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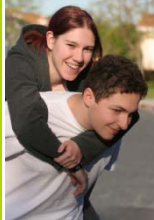
Peer Support for Youth and Young Adults



Lara Carranza, Youth and Young Adult Wraparound Partner,
Youth MOVE Oregon and Mid Valley BCN



Zoe Harrison, Youth Support Partner, Marion County New
Solutions



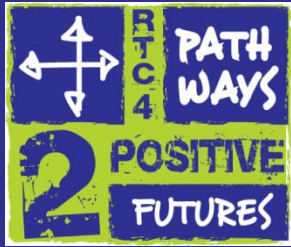
James Sawyer, Federation of Families for Children's Mental
Health, and Youth Involvement Content Specialist for the
Technical Assistance Partnership for Child and Family
Mental Health



Laura Goodwyn, Research Assistant, American Institutes for
Research and the Technical Assistance Partnership for
Child and Family Mental Health



Janet Walker, Director, Pathways RTC



Webinar Overview

- Why we decided to study this topic
- How we have gone about our research
- Some of the main things we've found
- Reflection on these issues from the point of view of young people who are doing the work
- Questions and final reflections from the panel

The Interest and Why

- Technical Assistance to System of Care Grantees
 - A move towards expanding services
 - What is happening
 - Is it effective
 - How is it funded
 - Evolution of youth involvement
 - Tangible
 - Functional

The Interest and Why

Common premise: Youth can be served well by their peers, and near-peers, in ways that may be difficult for traditional practitioners to accomplish.

- Tasked to find examples of this, and share the findings



RENEW-NC, Youth M.O.V.E.-North Carolina United, and the Transition Ready curriculum are also made possible, in part, by the Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMHDDAS) to improve the quality and outcomes of community based services in accordance with P.L. 102-321 (ADM Community Mental Health Services Block Grant under the Center for Mental Health Services/SAMHSA)

Why did we choose this topic?

- The promise ... and the challenges
 - Example of the YSS role in CMHI
 - High levels of excitement and enthusiasm about the possibilities, early positive examples
 - But not universal positive reception
 - Lots of questions about the role and how to define and support and sustain it
 - Philosophy and practice at Pathways
 - RTC commitment to involvement
 - Priority for young people (and others)

Question Development

- **19 questions developed to gather data about programs across a variety of organizations**
- **Some examples of questions that were asked of participants:**
 - What are the key roles these positions play within your community's continuum of care?
 - How are these positions funded?
 - Please briefly describe what the training consists of for these positions

Participant Selection and Outreach

- Selection of participants based on knowledge of local activity and referrals
- Outreach to individuals working in various settings including mental health agencies, family organizations, and grant-funded programs
- Data collected from 29 participants

States Represented

Arizona	New Jersey
California	New York
Florida	North Carolina
Georgia	Oklahoma
Kentucky	Oregon
Maine	Pennsylvania
Mississippi	Texas
Missouri	Utah
	Vermont



If your program isn't represented....

... and you'd be willing to provide
information, please email Nancy at
Pathways RTC:

nancyf@pdx.edu



Findings Overview: Eligibility

- Age requirements run a spectrum from specifically defined to more flexible:
 - Contract says 18-25, 21-24
 - 18-26 preferably
 - We don't limit by age, however, we grade in interviews how they will be perceived by youth
 - 18 and older; 18-34

Eligibility, continued

- Desired experience also runs a spectrum
 - Personal experience with mh; self-identify that “mental illness has significantly impacted” (not nec. received services.)
 - Family experience with mh (need to know how system works)
 - Lived experience and been on young adult council
 - Lived experience, recovery for at least two years
 - “The youth must be able to provide first-person knowledge and his/her stories of recovery to infuse hope and self determination to participants and their families”
- Difference between desired experience from interviews and requirements from job descriptions



Eligibility, continued

- Education
 - Many places require HS degree, some state HS degree or GED, for some, working on either is sufficient
 - Again, differences between what people said and what was on job descriptions
- Other:
 - Drivers' license; social security card, citizenship, background check

Outreach
Worker
Specialist
Regional
Coordinator
Navigator
Position
Provider
Peer
Young
Street
Empowerment
Adviser
Adult
Support
Transition
Partner
Liaison
Program
Youth
YouthMOVE



groups
 YouthMOVE
 Navigator
 Position
 Outreach
 Regional
 Coordinators
 providers
 connect
 Empowerment
 Peer
 KY
 Support
 Coordinator
 Worker
 resources
 Adult
 Workers
 Advocate
 Advisor
 Street
 Liaison
 Young
 outreach
 management
 wraparound
 Partner
 policy
 voice
 case
 Youth
 Provider
 Specialist
 drop-in
 Transition
 Program
 center
 council



Role

Individual development

Youth development

System development



One-on-one:

- wraparound, TIP, RENEW
- individual @ drop-in
- navigator

Skill development groups:

- community
- program
- drop-in

Youth groups:

- community
- program

Leadership groups:

- community

Attend meetings, provide training:

- state
- county or region
- agency, program or local

Supervise or coordinate youth peer support workers



Assessment

- In general sites are exploring assessment using
- Satisfaction—both for youth leadership activities as well as one-on-one
 - Vignettes and personal stories, interviews with youth who have received services
 - For various one-on-one—TIP, wraparound, RENEW—looking at overall outcomes but not at this point separating out contribution of peer
 - Also for one-on one-- Progress on goals
 - Fidelity to components



Training

- Training varies across sites
 - Underdevelopment in most locales (with notable exceptions)
 - Seemed to slant towards loosely structured training
 - Task and agency based skills training (ex. Wraparound, WAP, HIPPA) opposed to positions specific professional development training.

Supervision

- Who supervises these positions
 - Clinical Director/Wraparound Supervisor
 - Specialized Program Manager/Director
 - Agency Director
 - Near Peers/Family Support Coordinators

Certification

- Certification
 - Most sites want it, several sites are working towards it, and few have achieved certification for YPSS
 - Adult based certification is utilized yet has it's limits (Ex. Intensive Peer Supports *IPS*)
 - Certification is offered in topic areas like wraparound

Funding

- How are these positions funded
 - Funded through federal and local grants (ex. SAMHSA's System of Care and Healthy Transitions Initiative)
 - Recognized as not sustainable
 - Local/State tax levy (California)
 - Medicaid and Managed Care
 - Mental health and child welfare case coordination funding

Challenges

- Hiring and retention– it can be hard to fill positions and keep them filled
 - hard to find the right combination of experience and qualifications
 - requirements can be rigid
 - characteristics of the job can lead to rapid turnover
 - part-time, no benefits, lack of career ladder
 - lack of clarity regarding role, how to carry it out
 - unsustainable funding sources

Challenges

- What makes the position different from existing peer support (adult system) or family support (children's system)?
- Are age definitions too rigid? What is the most important dimension of “peer-ness”?
- How to ensure sufficient support
- How to demonstrate the unique and positive contribution of peer support
- Need for sustainability versus possible downside of Medicaid funding



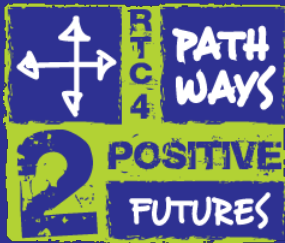


Research & Training Center for Pathways to Positive Futures, Portland State University



Next Steps

- A few more interviews and follow-ups
- Report on findings
- Your thoughts?



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