



Peer Specialists within OnTrackNY: A unique and dynamic role

April 30th, 2020

CSS-SMI INITIATIVE



The Clinical Support System for Serious Mental Illness (CSS-SMI) is a Substance Abuse and Mental Health Services Administration (SAMHSA) funded initiative implemented by the American Psychiatric Association (APA).



Funding Statement:

Funding for this initiative was made possible (in part) by grant no. 1H795M080818-01 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Danny Sosa
Peer Specialist
OnTrackNY
Zucker Hillside Team



Abaigeal Duke
Peer Specialist & Trainer
OnTrack Central
Center for Practice Innovations



DISCLOSURE



No relationships or conflicts of interest related to the subject matter of this presentation.

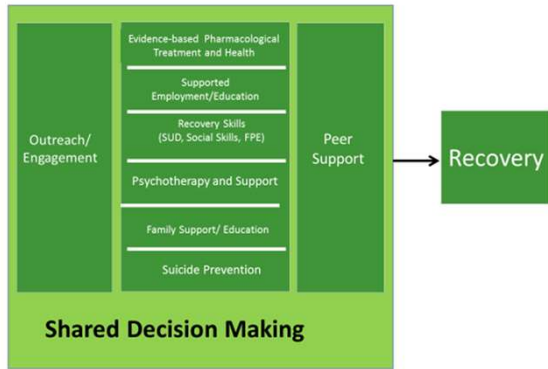
LEARNING OBJECTIVES

Attendees will leave the webinar with the ability to:

- Summarize the role and focus of Peer Specialists on OnTrackNY teams
- Reiterate the journey of one OnTrackNY Peer Specialist from program participant to program staff
- Summarize the training and support structure for Peer Specialists within OnTrackNY

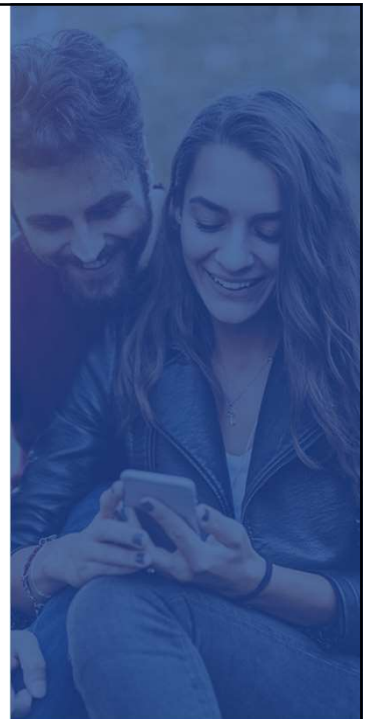


OnTrackNY Model



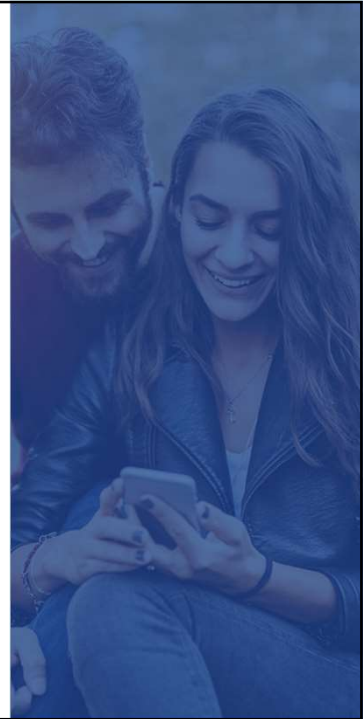
OnTrackNY Peer Specialist Role Responsibilities

- Outreach & Engagement
- Relationship Building
- Embracing Creative Narratives
- Co-Creating Tools for Success
- Supporting & Partnering with Families
- Bridge Building
- Group Facilitation
- Ongoing Community Building
- Influencing Team Culture
- Team Communication & Collaboration
- Ongoing Professional Development



