



## **ADULT Certified Peer Specialist**

### **PROGRAM DESCRIPTION**

Certified Peer Specialists (CPSs) offer peer support, which is a specialized therapeutic interaction conducted by self-identified current or former recipients of behavioral health services who are trained and certified to offer support and assistance. They assist others in their recovery goals, including attaining and managing stable homes and pursuing employment and/or educational goals. The primary objectives of the CPS services are:

- Provide opportunities for individuals receiving services to direct their own recovery and advocacy.
- Teach and support acquisition and utilization of the skills needed to sustain recovery.
- Promote the knowledge of available service options and choices.
- Facilitate the development of a sense of wellness and self worth.

### **MEDICAL NECESSITY CRITERIA**

#### **Service Initiation:**

(1) *Adult Peer Support Services.* To be eligible for adult peer support services, an individual shall meet the following:

- (a) Be 18 years of age and older
- (b) Have the presence of or a history of a serious mental illness
- (c) Have a written recommendation for peer support services from licensed practitioner of the healing arts (LPHA) within the scope of professional practice. The term LPHA is limited to a physician, physician's assistant, certified registered nurse practitioner, and licensed psychologist.
- (d) Chooses to receive peer support services

(2) *Youth and Young Adult Peer Support Services.* To be eligible for youth and young adult peer support services, an individual shall meet the following:

- (a) Be 14 years of age and older but under 27 years of age
- (b) Have the presence of or a history of a serious emotional disturbance or serious mental illness
- (c) Have a written recommendation for peer support services from a LPHA
- (d) Chooses to receive peer support services

**Continued Stay Requirements:**

(1) CPS providers shall determine an individual's eligibility for continued stay during an individual service plan (ISP) update.

(2) An individual's eligibility for continued stay shall be determined by documentation of the following:

(a) The individual chooses to continue participation.

(b) There is a continued need for the service based upon one or both of the following:

(i) As a result of mental illness, there is a functional impairment or skill deficit that is addressed in the ISP.

(ii) The withdrawal of service could result in loss of gains or goals attained by the individual.

**Discharge requirements:**

(1) When an individual no longer meets eligibility requirements or meets one of the following criteria, discharge may occur:

(a) Has achieved goals and sustained progress as designated in the ISP

(b) Has gained maximum benefit

(c) Will not lose attained progress as a result of withdrawal of service

(2) An individual may request to withdraw from CPS services.

(3) A decision to discharge should be a joint decision between the individual and the CPS agency.

(4) When a decision to discharge is not a joint decision, the CPS agency shall document the reason for discharge.

(5) When a decision to discharge is reached, a peer support services provider shall offer the individual the opportunity to participate in future service.

(6) When an individual has a recurring or new need for peer support services and meets admission criteria, the CPS agency shall consider the individual for readmission without regard to previous participation.

(7) When an individual voluntarily withdraws from the peer support services program, a CPS agency provider shall plan and document next steps with the individual, including recommended service and referral.

(8) When it is necessary to discharge an individual from peer support services due to the individual's disengagement, prior to discharge the CPS agency shall document:

- (a) Attempts to reengage the individual
- (b) The circumstances and rationale for discharge

(9) Upon discharge, a CPS agency shall complete a dated and signed discharge summary that must include a description of the following:

- (a) Service provided
- (b) Outcomes and progress on goals
- (c) Reason for discharge
- (d) Referral or recommendation for future service

(10) A CPS agency shall ensure that the discharge summary is:

- (a) Completed no more than 30 days after the date of discharge
- (b) Reviewed and signed by the mental health professional