



Alaska Peer Partnership Conference 2011

Peer Powered Systems

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Larry Fricks
Director, Appalachian Consulting Group
Deputy Director, Center for Integrated Health Solutions
email@larryfricks.org
404-375-1813



John McKnight:

“Revolutions begin when people who are defined as problems achieve the power to redefine the problem.”



U.S.A. United Consumer Voice

**“I am the evidence of
recovery.”**

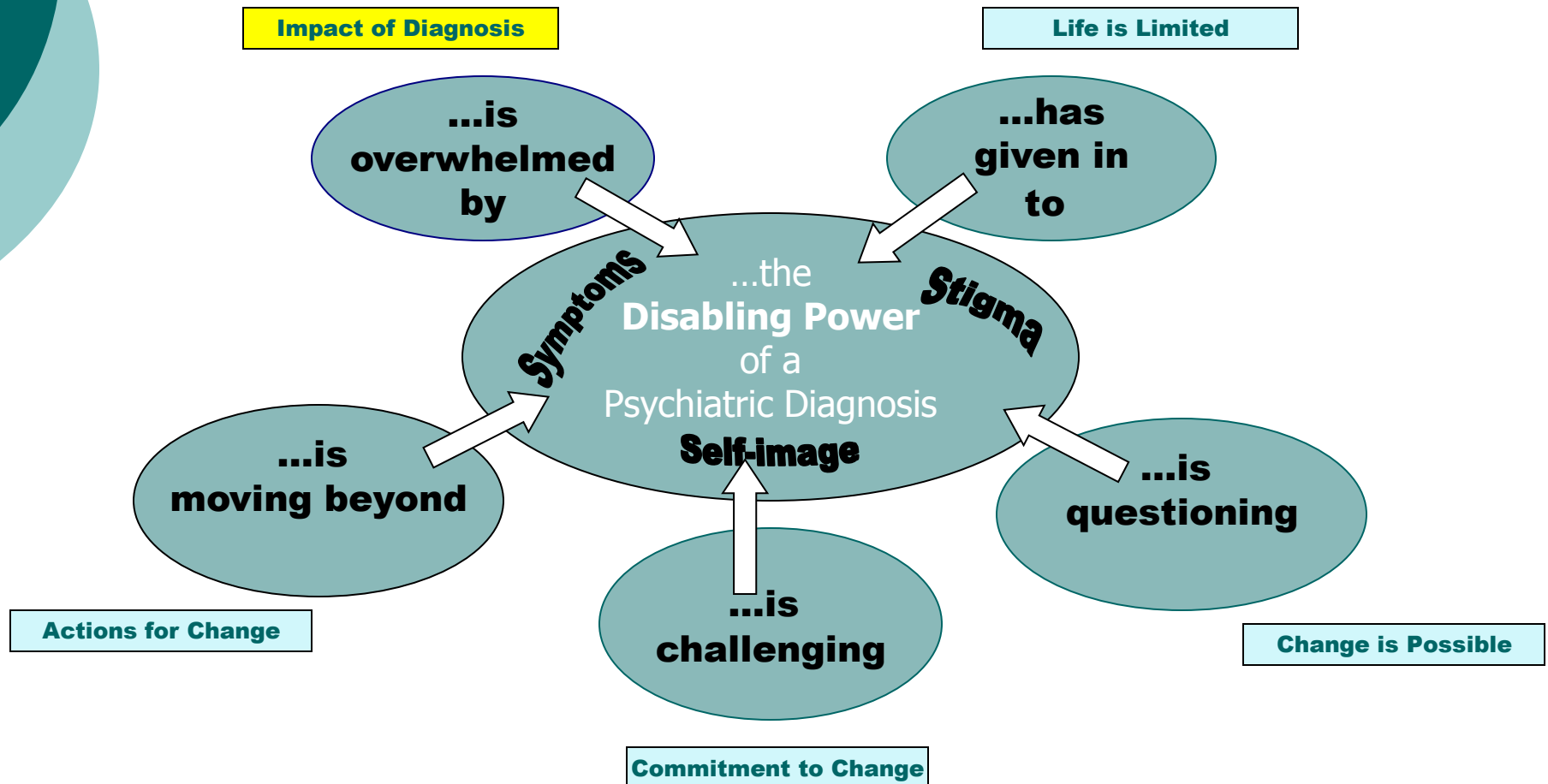


Certified Peer Specialists Role at 50,000 Feet:

**Promote hope and focus on
strengths and supports rather
than illness or disability**




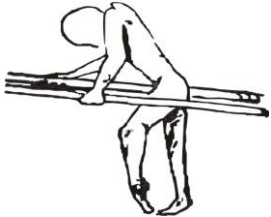
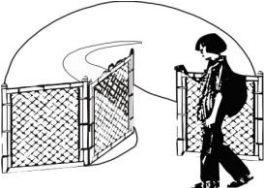
Five Stages in the Recovery Process

There are times when a person...



