



The Iowa Peer Workforce Collaborative

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GOAL OF THE PROJECT



Provide a comprehensive training and coordination program for Iowa's workforce and the organizations that employ them:

- Peer Support Specialist
- Family Peer Support Specialist
- Recovery Peer Coach

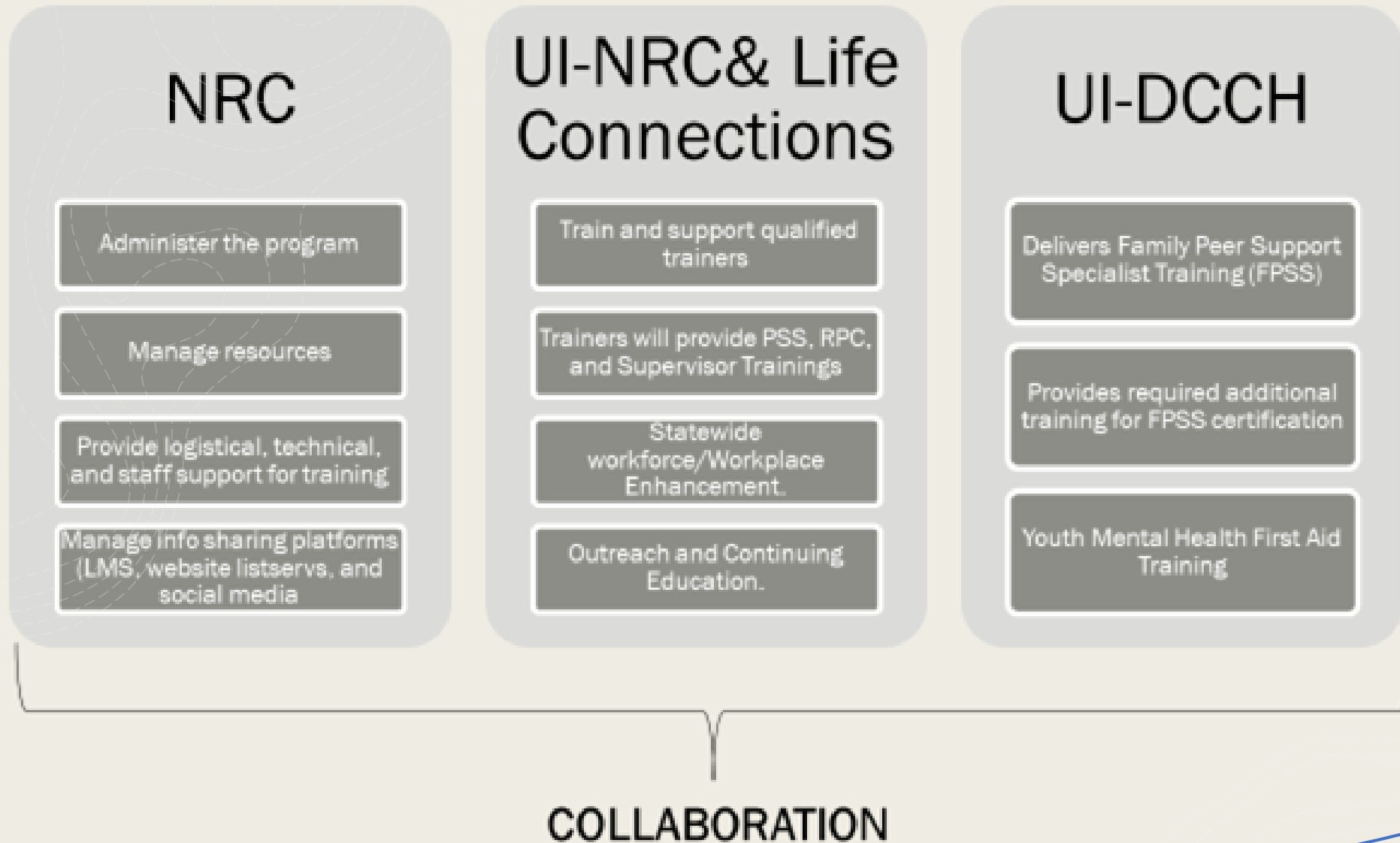
Who is the Collaborative?

National Resource
Center for Family
Centered Practice (UI-
NRC)

Life Connections Peer
Recovery Services

UI Dept of Pediatrics
Division of Child and
Community Health (UI-
DCCH) in collaboration
with Child Health
Specialty Clinics (CHSC)

Who does what?



What does our Workplan Include?

