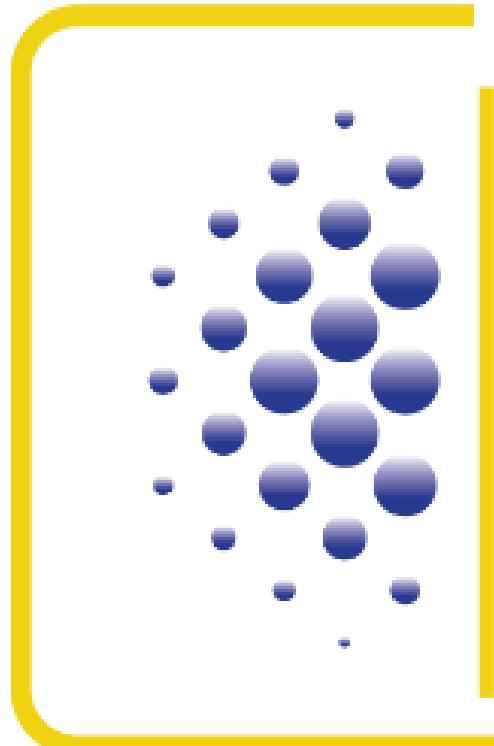


Peer Recovery Support Services in Tribal Communities

August 22, 2023

Presented by:
Altarum, RurAL CAP, Cook Inlet, Tanana Chiefs





BJA's

Comprehensive Opioid, Stimulant, and Substance Abuse Program

This project was supported by Grant No. 2019-MU-BX-K031 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Zoom Webinar Technical Information



Q&A

Enter your questions into the Q&A box.



Chat

Watch the Chat for messages from the webinar organizers.

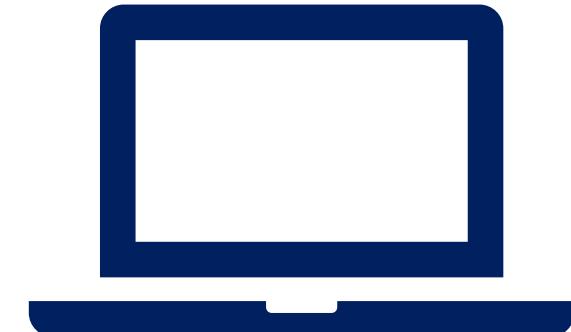


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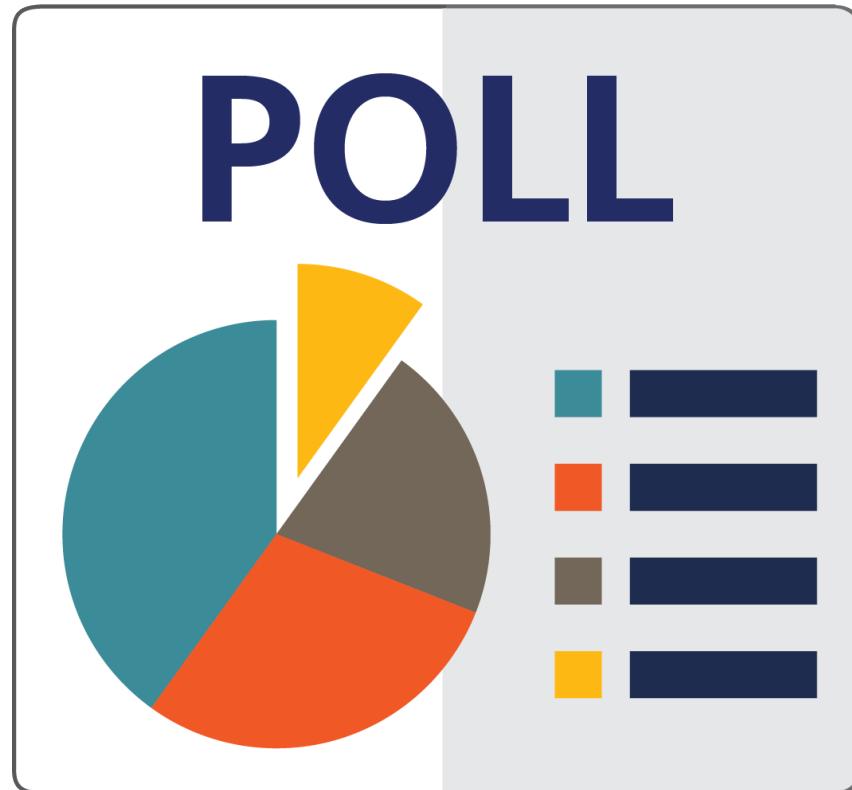
Post-Webinar Information

