



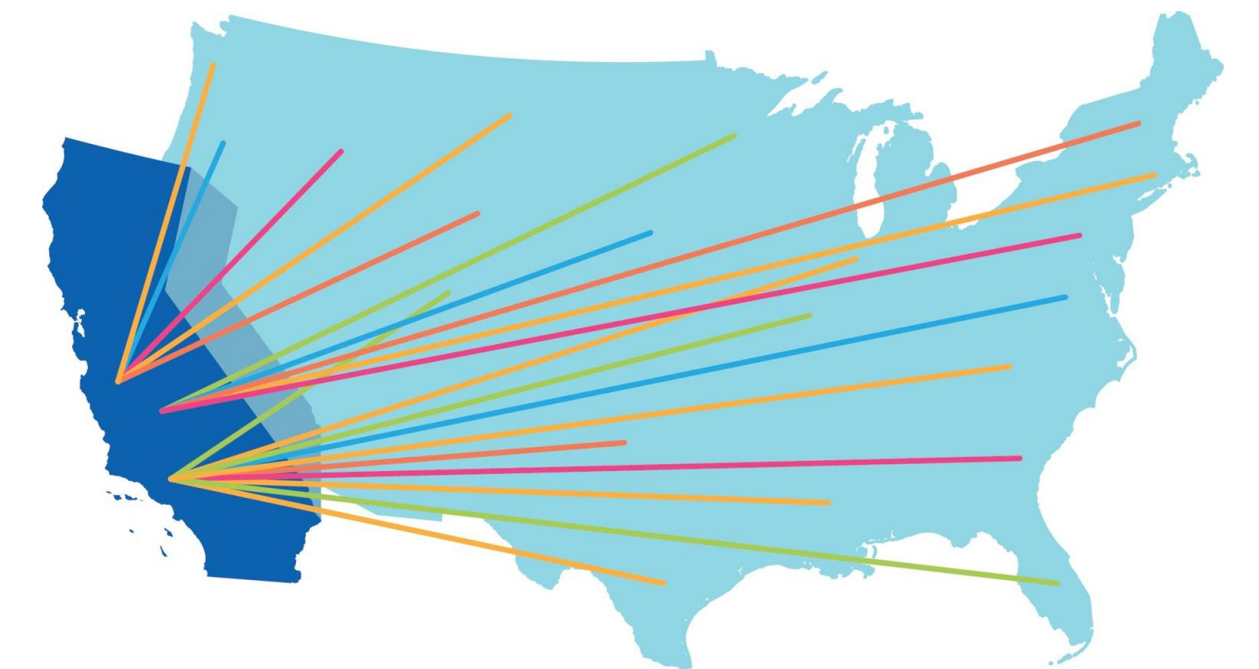
Catalyzing Mental Health Support for Moms Through Specialized Peer Support Training

July 30, 2020

Meet 2020 Mom

Mission:

To close gaps in Maternal Mental Health Care.



We believe if families, employers and society are paying for health care benefits, the health care system should detect and treat MMH disorders.

Meet 2020 Mom



“Because of their collaborative work with many different organizations they have identified barriers and solutions and are breaking down these barriers one-by-one.”

-Laurie Gregg, M.D.,
American College of Obstetrics and Gynecology

Did You Know?

Women in their childbearing years account for the largest group of Americans with Depression.