Five Stages in the Recovery Process

Appalachian Consulting Group, Inc. (with quotations from Patricia Deegan)

Impact of Illness	Life is Limited	Change is Possible	Commitment to Change	Actions for Change
 <p>“The shattering of one’s world, hopes and dreams.”</p> <p>The person is overwhelmed by the disabling power of the illness. The impact of the illness is the dominant experience in a person’s life and the person is having difficulty functioning.</p> <p>The danger is that the person will re-define her identity in mental illness terminology that will automatically limit her future.</p> <p>The role of services is to decrease the emotional distress by reducing the symptoms and communicate that there is life after diagnosis.</p>	 <p>“We both gave up. Giving up was a solution.”</p> <p>The person has given into the disabling power of the illness. He doesn’t like the way his life is, but believes that this is the best he will ever be. He is not ready/able to make a commitment to change</p> <p>The danger is that the person will have identified so strongly with the negative stigma of the illness that he cannot see any possibility.</p> <p>The role of services is to instill hope, a sense of possibility, and to rebuild a positive self-image by surrounding the person with the possibility of recovery.</p>	 <p>“The fragile flame of hope and courage.”</p> <p>The person is questioning the disabling power of the illness. She believes that there may be more to life than she is currently experiencing and is beginning to believe her life can be different.</p> <p>The danger is that she will be afraid to take the necessary risks, or be discouraged to do so, and remain in the ‘life is limited’ stage.</p> <p>The role of services is to help her see that she is not so limited by the illness and in order to move on she will need to take some risks.</p>	 <p>“I began in little ways with small triumphs and simple acts of courage.”</p> <p>The person is challenging the disabling power of the illness. He believes that there are some possibilities, but he is not sure what they are. He is willing to explore what it will take to make some changes.</p> <p>The danger is that he will not get the skills, resources and supports that he needs to do what he wants to do and will become frustrated and give up.</p> <p>The role of services is to help the person take the initial steps by helping him identify his strengths and needs in terms of skills, resources and supports.</p>	 <p>“We rebuilt our lives on three corner stones of recovery - hope, willingness and responsible action.”</p> <p>The person is moving beyond the disabling power of the illness. She knows the direction she wants to go, but is not sure that she can do it. Yet she is willing to begin to take more responsibility for her life.</p> <p>The danger is that she will begin to doubt her ability to function on her own and to take responsibility for her own actions.</p> <p>The role of services is to equip her with the necessary skills, resources and supports so that she can trust in her own decision-making ability and take more responsibility for her life.</p>

A New Paradigm: Certified Peer Specialists

“Being able to bill Medicaid for their services provides sustainable funding for a new workforce in the mental health field, a workforce that has firsthand knowledge of how to successfully combat the debilitating effects of stigma and negative self image...”

Carter, Rosalynn (2010), *Within Our Reach – Ending the Mental Health Crisis*. Rodale, 153.



Peer Workforce Nationwide

- **Pillars of Peer Support Services Summit funded by SAMHSA in 2009; attended by representatives of 23 states currently billing Medicaid for Peer Support Services**
- **Summit Report: www.pillarsofpeersupport.org**
- **Summit 2: October 18-19, 2010**



Centers for Medicare and Medicaid Services Guidelines for Peer Support Services 2007:

“Peer support services are an evidence-based mental health model of care which consists of a qualified peer support provider who assists individuals with their recovery from mental illness and substance use disorders.”



Peer Support Whole Health and Resiliency (PSWHR): The New Frontier In Recovery

Promoting peer support whole health and resiliency is a key to offsetting premature death and disability.

- **SAMHSA 10x10 Wellness Campaign**
www.10x10.samhsa.gov
- **SAMHSA/HRSA Center for Integrated Health Solutions funded 2010**



The PSWHR training is built on a Person Centered Planning (PCP) process that focuses on the following ten health and resiliency domains:

- **Healthy Eating**
- **Physical Activity**
- **Restful Sleep**
- **Stress Management**
- **Service to Others**
- **Support Network**
- **Optimism Based on Positive Expectations**
- **Cognitive Skills to Avoid negative Thinking**
- **Meaning and Purpose**
- **Spirituality**



The PSWHR training focuses on the following 5 keys to success:

- **A Person-Centered Goal that uses the SMART process to be written into a treatment plan**
- **A Weekly Action Plan that uses a confidence scale**
- **A Daily/Weekly Personal Log**
- **Peer Accountability and Support**
- **Weekly Peer Support Whole Health Group**



**PSWHR Training developed in partnership with the
Benson-Henry Institute (BHI) for Mind-Body Medicine
and Massachusetts General Hospital**

**“BHI was founded by Harvard
cardiologist Herbert Benson, famous
for the Relaxation Response shown to
reduce stress and the release of
cortisol, a stress hormone that can
increase dangerous belly fat.”**

*Fricks, L. (2009). Consumers Take Charge of Wellness. National
Council Magazine, 20-21.*



BHI research demonstrates that the Relaxation Response:

- **Decreases metabolism**
- **Decreases heart rate**
- **Decreases blood pressure**
- **Decreases breathing**
- **Decreases muscle tension**
- **Decreases cortisol**
- **If practiced regularly, can have lasting effects**



There are two essential steps in elicitation of the relaxation response:

- 1. Repetition of a word, sound, phrase or muscular activity**
- 2. Passive disregard of everyday thoughts that inevitably come to mind and the return to your repetition**



Dr. Martin Luther King:

“In a real sense all life is inter-related. All people are caught in an inescapable network of mutuality, tied to a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. This is the inter-related structure of reality.”