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Learning Objectives

- ✓ Summarize the core elements of Peer Recovery Support Services (PRSS) and associated benefits.
- ✓ Describe various models that demonstrate how PRSS can be implemented within Alaskan Native villages.
- ✓ Identify common challenges associated with implementing PRSS in tribal communities.
- ✓ Summarize best practices for successful implementation of PRSS in tribal communities, including Alaska-specific models.



Poll Questions

Poll questions will be asked during the webinar.

This is your time to weigh in with your thoughts.

Please respond promptly; polls are open for a short period of time.

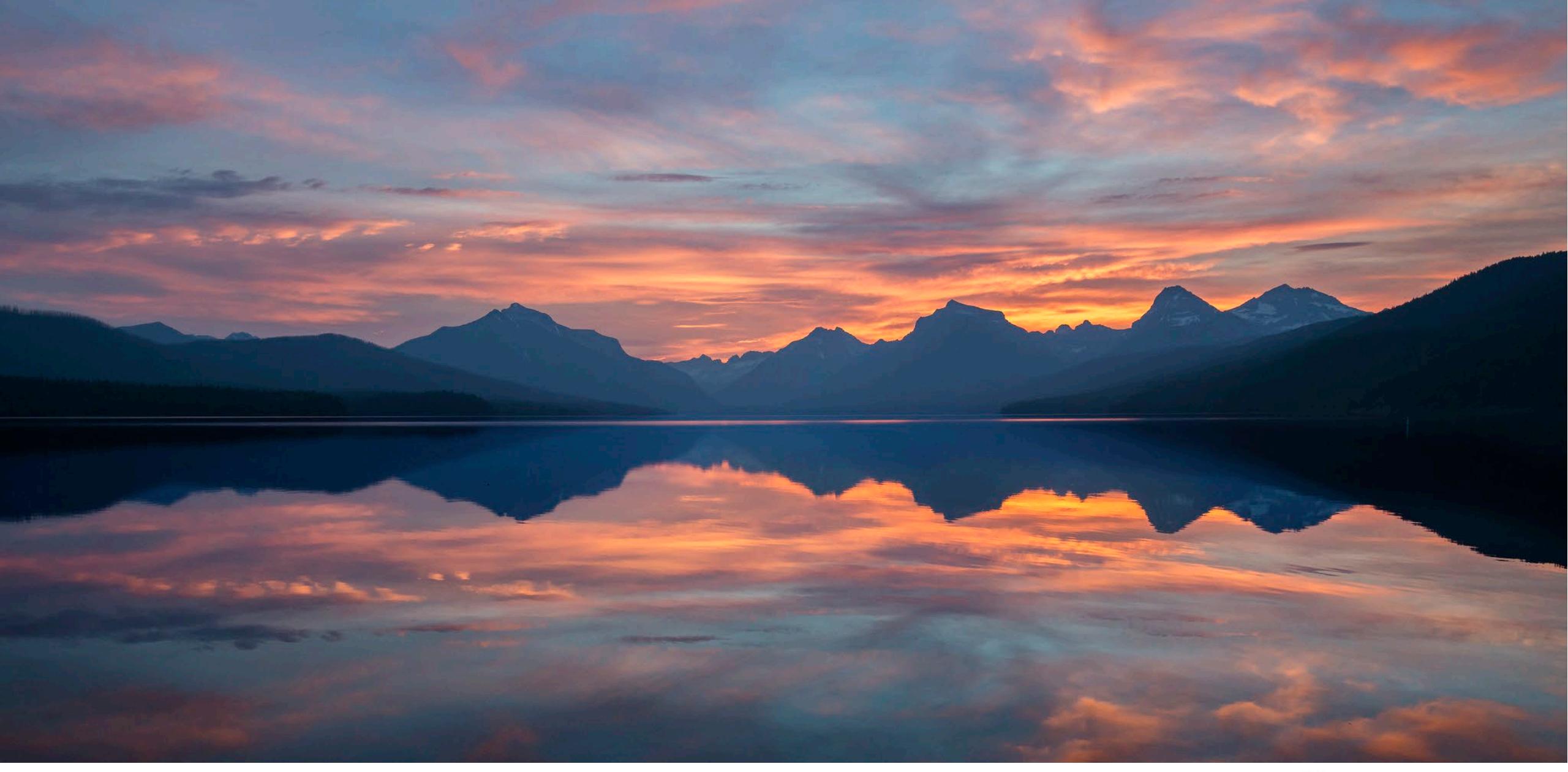
POLL



Which of the following best describes your role?