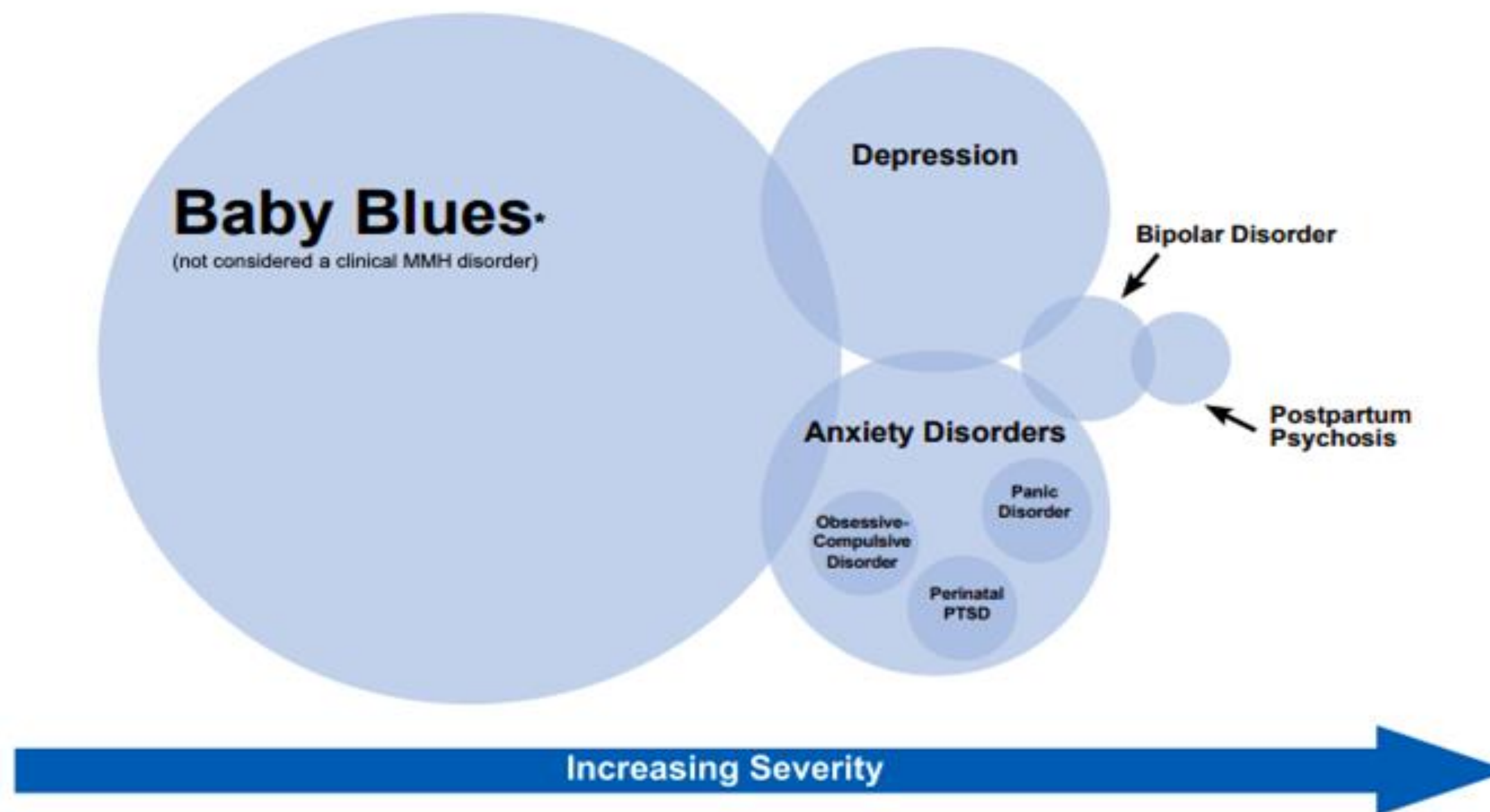
The American Academy of Pediatrics has noted that prevalence of depression and anxiety in teen girls is skyrocketing.

Maternal depression is the most common complication of childbirth.

There are more new cases of mothers suffering from Maternal Depression each year than women diagnosed with breast cancer.

Despite the Prevalence Maternal Mental Health Disorders largely go undiagnosed and untreated.

Range of MMH Disorders



What is Peer Support?

The Centers for Medicaid and Medicare Services (CMS):

Has recognized the efficacy of using peer support in mental health since 2007. SAMHSA also recognizes Peer Support.

Defines Peer Support Services As: *“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.”*

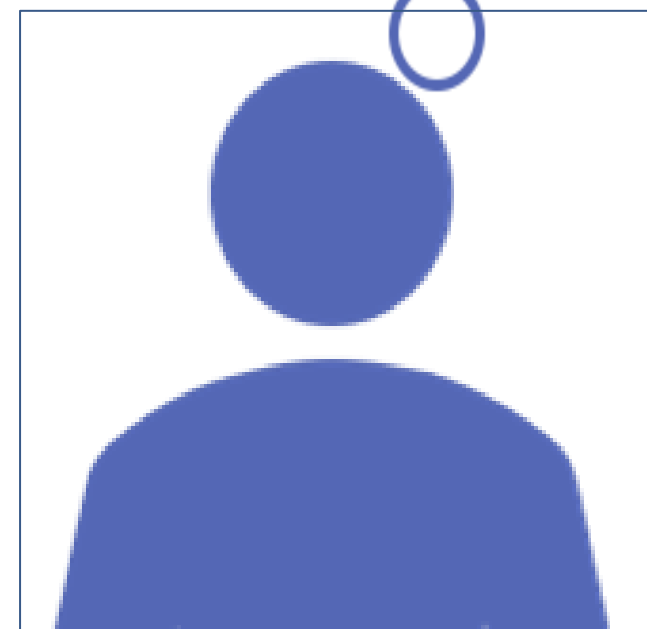
Recognizes that the experiences of peer support providers, as consumers of mental health services, can be an important component in a State’s delivery of effective treatment

What is a Certified Peer Specialist?

