. On July 2011, through collaboration with the Department of Health, the State Medicaid Plan was amended to add the peer support services and family resource facilitation services for people receiving Medicaid mental health services. Seeing the power of peer support and family resource facilitation services, the Project collaborates with the adult and children's mental health to develop a young adult CPSS program. In FY2012, the Youth Facilitator and another young adult successfully completed the CPSS and FRF training. The Youth Facilitator now chairs the Youth-in-Transition CPSS task force to develop supplemental curriculum and guideline for: a) young adult interested in becoming CPSS, and b) CPSS interested in working with youth in transition age. The Project has a contract with Thrive Maine to assist in the curriculum development effort.