- Tribal Court Official
- Law Enforcement
- Peer Recovery Specialist
- Behavioral Health/Substance Abuse Treatment
- Other

Opening





Peer Recovery Support Services

The BJA COSSAP TTA Center on Peer Recovery Support Services

Caley Small, MPH
Altarum



Criminal Justice Involvement, Substance Abuse, and Peer Support

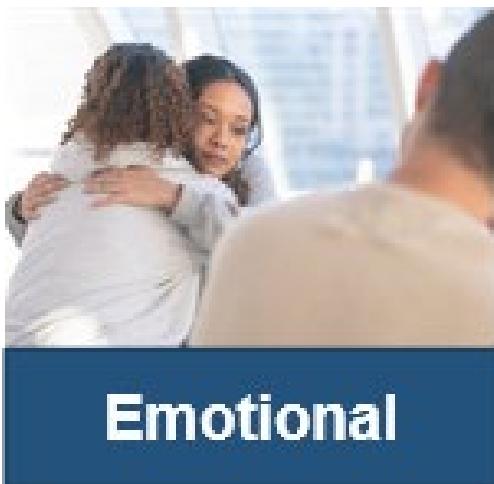
- The criminal justice population has a disproportionately high rate of substance use disorders (as well as co-occurring mental health and substance use disorders) compared with the general population.
- Peer recovery support services (PRSS) have emerged as important resources for engaging and supporting criminal justice-involved individuals and their families in their recovery.

Increasingly, peer recovery support services are an important—and sometimes central—part of efforts to effectively address the opioid epidemic.

Peer-based services can be a vital part of the continuum of care for substance abuse and of efforts to address alcohol and drug abuse—including opioid misuse.

Overview: Peer Recovery Support Services (PRSS)

- **Peer recovery support services (PRSS)** refers to the wide-array of non-clinical supports provided by peer practitioners (also referred to as peer specialists).



Peer Recovery Support Services (PRSS)

Recovery happens in community.

- Ready-made pro-social environment
- Focus on building trusting *relationships*
- Use recovery community resources and assets
- Provide a variety of models of the benefits and expectations of a life in recovery