1. Recruitment and planning
2. Supervision
3. Continuing education
4. Workforce development and employment opportunities

Workplan 1: Recruitment and Planning

- + Develop Advisory Committees
- + Develop application for Peer Recovery Coach – CCAR
- + Recruit participants for all three trainings, Ethics, and Peer Supervision
- + Increased marketing of PSS/FPSS/PRC trainings – full classes!
- + YTD trainings
 - + 3 Peer Support Specialist training classes
 - + 2 Family Peer Support Specialist training classes
 - + 4 Peer Recovery Coach training classes
 - + 4 6-hour Ethics training classes
 - + 1 6-hour Peer Supervision Training
- + Revitalize Facebook and IPWC website

Peer Advisory Board

The Peer Advisory Committees kickoff meeting was held virtually on October 6th from 1-3pm and the next meeting was held February 16th from 1-3pm.

Committee	Membership Total	10/06/21	02/16/22
Peer Support Specialist	26	12	6
Family Peer Support Specialist	7	4	4
Recovery Peer Coach	10	9	4

February Agenda

Speakers from:

- Brain Health Now
- Iowa Peer Network
- CIRCA

Committee discussions on:

- CEUs – needs and wants
- Who should the IPWC be reaching out to?
- Feedback about training

Peer Scores on Exams

Family Peer Support Specialist

September 2021 - Total class count: 7

- + 7/100% of students passing at $\geq 70\%$
- + 6/86% of students passing at $\geq 85\%$
- + Non-completers: 0

January 2022 - Total class count: 7

- + 7/100% of students passing at $\geq 70\%$
- + 6/86% of students passing at $\geq 85\%$
- + Non-completers: 0

Peer Support Specialist

November 2021 - Total class count: 13

- + 10/91% of students passing at $\geq 70\%$
- + 8/73% of students passing at $\geq 85\%$:
- + Non-completers: 2 did not take exam; 1 did not pass.

January 2022 - Total class count: 13

- + 11/100% of students passing at $\geq 70\%$
- + 11/100% Percentage of students passing at $\geq 85\%$;
- + Non-completers: 2; will make up missed modules in April

Workplan 2: Supervision

- + Deliver 2 Peer Supervision trainings – we are currently offering a 2-day, half-day training.
 - + One training was completed in fall 2021.
- + Next training is scheduled for May 5th and 12th from 1-4:30pm.
- + Prepare a 3-hour basic peer supervision training for supervisors in their first three months of assuming supervisory responsibility
 - + Preparation will start in summer 2022 and two sessions will be offered in fall 2022.
 - + Course will be offered synchronously and asynchronously

Workplan 3: Continuing Education

- + 4 Ethics CEUs have been delivered serving 60 Peers
- + All CEU offerings are sent through the Iowa Board of Certification CEU approval process
- + LGBTQ 101 will be offered May 6th from 9-10am
- + Peer Supervision will be offered again May 5th and 12th
- + Ethics will be offered May 20th from 8:30am – 4pm
- + Youth Mental Health First Aid will be offered this spring
- + A training on group facilitation is in the development stage
- + A training on co-occurring disorders is next up for development



Workplan 4: Workforce Development and Employment Opportunities

- + Collaborate with stakeholders and support to supervisors and organizations to enhance the employment, hiring, and retention of PSS, FPSS, and PRC and their supervisors
 - + Working with Iowa Board of Certification to have CCAR training accepted as a training that will meet PRS specifications.
 - + Extensive outreach has been done with MHDS regional CEOs and staff, agencies across Iowa (substance use treatment and mental health service), Re-entry programs, Access Centers, and other entities.
 - + Technical assistance is available and had been provided to several agencies
 - + Participating in the Evidence-Based Practice workgroup
 - + Extensive outreach to agencies that serve re-entering citizens
 - + Presentations to CIRCA, Linn County Stepping Up, and Opportunity Re-Entry Task Force

Mental Health Recovery

Despite differences in individual's experiences, research supports some commonalities in the recovery process:

- + Hope for the future
- + Connectedness with others and the community
- + Reciprocity in relationships
- + A restored or new sense of self
- + Meaning and worth in life
- + A sense of empowerment or self-efficacy that one has the capability to achieve desired goals
- + Generativity (concern for people besides self and family)

(Leamy et al., 2011; Petros et al., 2016)


Peer Support is critical to the recovery process

According to a meta-analysis by Chinman et al. (2014), across service types, improvements have been shown in the following outcomes:

- Reduced inpatient service use
- Improved relationship with provider
- Better engagement with care
- Higher levels of:
 - Empowerment
 - Patient activation
 - Hopefulness for recovery

Peer Support Specialists can...

- +Inspire hope that people can and do recover
- +walk with people on their recovery journeys
- +dispel myths about what it means to have a mental health condition or substance use disorder;
- +provide self-help education and link people to tools and resources
- +support people in identifying their goals, hopes, and dreams, and creating a roadmap for getting there.