“Peer support providers must complete training and certification as defined by the State. Training must provide peer support providers with a basic set of competencies necessary to perform the peer support function.”

CMS

What does it mean
to be certified?



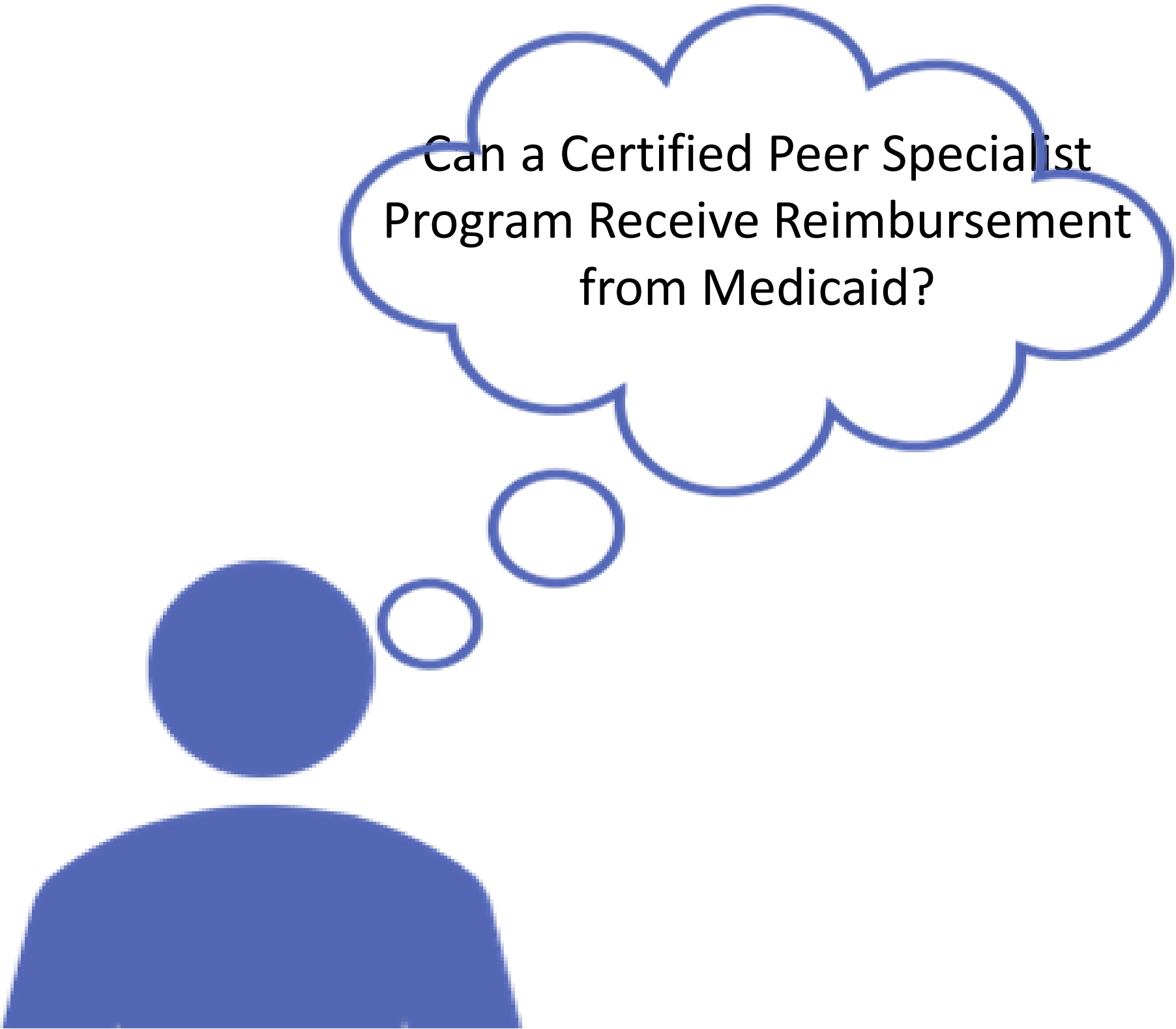
Those who are “certified” sit for a test through an agency identified by the state.

The testing process ensures the peer retained key knowledge provided through training, and allows peers to be issued a professional credential.

