

**Peer Recovery Support Specialist (PRSS)
Protocol for Provision of ODMHSAS &
OHCA (Medicaid) Funded Behavioral Health Services**

All of the services identified in this Protocol as being eligible for a Certified Peer Recovery Support Specialist to bill are only reimbursable if the identified service(s) are available in the service array supported by the Agency's Behavioral Health Contract with the OHCA or the ODMHSAS.

PRSS SPECIFIC SERVICES (Funded by both the ODMHSAS & the OHCA)

Service Names, Code and Rate Information

ODMHSAS*

Community Recovery Support / Recovery Support Specialist (Individual)
Community Recovery Support / Recovery Support Specialist - Group

* The billing codes and rates can be located in the ODMHSAS Services Manual. The current version of the Manual can be located at www.odmhsas.org/arc.htm under the "Documents" tab.

OHCA*

Peer Recovery Support Services (Individual & Group)

*The billing codes and rates can be located at www.odmhsas.org/arc.htm under the "Billing Information" tab, Codes & Rates, Rates and Codes for Agencies under the "Support Services" section.

450:53-7-2. Competence and scope of practice.

(a) Peer Recovery Support services are an EBP model of care which consists of a qualified peer recovery support provider (PRSS) who assists individuals with their recovery from behavioral health disorders.

(b) A C-PRSS must possess knowledge about various mental health settings and ancillary services (i.e., Social Security, housing services, and advocacy organizations). Certified Peer Recovery Support Specialist (C-PRSS) provides peer support services; serves as an advocate; provides information and peer support. The C-PRSS performs a wide range of tasks to assist consumers in regaining control of their lives and recovery processes. The C-PRSS will possess the skills to maintain a high level of professionalism and ethics in all professional interactions. *Examples of a PRSS' scope of practice would include the following:*

- (1) Utilizing their knowledge, skills and abilities the PRSS will:
- (A) Teach and mentor the value of every individual's recovery experience;
 - (B) Model effective coping techniques and self-help strategies;

- (C) Assist service recipients in articulating personal goals for recovery;
- (D) Assist service recipients in determining the objectives needed to reach his/her recovery goals;

(2) Utilizing ongoing training the PRSS may:

- (A) Proactively engage consumers and possess communication skills / ability to transfer new concepts, ideas, and insight to others;
- (B) Facilitate peer support groups;
- (C) Assist in setting up and sustaining self-help (mutual support) groups;
- (D) Support consumers in using a wellness plan;
- (E) Assist in creating a crisis plan/ Psychiatric Advanced Directive as instructed in the PRSS Training;
- (F) Utilize and teach problem solving techniques with consumers.
- (G) Teach consumers how to identify and combat negative self-talk and fears;
- (H) Support the vocational choices of consumers and assist him/her in overcoming job-related anxiety;
- (I) Assist in building social skills in the community that will enhance quality of life. Support the development of natural support systems;
- (J) Assist other staff in identifying program and service environments that are conducive to recovery;
- (K) Attend treatment team and program development meetings to ensure the presence of the consumer voice and to promote the use of self-directed recovery tools.

The Provision of Reimbursable PRSS Specific Services

The primary focus of peer services is to work in a supportive role to the treatment process (clinical goals/objectives on the Service Plan) by assisting the client with their recovery journey through the perspective of lived experience and specialized training. Because of this supportive role, only a single support objective is needed for this service on the Service Plan. Structured service interventions within the progress notes will reflect actual service functions/interventions required and unique to this service, and how it supports the client's Service Plan goals/objectives.

➤ *Peer Support Objective:*

Client will participate in peer recovery support services to assist with supporting the on-going implementation and accomplishment of identified treatment goals and objectives, including reinforcement of skills learned during the treatment process.

➤ *Service Plan Page Example with Peer Support Objective:*

Date: 3/1/2018

Name: Betty Rubble

Problem #1

Using alcohol and pot on a regular basis to manage hurt and sadness.

Goal

“Cut back on my drinking and smoking.”

Objectives

- 1) Betty will identify and process 3 automatic thoughts that lead to feelings of hurt/sadness and typically result in substance use, and explore a positive thought alternative for each.
Target date: 8-31-2018
- 2) Betty will complete a cost benefits analysis related to substance use versus abstinence, and process results.
Target date: 5-31-2018
- 3) Betty will learn 3 activities that are usually successful in reducing stress and improving mood.
Target date: 4-30-2018
- 4) Betty will learn 3 core recovery principles and practices.
Target date: 8-31-2018
- 5) Betty will participate in peer recovery support services to assist with supporting the on-going implementation and accomplishment of identified treatment goals and objectives, including reinforcement of skills learned during the treatment process.
Target date: 8-31-2018

Services

- 1) Individual Psychotherapy, Cognitive Behavioral Therapy – Mrs. Therapist
- 2) Individual Psychotherapy, Cognitive Behavioral Therapy – Mrs. Therapist
- 3) Individual Rehabilitation – Miss Case Manager
- 4) Individual Rehabilitation - Miss Case Manager
- 5) Individual & Group Community Recovery Support / Recovery Support Specialist – Mr. Peer Support

➤ *Service Interventions:*

Below are the core service interventions to be used in the provision of peer support services. It is expected that at least one of these interventions will be the focus of each PRSS service and will be identified in the progress note, and that additional detailed information outlining more specifics regarding what the PRSS assisted with during the service will also be reflected in the progress note (see Progress Note example in the next section).