So, what are we doing to
build this workforce?

So glad you asked!

- + Training Peers to work as Peer Support Specialists, Family Peer Support Specialists, and Peer Recovery Coaches.
- + Provide CEU and topical training opportunities
- + Support the Peer Advisory Committees

Who do we train?

Training

To qualify for a training course, a person must have the following qualifications:

- + **Peer Support Specialist:** An individual who is personally living well in recovery from a serious mental illness.
- + **Family Peer Support Specialist:** Must have own experience as a parent or primary caregiver of a child diagnosed with an emotional, behavioral, or mental health need prior to 21 years old.
- + **Peer Recovery Coach:** An individual with lived experience of substance use disorder who is living well in recovery.

What is the Peer Support Specialist Scope of Work?

1. Understand recovery
2. Provide emotional support
3. Coaching and teaching
4. Empowering and advocating
5. Navigating systems
6. Practicing ethics and professionalism

Upcoming 2022 Peer Trainings

Peer Support Specialist Training

Five hours online self-guided study and either in-person (1 week M-F 8:30am-5:00pm) or online virtual training (2 weeks from 8:30am-12:30pm).

- + April 4 – 8, 2022 Location: Link Associates, West Des Moines (CLASS IS FULL)
- + June 13 -17,2022 Location: Bioventures, Iowa City
- + September 19-23, 2022 Location: TBD
- + December 5-16, 2022 Location: Online only

Family Peer Support Specialist Training

25 hours online self-guided study and 24 hours in-person or online virtual training (Tues- Fri 9am-5pm)

- + April 26 - 29, 2022 - Link Associates, West Des Moines (CLASS IS FULL)
- + August 9-12, 2022 – Bioventures, Iowa City
- + November 15-18, 2022 – Online only

Peer Recovery Coach Training – this training is online only

- + March 28 – April 1, 2022, from 4-8pm (CLASS IS FULL)
- + May 23 - May 27, 2022, from 1-5pm

Upcoming CEU/Training Opportunities

(CEUs are approved in advance by Iowa Board of Certification)

LGBTQ 101(1 CEU)

May 6, 2022, 9am – 10am (1 CEU)

Youth Mental Health First Aid/FPSS

May 13, 2022. 9am – 3pm

Ethics for Peers (6 CEUs)

May 20, 2022. 8:30am – 4pm (6 CEUs)

Peer Supervision

To be determined

Check our website or
our Facebook page
for links for
enrollment or more
information

All CEUs are currently offered via ZOOM



Training Data

Where have we trained people?

MHDS Regions	# Trained
Care Connections of Northern Iowa	1
Sioux Rivers MHDS	7
Rolling Hills Community Services	13
Southwest Iowa MHDS	5
Southern Hills Regional Mental Health	4
Heart of Iowa	3
Polk County Health Services	18
Central IA Community Services	25
County Rural Offices of Social Services	5
South Central Behavioral Health	0
Eastern Iowa MHDS	20
MHDS of East Central Region	38
County Social Services	12
Southeast Iowa Link	5

156 Peers across Iowa have attended at least one IPWC training or CEU event since Aug 2021.

46 (46.5%) of Iowa counties have at least one peer who has received a training from IPWC since Aug 2021.

Peer Support/Family Peer /Peer Recovery Coaches by Region

MHDS Region	Peer Support Specialist	Family Peer Support Specialist	Peer Recovery Coach
NW IA Care Connection	0	0	0
Sioux Rivers MHDS	1	1	0
Rolling Hills Community Services	3	2	1
SW IA MHDS	1	0	0
Southern Hills Regional Mental Health	1	1	1
Heart of Iowa	1	0	2
Polk County Health Services	3	1	4
Central IA Comm. Services	10	2	1
County Rural Offices of Social Services	1	1	2
South Central Behavioral Health	0	0	0
Eastern IA MHDS	6	1	3
MHDS of East Central Region	7	4	10
County Social Services	4	1	1
Southeast Iowa Link	1	0	1

CEUs and Additional Training Provided

MHDS Region	Ethics	Peer Supervision
NW IA Care Connection	1	0
Sioux Rivers MHDS	3	2
Rolling Hills Community Services	3	4
SW IA MHDS	3	1
Southern Hills Regional Mental Health	1	0
Heart of Iowa	0	0
Polk County Health Services	7	3
Central Iowa Community Services	12	0
County Rural Offices of Social Services	1	0
South Central Behavioral Health	0	0
Eastern Iowa MHDS	8	2
MHDS of East Central Region	14	3
County Social Services	6	0
Southeast Iowa Link	1	2



For more information

Our website: <https://iowapeersupporttraining.org/>

Facebook: <https://www.facebook.com/iowapeersupporttrainingprogram>

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