Every state except California has a peer specialist certification process.

However, those processes and requirements look different across states as well as the types of mental health issues peers are allowed to engage in.

Peers can be Reimbursed through Medicaid



Can a Certified Peer Specialist Program Receive Reimbursement from Medicaid?

Most states reimburse for certified peer specialists billed time through their Medicaid programs.

At least 36 states offer providers the opportunity to bill Medicaid for mental health peer support services. They can do so through mechanisms such as a state plan amendment, the rehabilitation services option or a Medicaid waiver.

A few states also fund grant programs or other alternative financing to support peer specialists.

What to Certified Peers Do?

Peer Workers
Offer
Different
Types of
Support,
Including:

Emotional (Empathy and Camaraderie)

Informational (Connections to Information and Referrals to Community Resources that Support Health and Wellness)

Instrumental (Concrete Supports Such as Housing or Employment)

Affiliation Support (Connections to Community Supports, Activities, and Events)

Maternal Mental Health -Ripe for Certified Peers

- Augments Mental Health Providers Shortages & MMH Super Shortages
- Decreases Stigma
- Meets Women Where they Are
- Increases Access to Services
- Cost Effectiveness
- Provides Meaningful Career Pathways for Mothers

2020 Mom's Pilot Study

2017-2018

TX and AZ

Report Published Jan
2019



Funding Provided by:



Training Model: Standard Peer Training + MMH Add On



Study Design

Participant surveys (n = 6)
Retrospective design
Knowledge and confidence
Peer support skills
Maternal Mental Health skills

Follow-up interviews (n = 9)
Work in MMH
Use of info from training
Open ended feedback
Peers and supervisors

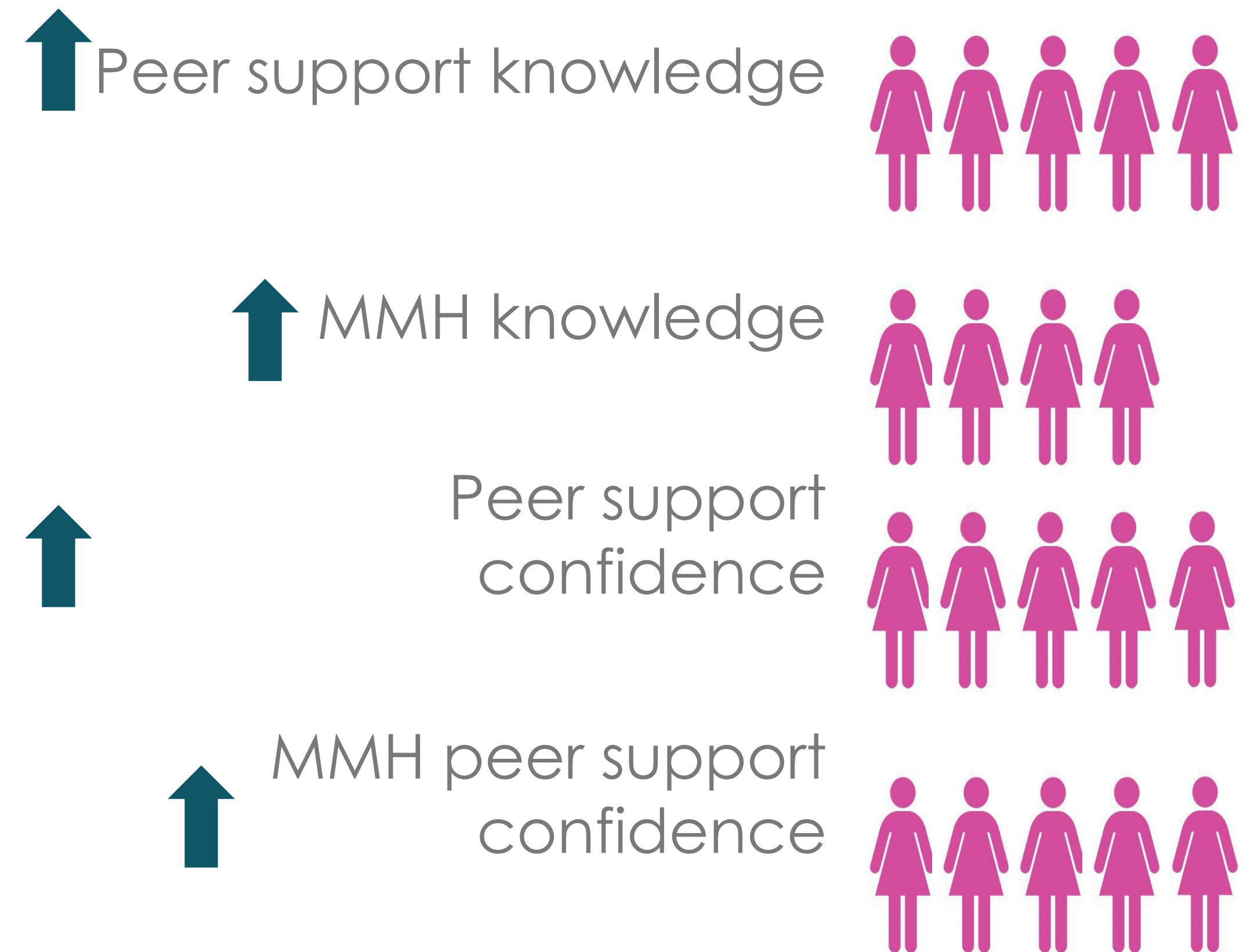
Since you participated in the training, would you say that you have enough support to use what you learned about maternal mental health?