- advise them on the value of every individual's recovery experience
- support and model effective coping techniques and self-help strategies
- assist them with clearly stating their personal goals for recovery
- assist them with determining the steps needed to achieve their goals for recovery
- assist them with creating a Psychiatric Advanced Directive
- provide information regarding how to recognize negative self talk and fears, and how to overcome them
- support the use of a Wellness Recovery Action Plan (WRAP)

- support and model effective problem solving techniques
- provide job related support
- assist with building social skills that will enhance their quality of life
- provide support regarding the development of natural supports

➤ *Progress Note Example*

NOTE: In addition to including one of the specific PRSS interventions listed above, when documenting additional detailed information outlining more specifics regarding what the PRSS assisted with during session need to be sure to use language congruent to allowable PRSS service functions like assist, support, model, provide information & share. Avoid psychotherapy terms like identify, process, advise & explore.

Name: Betty Rubble

Date: 7-10-2018

Time: 3:00pm-4:00pm

- **Specific Service Plan Need(s), Goals and/or Objectives Addressed**

Problem #1: Using alcohol and pot on a regular basis to manage hurt and sadness.

Goal #1: "Cut back on my drinking and smoking."

Objective #5: Betty will participate in peer recovery support services to assist with supporting the on-going implementation and accomplishment of identified treatment goals and objectives, including reinforcement of skills learned during the treatment process.

- **Services Provided to Address Need(s), Goals and/or Objectives (Service Provided and Approach- Intervention)**

Peer Recovery Support Services – Individual

This PRSS, utilizing both personal experience as someone living in recovery and knowledge and skills from specialized peer training, met with Betty to support and model effective coping techniques and self-help strategies to assist her with reducing the stress that has led to her substance use in the past. This PRSS assisted Betty with practicing and modeling guided meditation; a stress technique that she learned in individual rehabilitation. This PRSS shared with Betty how meditation was a big help in my personal journey of recovery, and described how I integrated it to my daily life.

- **Progress and/or Barriers as it Relates to Goals and/or Objectives & Consumer/Family Response to Session/Service Provided**

Betty appeared very interested in guided meditation and was an active participant in practice. Betty reported that she is going to try use meditation more at home, and feels that it could really help her if she can get into the routine of doing it.

- **Any New Need(s), Goals and/or Objectives Identified During the Session/Service**

None identified

Mr. Peer Support, CPRSS

SCREENING SERVICE (Funded by both the ODMHSAS & the OHCA)

Service Names, Code and Rate Information

ODMHSAS*

Screening and Referral

* The billing codes and rates can be located in the ODMHSAS Services Manual. The current version of the Manual can be located at www.odmhsas.org/arc.htm under the “Documents” tab.

OHCA*

Screening

*The billing codes and rates can be located at www.odmhsas.org/arc.htm under the “Billing Information” tab, Codes & Rates, Rates and Codes for Agencies under the “Screening And Referral” section.

Requirements for Service Provision

The ODMHSAS requirements for Service Provision can be located in the ODMHSAS Services Manual. The current version of the Manual can be located at www.odmhsas.org/arc.htm under the “Documents” tab.

The Medicaid rules for provision of the Screening service can be located in OHCA, Part 21 at: <http://www.okhca.org/xPolicyPart.aspx?id=562&chapter=30&subchapter=5&part=21&title=OUTPATIENT%20BEHAVIORAL%20HEALTH%20SERVICES>

NOTE: A PRSS is only allowed to provide this service if the screening tool(s) being utilized allow for a PRSS level of staff in the requirements for administration of the tool (i.e.- some screening tools require certain education, certifications, or licensure). In addition, please note that Medicaid (OHCA) does not allow for this service to be provided by phone, and for ODMHSAS a screening tool can only be administered over the phone if that specific tool allows for telephone administration.

ODMHSAS ONLY SERVICES (Only funded by ODMHSAS)

Service Names, Code and Rate Information*

- ✓ Home and Community Based Travel (related to PRSS Specific Services only)

- ✓ The services listed in the ODMHSAS Service Manual in the “FY 2019 BILLABLE OUTPATIENT SERVICES by Level of Service Provider” document under the section titled “Any Level of Service Provider Can Provide These Services”, as long as all service requirements are met**:

Any Level of Service Provider Can Provide These Services (Any level listed above)		
-Customer Follow-Up Services (functions 1 & 2) -Consultation -Education -Intra-agency Clinical Consultation -System Support -Training -Treatment Team Meeting	-Employment Training -Job Retention Support -Pre-Vocational Services -Vocational Services -Community Outreach -Intensive Outreach -Prevention/Support Type Activities	-Wellness Resource Skills Development -Travel -Drug Screen - Court Related Services (only for staff working in Specialty Courts & Jail Diversion Programs)

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**The ODMHSAS requirements for service provision for each of the services listed can be located in the ODMHSAS Services Manual. The current version of the Manual can be located at www.odmhsas.org/arc.htm under the “Documents” tab.