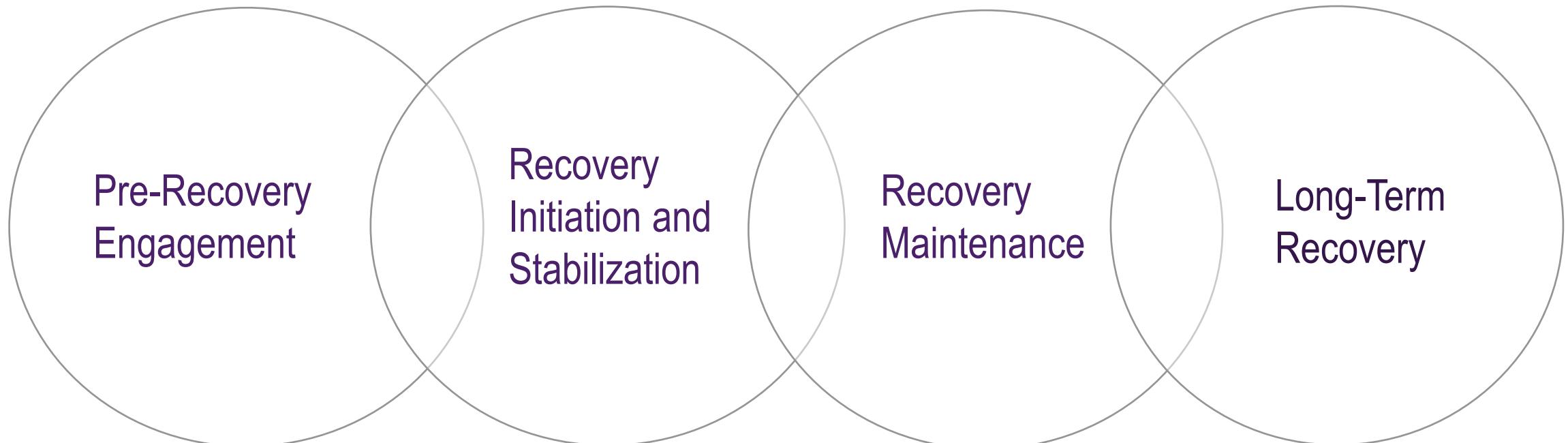


PRSS create, build, reinforce, and strengthen Recovery Capital

- In assisting people to achieve their recovery goals, it is often useful to help them assess and build their **Recovery Capital**
- **Recovery Capital** is the sum of the strengths and supports—both internal and external—that are available to help someone initiate and sustain long-term recovery from addiction

(Granfield and Cloud, 1999, 2004; White, 2006)

PRSS engage individuals across the time span of recovery— and keep them engaged



Adapted from William White

TTA Center for Peer Recovery Support Services

- Developing tools that assist staff to effectively integrate PRSS in criminal justice settings.
- Facilitating program-to-program sharing of evidence-supported services, best practices, and promising approaches.
- Consulting with individual programs to strengthen operations, by identifying and solving challenges to program success.

TTA Center for Peer Recovery Support Services

Areas of Focus

Resources

- Staffing levels, caseload, service array, physical space, technology

Infrastructure

- Written policies and procedure, communication tools, organizational structure

Organizational Learning

- Practice knowledge, staff training, coaching
- Communication and multi-disciplinary collaboration
- Performance measurement, reporting, and evaluation

Organizational Culture & Climate

- Shared beliefs and vision
- Conflict resolution and trust
- Commitment to change

Engagement & Partnership

- Within the Agency, with other organizations, and with communities
- Leadership – including leading change

TTA Center for PRSS

In-Person and Virtual
Consultation

Training and Facilitation

Capacity Building

Thought Leadership

Overview

- The purpose of Peer Recovery Support Services Mentoring Initiative (PRSSMI) is to advance the inclusion of peer recovery support services in jurisdictions' portfolios of substance abuse intervention and treatment strategies.

Capacity Building Focus

Engagement & Partnership

- Strategic relationship building and partnerships within the wide organization, with other organizations, and with communities

Organizational Culture & Climate

- Purpose, vision, and shared beliefs supportive of peer practice
- Organizational readiness for supporting peer practice

Organizational Learning

- Peer practice knowledge and awareness among all staff
- Training, coaching, and development for peer staff
- Communication and multi-disciplinary collaboration in support of goals

Infrastructure

- Written policies and procedures that provide structure and support for PRSS
- Supervision processes and protocols

Resources

- Appropriate staffing levels
- Depth, breadth, and scope of peer support menu
- Arrangement of physical space and use of technology in support of recovery

Role of Mentor Sites

- PRSSMI participants are matched to an experienced “mentor site” program that provides consultation and support through virtual learning sessions and an on-site visit.
- Mentor sites are experienced collaborators with first responders, law enforcement, courts, jails, prisons, and community corrections to help people suffering from substance use disorder to achieve and maintain recovery from addiction.

Mentee Sites

Applications accepted on rolling basis, with following criteria:

- Stage of program development — planning, start-up, or early implementation
- Diversity of team
- Clarity and appropriateness of outcomes sought through peer program
- Clarity and appropriateness of goals for mentorship

Contact Information

Caley Small

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Rural Alaska Community Action Program, Inc.