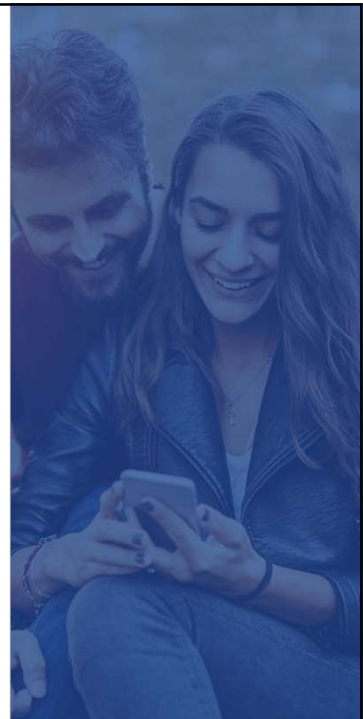
Role Responsibilities with Participants

- Outreach & Engagement
- Relationship Building
- Embracing Creative Narratives
- Co-Creating Tools for Success
- Supporting & Partnering with Families
- Bridge Building
- Group Facilitation
- Ongoing Community Building



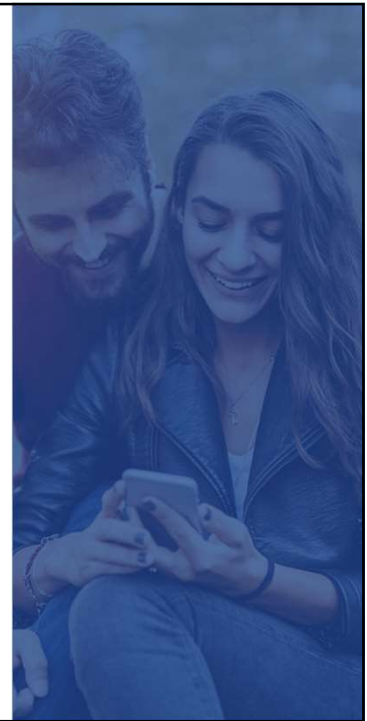
Role Responsibilities within the Team

- Influencing Team Culture
- Team Communication & Collaboration
- Ongoing Professional Development



Peer Specialists & the Team

- Participant
- Family
- Team Leader
- Psychiatric Care Provider
- Supported Employment and Education Specialist
- Primary Clinician
- Outreach and Recruitment Coordinator
- Wellness Nurse



One Peer Specialist's Experience:

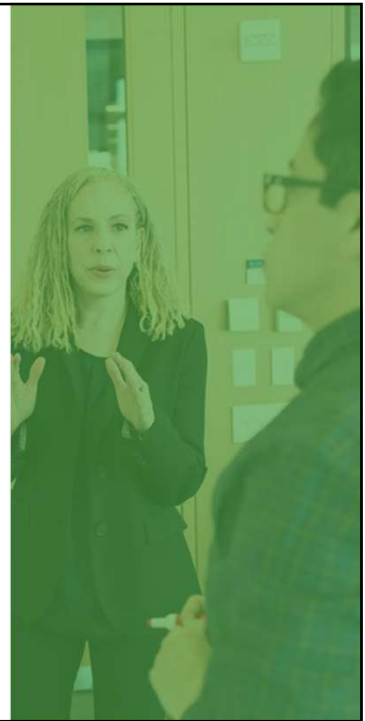
Wanting to become a Peer Specialist:

- My time at Ontrack was coming to an End
 - I had learned so much from my time in the program
 - I figured I should see what else I could learn, what else I could experience
- Asked SEES about job or volunteer opportunities
 - He told me about a peer specialist position close to home



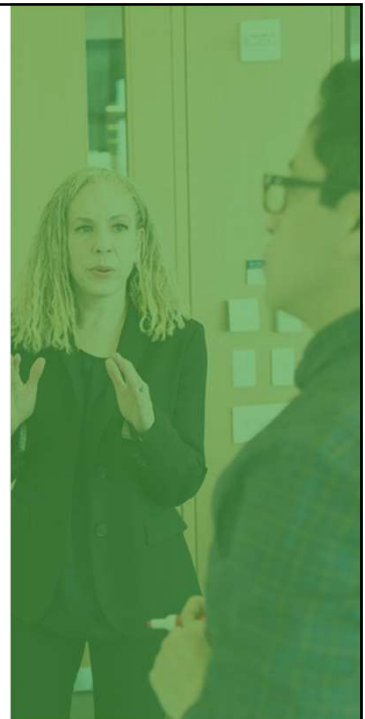
Overview

- **Groups**
 - Young Adult Group
 - Video Game Group
- Meetings
- Outreach



Overview

- **Events**
 - Talent Show
 - Family Night/Presentations
 - Holiday Party
 - Pizza & Game Night
 - Movie Night



