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# Mentoring Peer Recovery Support Services

presented by

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# Learning Objectives

1. Increase knowledge of a Recovery Oriented System of Care (ROSC)
2. Develop insight on models of mentor-ship for Peer Recovery Specialists
3. Demonstrate ethical compliance of confidentiality and boundaries clarification in the peer and mentor relationship

# Recovery Oriented System of Care (ROSC)

- Recovery Oriented Systems of Care is a framework for:
  - coordinating multiple systems
  - services and supports that are person-centered
  - self-directed
  - and designed to readily adjust to meet the individual's needs and chosen pathway to recovery





# Recovery Oriented System of Care (ROSC)



- Builds on the strengths and resiliencies of individuals, families, and communities
- Services are designed to be accessible, welcoming
- Easy to navigate
- Part of the full continuum of care

# Roles of in ROSC

## Providers

- Strengthen the Communities
- Address the gaps discovered within the community
- Promote the different pathways to recovery
- Use the vehicle of education to raise awareness of the detriments of substance use disorders, mental health and of long-term recovery

## Community

- Develop a culture within the communities
- Builds and nurtures those in recovery or struggling with recovery and mental health illness
- Recovery community/peer involvement

# Building Blocks of ROSC Councils

Align Treatment Services with a Recovery-Oriented Approach

Integrate Peer Support Services

Promote Family Support and Education

Advocate for LGBTQ and Culturally Competent Services

Encourage Community Based Supports to Promote Recovery and Wellness.

# ROSC Provider and Community Outcomes

- Reduction in Stigma and Stereotypes
- Proper placement and quality of care
- Reduction in Homelessness
- Utilization of Community Programs
- Community redevelopment and growth
- Community Employment
- Recidivism
- Family Unification



# Poll Question

Is there a Recovery Oriented System of Care (ROSC) in your location?

# Peer Support Services

- Peer support services have expanded to a wide variety of behavioral health environments and within a range of program models (RCO's).
- Organizations that include peer workers and provide peer support services
- Need to know how to best supervise/mentor peer workers and integrate them into their workforce



# Peer Support Services



- Recovery support services are designed to engage, activate, and support people with SUD/MH and their family members
- Peer workers are emerging as important members of treatment and recovery support teams



# Mentoring Peers

- Mentorship is important because everyone needs a cheerleader.
- Inclusion of peers with practical experience on teams with degreed clinicians is increasingly being emphasized
- Outcomes include decreases in morbidity and mortality, as well as empowerment of service recipients





# Models of Mentoring

- A peer mentor or coach is someone who has lived experience in recovery and can help guide another along the way.
- A recovery coach engages with an individual in recovery-wellness planning to build recovery capital.
- Mentoring is a process of relationship building and setting goals.
- How well someone mentor is related directly to how well that person are able to foster a relationship with the peer recovery specialist through understanding them and strategic goal setting.

# Models of Mentoring

- Mentoring is highly supportive, rather than directive.
- The duration of the relationship between the two depends on a number of factors:
  - how much recovery time the peer has
  - how much other support the peer is receiving
  - how quickly the peer's most pressing problems can be addressed

# Poll Question

- Does your organization have a mentorship program for new Peer Recovery Specialist

# Confidentiality

- Peer Recovery Specialists and Mentors are required to:
  - respect the rights, dignity, privacy and confidentiality of those they support.
  - will respect confidential information shared by colleagues in the course of their professional relationships and interactions.



# Boundaries Clarification

- The term *boundary* gets tossed about quite a bit , with many believing that a boundary is meant to help us keep others out of our business, or to make them behave in certain ways



# Boundaries Clarification

- “Know where you begin and the other person end”
- never engage in romantic or sexual/intimate activities with the individuals they serve.
- Do not provide services to individuals with whom you have had a prior romantic or sexual relationship.
- significant value from individuals they serve. They do not loan, give, or receive money or payment for any services to, or from, individuals they serve.

# Thank You



# Thank You

Questions

Comments

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