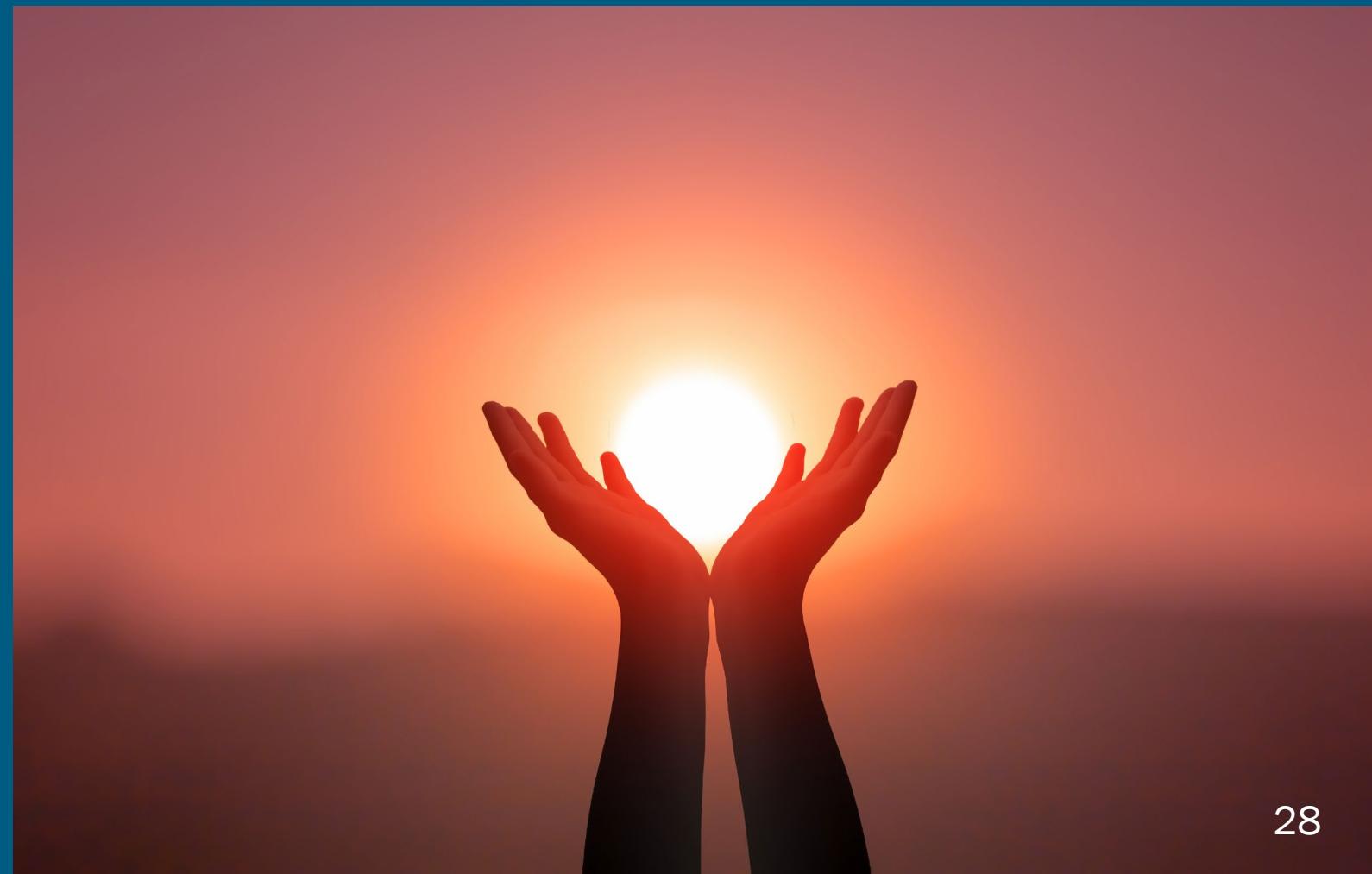
Alaska Native Village PRSS Program Highlight: Cook Inlet Tribal Council

CITC Peer Support Model

PRESENTERS:

Sarah Chivers BA, CDCI, TPSPIII, PSPIII
Peer Recovery Supervisor

Ronald Shugak CT
Cultural Peer Support Specialist I



Our Mission

“To work in partnership with Our People to develop opportunities that fulfill Our endless potential.”