Daily Routines

- Review
- Communication
 - Other Peers
 - Other Roles
 - Family



Daily Routines

- Schedule updates
 - Individual Meetings
 - Future Events
 - Updating Groups/ Maintenance



OnTrackNY

Demographics

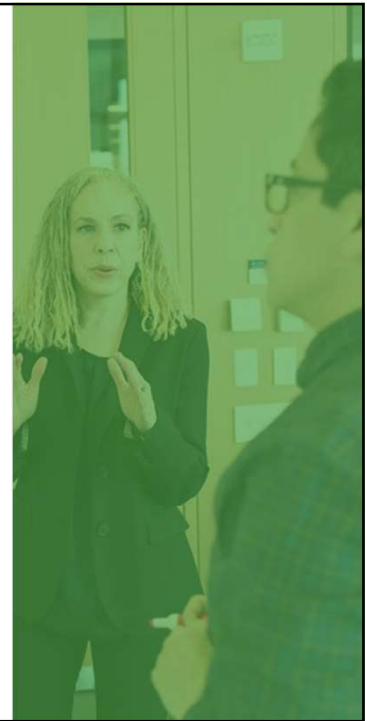
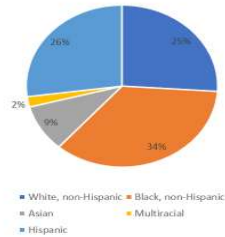
Program Characteristics

Number of Sites	23
Number of Active Clients	761
Number of Clients Enrolled to Date	1889
Average Time from Onset of Psychosis to Admission	7.6 (mon.)

Client Characteristics

Average Age	21 y.o.
Adolescents (<18)	14%
Living with Parent at Admission	82%
Homeless at Admission	5%
Male	73%
Female	27%
Insurance Status	
Medicaid	53%
Commercial Insurance	36%
Uninsured	4%

Ethnicity



Peer Specialist Supports : OnTrack Central



- 2 x monthly support calls
 - Collaborative calls with Dr. Pat Deegan
 - MAPS calls
- Care consultation calls for full team
- Team leader support calls for role of Peer Specialist
 - Once monthly with support of Dr. Pat Deegan
- Trainings and Webinars
- Learning Communities

Peer Specialist Support: Supervision

OnTrackNY Peer Specialist Supervision Checklist

The Team Leader (supervisor) can use this checklist to structure supervision of the Peer Specialist and to support performance of key job responsibilities. Remember, the Peer Specialist is not a clinician. The Peer Specialist has the challenge of working within a clinical OnTrackNY team, while simultaneously working and speaking from a peer perspective. Refer to OTNY Peer Specialist Role Responsibilities document for more detailed supervisory lists.

Remaining Peer

- When working with program participants, the Peer Specialist keeps the focus on learning together, rather than assessing problems and prescribing help.
- The Peer Specialist seeks to understand program participants' evolving understanding of "what happened to me" which often involves non-traditional, non-clinical meaning making.
- Peer Specialist mentoring, training, conferences, publications, web-forums, etc. are being accessed.
- Check for signs of "drift" from the role of Peer Specialist:
 - Adopting clinical language and terms such as decompensating, high-functioning, etc.
 - Telling/advising program participants what to do



Support Sites for OnTrackNY

- Ontrackny.org
- Practiceinnovations.org
- Recoverylibrary.com



QUESTIONS?



References:

- Castellanos D, Capo M, Valderrama D, Jean-Francois M, Luna A. Relationship of peer specialists to mental health outcomes in South Florida. *Int J Ment Health Syst.* 2018;12:59. Published 2018 Oct 20. doi:10.1186/s13033-018-0239-6
- Helen J. Wood & Susan Brown Padilla (2019) Peer support work on an inpatient unit for adults experiencing psychosis, *Psychosis*, 11:2, 128-137, DOI: [10.1080/17522753.2019.1614314](https://doi.org/10.1080/17522753.2019.1614314)
- Sage, M., Sale, T., Caruso, N., Haines, M., Melton, R., and Linfoot, A. (2019). Implementing Peer Support in Early Psychosis Programs. In Kate Hardy, Jacob Ballon, Douglas Noordsy, and Steven Adelsheim (Eds.) *Intervening Early in Psychosis: A Team Approach*. Washington, D.C: American Psychiatric Association.