Have you used any of the information from the peer support training in your work?
How useful was the training for this work?

How confident are you in your ability to provide peer support specifically for maternal mental health?

Training Increased Knowledge & Confidence

“The facilitator of course made information very clear for my understanding. The tools and statistics were very helpful and I gained more knowledge.”



Training Increased Knowledge & Confidence

Challenges

- Peers' Need for clear professional path - "Now what?"
- Challenges: About the training
- General peer support vs. MMH specific
- Environment sensitive to needs of new moms
- Training logistics distance learning may be ideal for Moms

Recommendations

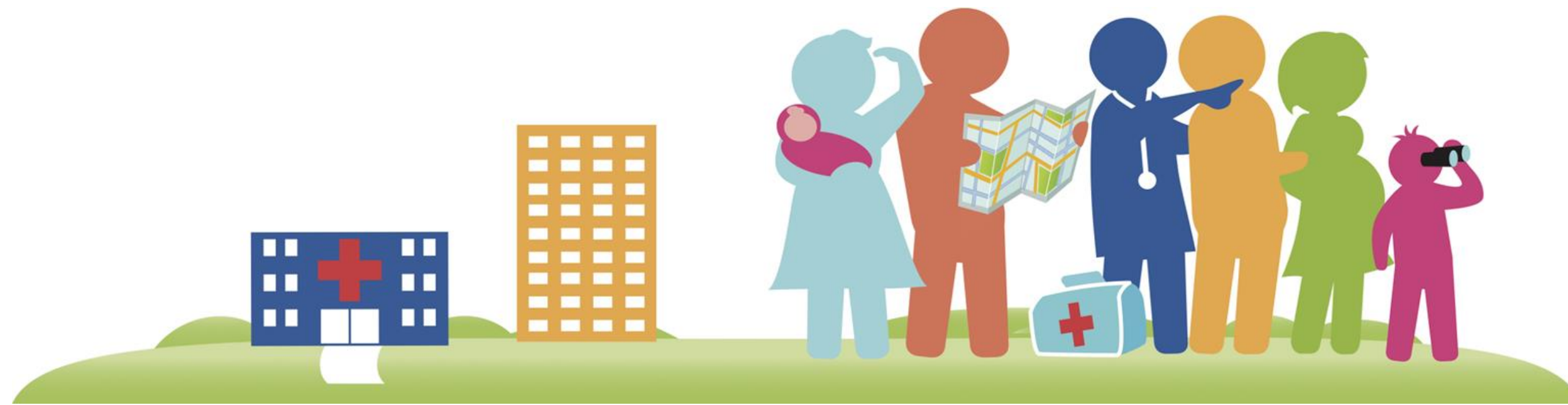
- Hold MMH Specific Peer Support Training
- Integrate MMH content Into Standard Peer Training
- Provide Support and Guidance Post-Training
- Consider a Job Board

How to Use MMH Peers

- Hospital, Clinic, Community & NPO Settings
- Helplines: voice & text
- Support Group Co-Leaders
- Navigation: specialized interventions
- Direct provider referral & ongoing follow-up

Next Steps

- Recovery International to Partner with POEM and 2020 Mom to Integrate MMH Training into a Specialized Training For Maternal Mental Health
- 2020 Mom Considering Creating a MMH Peer Specialist Job Board
- 2020 Mom to Host a MMH Peer Support Online Community
- POEM to Provide Mentoring Services
- Learn more at www.2020mom.org/certified-peer-support



Fire Side Chat – Meet The Team



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