Our Values

Interdependent

Resilient

Accountable

Respectful

Humorous

CITC Family of Services

Child & Family • Recovery & Re-entry • Employment & Training •
Youth Empowerment • Alaska's People • Alaska Native Justice Center •
Clare Swan Early Learning Center • Get Out The Native Vote •
NYO Games Alaska

Tribal Partners

Cook Inlet region service area:

- Chickaloon
- Eklutna
- Kenaitze
- Knik
- Ninilchik
- Salamatof
- Seldovia
- Tyonek



Principles of Peer Support

- Recovery oriented
- Person centered
- Relationship focused
- Trauma informed



Peer Engagement

- Initiates contact with participants
- Listens to participants with careful attention to the content and emotion being communicated
- Reaches out to engage participants across the whole continuum of the recovery process
- Demonstrates genuine acceptance and respect
- Demonstrates understanding of participants experiences and feelings



Peer Functions & Events

ACTIVITIES

- **BBQ**
- **Potluck**
- **Bowling**
- **Holiday parties**
- **Fishing**
- **Movie night**
- **Check ins**

PURPOSE

- Validate experiences and feelings
- Encourage exploration and pursuit of community roles
- Convey hope by sharing about their own recovery
- Celebrate participant efforts and accomplishments
- Provide support to create concrete tasks and goals
- Appreciate and respect cultural / spiritual beliefs and practices of participant and their families

Peer Treatment Meetings

- Recovery Refresh
- Warrior Down
- Peer Support Gathering
- Red Road to Wellbriety



COOK
INLET
TRIBAL
COUNCIL

People. Partnership. Potential.

Recovery Refresh

- Virtual check-in
- Share Elders Meditation of the Day
- Open discussion of daily meditation
- Share lived experience(s) peer-to-peer



Warrior Down

- Provide a relapse prevention and recovery support program for Native American/Alaska Native people
- Recovery coaching
- Goal setting
- Mind mapping
- Creating a safety plan



Peer Support Gathering

- Fellowship in Recovery
- Community givebacks
- Potlucks/BBQs
- Game nights
- Narcan builds
- Outreach

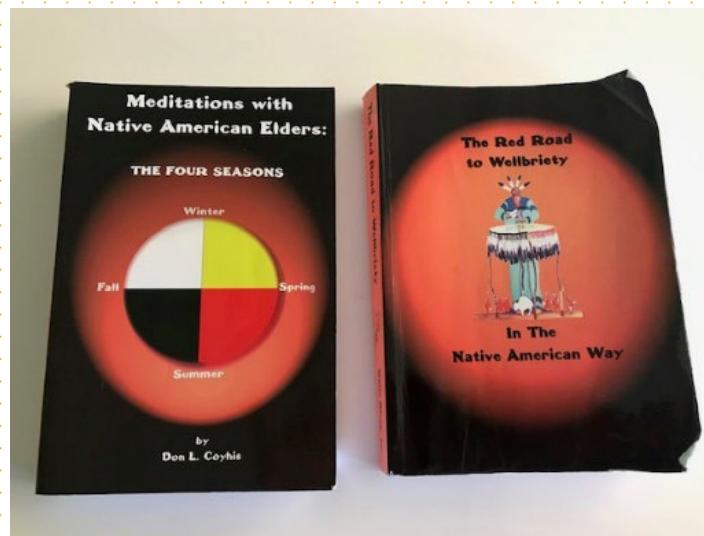


COOK
INLET
TRIBAL
COUNCIL

People. Partnership. Potential.

Red Road to Wellbriety

- The Medicine Wheel and 12-step program was developed to provide a cultural-based program for Native American people
- Program was developed by White Bison
 - Based on teachings of the Medicine Wheel
 - Cycle of Life, Four Laws of Change
- Focus of the program is on character and values
- Program includes:
 - Red Road book study
 - Speaker meetings
 - Talking circles, cultural activities, smudging



Providing Billable Peer Services

Required Trainings	Required Steps
High School Diploma/GED	National provider information #
40-hour state approved Peer Support training	Qualified Addiction Professional (QAP) - To provide 1115 residential services
PSP/TPSP Professional certification requirements, including online education	Alaska Medicaid Provider application
Ethics, Infectious Diseases HIV/AIDS and Confidentiality every 2 years	ACBHC PSP/TPSP credentials

