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Texas Certified Community Behavioral Health Clinics and Peer Services

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Overview



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- Texas Certified Community Behavioral Health Clinic (CCBHC) Model Basics
- Texas CCBHC Required Services
- Peer Support Basics
 - ▶ Lived Experience
 - ▶ Recovery
 - ▶ Peer Specialist
 - ▶ Peer Services
- Peer Specialists in the Texas CCBHC Model
- Designated Collaborating Organizations (DCOs) and Formal Partners
- Federal CCBHC Guidance

Texas CCBHC Model Basics (1 of 2)



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A model that:

- Integrates mental health, substance use, and primary care screenings
- Addresses non-medical drivers of health
- Uses care coordination within the Texas CCBHC and across partner organizations

Texas CCBHC Model Basics (2 of 2)



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- Six main criteria:
 - ▶ Staffing
 - ▶ Service availability and accessibility
 - ▶ Care coordination
 - ▶ Scope of services
 - ▶ Quality and other reporting
 - ▶ Governance
- Services and supports are driven by a community needs assessment

Texas CCBHC Required Services



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Delivered by Texas CCBHC:

- Crisis behavioral health services
- Screening, assessment, and diagnosis
- Person-centered treatment planning
- Comprehensive outpatient mental health and substance use services

Delivered by Texas CCBHC or partner:

- Outpatient primary care screening and monitoring of key health indicators and health risk
- Targeted case management
- Mental health rehabilitation services
- Peer specialist services and family partner supports
- Veterans services

Peer Support Basics



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Essential elements of peer support:

- Encompass a range of activities and interactions between people who have shared similar experiences of being diagnosed with mental health conditions.
- This mutuality— often called “peerness”— between a peer worker and person using services promotes connection and inspires hope.
- Peer support is always voluntary!



Sources: ¹U.S. Department of Health and Human Services. Substance Abuse and Mental Health Services Administration (2018). ²Value of Peers Infographic: General Peer Support. Solomon, P. (2004). Peer Support/Peer Provided Services Underlying Processes, Benefits, and Critical Ingredients. *Psychiatric Rehabilitation Journal*, 27(4), 392–401.

Lived Experience



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Definition in the Texas Administrative Code:

When a person has experienced a significant life disruption due to their own mental health condition, or substance use disorder, or both, and is now in recovery.

Recovery



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- A process of change through which people:
- Improve their health and wellness;
 - Live self-directed lives; and
 - Strive to reach their full potential.

Peer Specialist



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A peer specialist:

- Uses lived experience, in addition to skills learned in formal training, to deliver strengths-based, person-centered services to promote a recipient's recovery and resiliency.
- All peer specialist services are recovery-oriented, person-centered, relationship-focused, and trauma-informed.



Peer Services



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Provided individually or in a group setting and may include:

- Recovery and wellness support;
- Mentoring; and
- Advocacy.



Peer Specialists in the Texas CCBHC Model (1 of 2)



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The Texas CCBHC model includes requirements for peer specialists, recovery coaches, and family partners.

- Staffing plans must include peer specialist staff members.
- Training plans must include training on the roles of families and peer specialists at orientation and annually thereafter.
- Protocols for transitioning people from emergency departments, inpatient settings, and residential settings to a safe community setting must include a plan for provision of peer services.

Peer Specialists in the Texas CCBHC Model (2 of 2)



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- Peer specialist services and family partner supports, including recovery coaches, must be delivered in compliance with Texas Medicaid requirements.
- Peer services and family partner supports bring a unique strength to Texas CCBHCs by using lived experience to support people receiving services in moving to long-term recovery.
- Peer specialists may be employed in other roles (example: care coordinator). Their job duties are defined by their job title.

DCOs and Formal Partners



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Peer services can be delivered directly or through a partner.

- DCOs are organizations engaged in formal relationships with CCBHCs that deliver a CCBHC required service under the same requirements as a CCBHC, but that are not under the direct supervision of the CCBHC.
- Formal partners are a Texas-specific organization type that is similar to a DCO but does not operate under all the same requirements as a Texas CCBHC.
- There is no required payment structure for DCOs or formal partner organizations.

Federal CCBHC Guidance



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In updated criteria, the Substance Abuse and Mental Health Services Administration:

- Recommends CCBHCs support or coordinate with peer-run crisis respite programs
- Specifies peer specialists may provide and enhance psychiatric rehabilitative services
- Clarifies that peer services must include peer counseling
- Offers additional examples of peer services that may be delivered in the CCBHC model



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Questions

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