

Peer Mentoring: Clinic-Based Track

Peer Mentoring: Clinic-Based Track	FY 17/18	FY 18/19	FY 19/20
Estimated number to be served in	300	900	900
Annual Budgeted Funds in	\$500,000	\$1,500,000	\$1,500,000
Estimated Annual Cost Per Person in	\$1,667	\$1,667	\$1,667

Program Description

The Peer Mentoring program was created to build community support services that bridge existing gaps in the behavioral health recovery continuum. This new Clinic-Based Track will enhance the existing Peer Mentoring Program by expanding to include Children, Transitional Age Youth, Adults, and Older Adults receiving services in the County-Operated Outpatient Clinics, as well their parents/family members. The track will serve participants and parents/families from diverse cultural groups such as Latino, Vietnamese, Korean, Persian and Arab communities, including non-English-speaking monolingual individuals, and individuals who are deaf and hard of hearing.

This track will pair qualified, culturally/linguistically competent peers with individuals receiving outpatient mental health and/or co-occurring substance use disorder treatment, and assist them in successfully living in or transitioning back to the community. This expansion includes the implementation of a training program for Peer Mentors that focuses on core competencies and practice skills for peer support that are set on recovery principles. Peer Mentors will be part of existing treatment teams in the County-Operated Outpatient Clinics, allowing immediate and efficient coordination of care. They will function as part of multi-disciplinary teams and work closely with the Psychiatrist, Nurse, Plan Coordinator and Service Chief to identify the individuals in the program who are in need of these services. Their services will complement those of the clinical staff at the County-Operated Outpatient Clinics and will support participants and families to engage in the recovery process and to maintain positive outcomes.

Services provided by the peer mentors will be timely and typically take place in the field, such as in the individual's home or at a hospital, physician's office, treatment facility or community resource. The field work will help to engage individuals and reduce access barriers. Services will target common reasons for relapse and/or re-hospitalization after discharge, including interruption of medication, lack of social support, poor academic success, poor employment history, developmental stressors and unstable housing. Peer

Mentors will provide social support, vocational and employment support, assistance with basic household items, food, clothing and transportation needs to facilitate successful community integration.

In addition to serving individual participants, there will be a heavy emphasis on Peer Mentors providing family support services to parent/family members of the participants. Families often encounter many barriers when attempting to support their loved ones, such as the realities of Health Insurance Portability and Accountability Act (HIPAA), constraints on clinical resources, difficulty navigating the system or even the individual participant's willingness to allow for family involvement. Peer Mentors will assist participating families by providing emotional support, offering guidance and understanding into the behavioral health treatment process, and helping to direct participants' families towards additional support services and resources (NAMI, community clinics, low-cost therapy, community counseling services, etc.).