Billable Services & Codes

Services	Open/Closed/1:1	Code	Billable/ Non Billable
Pre-treatment Group	Closed	H2021 HQ V1	Billable (has assessment/Treatment plan/LOC)- PSS Credential
Pre-Treatment Individual	1:1	H2021 V1	Billable (has assessment/Treatment plan/LOC)- PSS Credential
Admitted to 1.0/2.1 Group	Closed	H2021 HQ V1	Billable- PSS Credential
Admitted to 1.0/2.1 Individual	1:1	H2021 V1	Billable- PSS Credential
1115 Residential Individual/Group	Closed	N/A	Non-billable Peer services - contraindicated in regulations
1115 Residential Individual/Group	Closed	H2036 HF V1	Billable when credentialed as and performing duties of a QAP
State Plan Residential Individual/Group	Closed	H0047 TG	Billable as Behavioral Health Clinical Associate when trained to delivered curriculum

Cultural Peers

- Come as you are!
- First contact when people come to Recovery Services
- It's not about paperwork, it's about meeting the person where they are and letting them know we are here to help



COOK
INLET
TRIBAL
COUNCIL

People. Partnership. Potential.

Cultural Room

- A safe place to just be!
- Share stories
- Bead or sew
- Alaska Native and American Indian literature for reading
- Red Road to Wellbriety
- Meeting our participants where they are in their lives



Cultural Activities

- Beading
- Canning
- Cooking
- Drumming
- Medicine bags



Gunalchéesh!

Thank you!

Questions?

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Sarah Chivers BA, CDCI, *TPSIII, PSPIII*
Peer Recovery Supervisor

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Alaska Native Village PRSS Program Highlight: Tanana Chiefs Conference



Peer Support in Rural and Urban Alaska

Bobby Dorton,
Peer Support Specialist

My Story

First and foremost, I am the father of three and the grandfather of one. I am Athabascan from Northway, a village in the Upper Tanana Region. I enjoy living a subsistence lifestyle. I recently accepted a position with Tanana Chiefs Conference as Reentry Program Manager.





My most tremendous success is being a member of the Peer Support Advisory Board, which focuses on helping peers get certified through the Alaska Commission for Behavioral Health, where I am now serving as a commissioner. In addition, I serve on the statewide Advisory Board on Alcoholism and Drug Abuse and the Alaska Mental Health Board.

The Importance of Case Managers Working with Peer Support Specialists



- Case managers help with navigating systems, accessing services, more.
- Peer Support Specialists walk alongside the client helping them find their way.

Sharing Lived Experience: We Keep What We Have by Giving it Away

- Everyone has a superhero inside of them. Peer support is helping them find their superhero.
- The gift of helping others—the more you give the more you get.





Connection with Supports: Asking for Help is a Strength

- Finding my higher power after being spiritually bankrupt.
- The importance of attending 12-step meetings.

People Can Change!

Watch video:

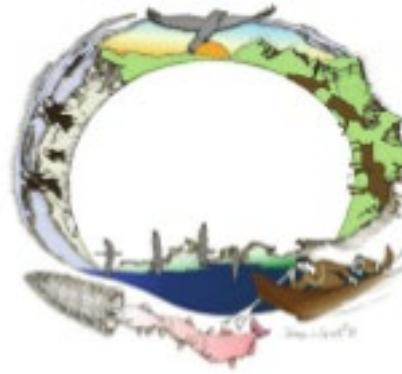
<https://www.youtube.com/watch?v=G143iB8hLCo>



What's Ahead for Peer Support?

- Continue Peer Support Certification
- Peer-Led Supportive Housing and Employment
- Traditional Peer Support
- Peer Support Specialists Working Alongside Behavioral Health Aides and other professionals
- Reentry Peer Support and Case Management





Tanana
Chiefs
Conference

Contact:

Bobby Dorton, Reentry Manager
Tribal Government and Justice
Tanana Chiefs Conference (TCC)

