

Consumer Steering Committee Meeting

September 11th, 2025



Health and
Human Services



Agenda

- ▶ Existing peer support services
- ▶ Peer support services through Washington WISe
- ▶ Discussion

Existing Peer Support Services in Iowa



Role of Peer Support Specialists

Family peer supports

- ▶ Sharing expertise, teaching coping skills, and helping parents become advocates
- ▶ Help families navigate child serving systems and understand options
- ▶ May accompany parents to ensure parents' voices are heard

Peer supports

- ▶ Instill hope from their recovery story
- ▶ Support in reaching and maintaining recovery goals
- ▶ Provide information, help access resources, and advocate for their peer



Existing Peer Support Services

Behavioral health intervention services (BHIS)

- Does not seem to include peer support

Peer operated organizations

- Peer support bridging, respite homes, and peer wellness and recovery community centers

Certified Community Behavioral Health Center (CCBHC)

- Peer, family peer support, peer counseling and peer recovery coaching services

Community Mental Health Centers

- Provides direct peer and family peer support services not otherwise funded by insurance or Medicaid and training support

Integrated Health Home (IHH)

- If serving children, IHH must have a family peer support specialist

Peer Supports in Other States

Washington WISe

Certification Requirements

Iowa

- ▶ 46 hours of training
- ▶ 25 hours of direct supervision
- ▶ Examination
- ▶ Supervisor requirements unclear

Washington WISE

- ▶ 80 hours of training
- ▶ 40 hours of specialized training for peers who will work in crisis response
- ▶ Examination
- ▶ Ongoing coaching and training (12-16 hours)
- ▶ Encouraged to be trained in CANS (assessment tool)
- ▶ Supervisors need 1500 hours of service



Role of Peer Support Specialists

- ▶ Certified Peer Specialists are an essential, equal part of the child and family care team
 - Both a Family Partner and Youth Partner are included as part of the care team
- ▶ Role of the Family Partner
 - Ensure parents and caregivers have a voice in the youth's care and are active participants
 - Share individualized resources and information regarding WISe and the child's care plan
 - Encouraged to have strong connections within the community
 - Support the family in learning new skills to support treatment



Role of Peer Support Specialists (cont.)

► Role of the Youth Partner

- Ensures youth voice is heard and needs are met
- Supports youth engagement in care and develops their skills to guide their own treatment
- Mediator and cultural broker between youth and agencies
- Connects the youth to and participates in activities that help with the youth's goals, such as leadership trainings or art



Additional Peer Support Services

- ▶ Transition Age Youth program
 - Offers career exploration, including for youth interested in becoming a Certified Peer Counselor
 - Youth peers also lead classes for transition-age youth (15-26 years)

Discussion

Discussion

- ▶ In your experience, how do peer support specialists work best within a care team?
- ▶ What should the role of peer support specialists be within REACH?
- ▶ What could make peer supports in Iowa more effective?
- ▶ Should family and youth peer supports both be created as separate, but coordinating, entities?



Public Comment



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