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Phone: 907-371-8395

Alaska Native Village PRSS Program Highlight: Alaska Behavioral Health

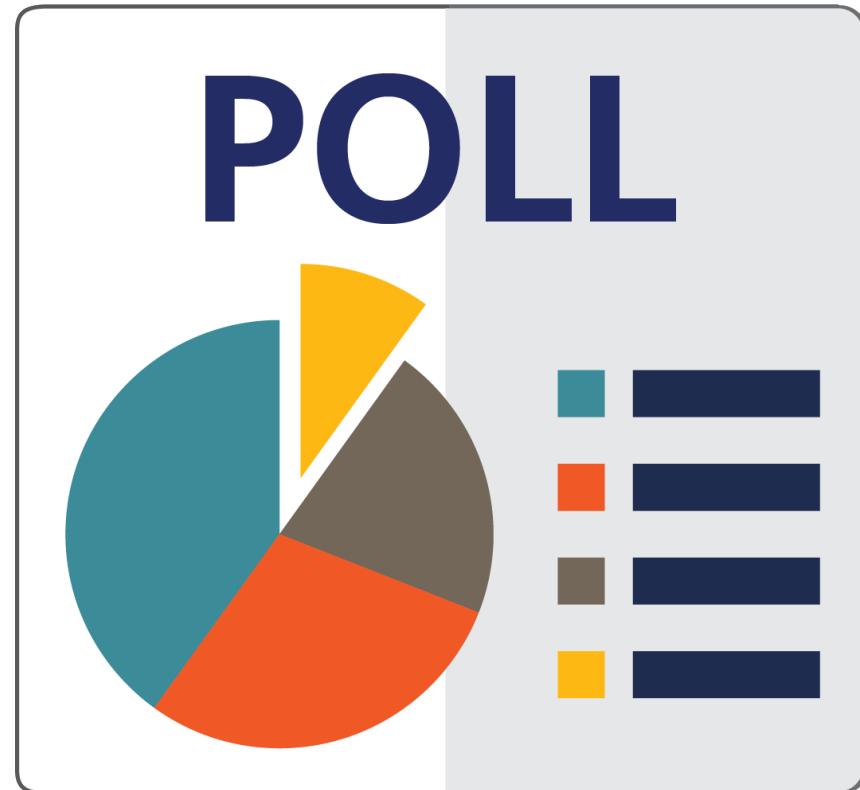
Alaska Behavioral Health

Jenifer Galvan

Program Director

Alaska Behavioral Health

jgalvan@akbh.org



Does your tribe utilize peer recovery as part of substance abuse treatment?

- Yes, we have peer recovery specialists providing support to tribal members
- Yes, we have a program but have not fully implemented it yet
- No, we don't have a program but would like to set one up.
- No, we don't have a program and have no current plans for one

Panel Discussion: Peer Recovery Best Practices

Kevin Mariano

Project Coordinator

National Criminal Justice Training Center

Caley Small, MPH

Technical Assistance Specialist

Altarum Center for Behavioral Health

Bobby Dorton

Reentry Manager, Tribal Government and Justice

Tanana Chiefs Conference (TCC)

Sarah Chivers, BA, CDCI, TPSPIII, PSPIII

Peer Recovery Supervisor

Cook Inlet Tribal Council

Jenifer Galvan

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Alaska Behavioral Health

COSSAP Training and Technical Assistance



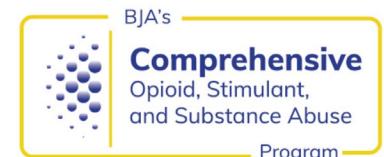
TRAINING AND TECHNICAL ASSISTANCE

The COSSAP training and technical assistance program offers a variety of learning opportunities and assistance to support BJA COSSAP grantees and other local, tribal, and state stakeholders to build and sustain multidisciplinary criminal justice responses to illicit substance use and misuse.

[REQUEST TTA](#)

Training and technical assistance is provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources.

If you are interested in requesting training and technical assistance, please complete the form at the [COSSAP Resources Website](#).



Bureau of Justice Assistance's

Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Resource Center

Website

www.cossapresources.org

Tailored Assistance

www.cossapresources.org/Program/TTA/Request

Funding Opportunities

www.cossapresources.org/Program/Applying

COSSAP Webinars

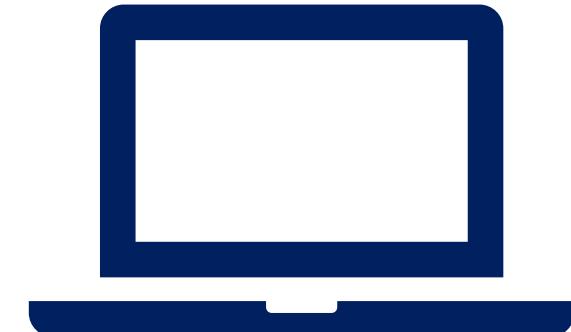
www.cossapresources.org/Media

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Bureau of Justice Assistance
U.S. Department of Justice

Closing

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