

COAPS:

CERTIFIED OLDER ADULT PEER SPECIALISTS

PA LINK/NORTHAMPTON COUNTY MENTAL HEALTH PRESENTATION

INTRODUCTION

Cathy Kromer

Northampton County Mental Health

Program Specialist II, CHIPP Coordinator

ckromer@northamptoncounty.org

(p) 610-829-4817

OVERVIEW OF MENTAL HEALTH SERVICES PROVIDED

- ❖ Outpatient MH treatment
- ❖ Psychiatric Rehabilitation
- ❖ Social Rehabilitation (Drop In Centers)
- ❖ Peer Services
- ❖ Case Management
- ❖ Mental Health Housing and Intensive Treatment services
- ❖ Specialized Services for various populations (Aging, Forensic, Transition Aged Youth)

FUNDING

- County Base Funding (non-Medical Assistance)
- “Medicare only”
- Medical Assistance
- Some individuals are dual eligible; some change is anticipated with CHC

WHAT IS A CERTIFIED PEER SPECIALIST (CPS)?

A certified peer specialist is a person who uses his or her lived experience of recovery from mental illness and/or addiction, plus skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resiliency.

CPS VALUES

- Peer support is voluntary
- Peer supporters are hopeful, open minded, empathetic, respectful
- Peer supporters facilitate change and are honest and direct
- Peer support is mutual and reciprocal, there is equally shared power
- Peer support is strengths-focused
- Peer support is transparent
- Peer support is person-driven

PEER SPECIALIST UTILIZE SPECIFIC METHODS AND PRACTICES TO DEVELOP HOPEFUL RELATIONSHIPS WITH PEOPLE IN THEIR COMMUNITIES. A PEER SPECIALIST:

- Engages peers in collaborative and caring relationship
- Provides support: validates experiences and feelings; conveys hope of recovery
- Shares lived experience of wellness and recovery in a connecting and relatable way
- Helps peers recognize multiple paths to wellness
- Provides information about skills related to health, wellness and recovery based on an individual's interest and goals
- Values respectful, person-centered and mutually supportive communication
- Supports collaboration and teamwork

CPS CRITERIA

The following criteria to be trained as CPS:

- ❖ (a) self-identified individuals who have received or are receiving mental health services for a serious emotional disturbance or serious mental illness.
- ❖ (b) Eighteen (18) years of age and older.
- ❖ (c) Have a high school diploma or general equivalency diploma and
- ❖ (d) Within the last three (3) years, have either maintained at least 12 months of successful work or volunteer experience, or earned at least 24 credit hours at a college or post-secondary educational institution.
- ❖ Have completed the 10-day CPS training and received Certification to become a CPS.

COAPS

CERTIFIED OLDER ADULT PEER
SPECIALIST

WHAT IS COAPS?

- A Certified Older Adult Peer Specialist is Certified Peer Specialist (CPS)—a person in recovery who qualified and completed a full 2 week CPS training and who then went on to complete a specialized training in older adult mental health issues.

COAPS TRAINING INCLUDES:

- An 18-hour specialized training in older adult mental health issues designed to teach CPS how to work with older adults who have behavioral health challenges. The training addresses topics related to physical and mental health in older adults including normal aging, cultural competence, anxiety, depression, trauma, substance use, stages of change and more.

HOW DOES THIS UNIQUE SERVICE BENEFIT OLDER ADULTS?

COAPS provide hope, empowerment, choices and opportunities to older adults that promote mental health recovery in a supportive environment through shared experiences.

COAPS support older adults with behavioral health issues in various ways including: crisis support, development of community roles and natural supports, individual advocacy, self help and self improvement

COAPS also work with older adults in developing, maintaining and improving positive social supports and networks.

HOW ARE COAPS SERVICES FUNDED ?

COAPS services are reimbursed in a variety of ways, through Medicaid, county funding and civil service.

WHERE DO COAPS WORK?

COAPS can work in a wide range of settings: peer support services, state hospitals, psychiatric rehabilitation centers, case management, ACT teams, drop-in centers, consumer run organizations, residential settings and senior centers.

TWO HIGHLIGHTED NORTHAMPTON COUNTY PROGRAMS

RECOVERY PARTNERSHIP COMMUNITY COAPS PROGRAM &
GRACEDALE MENTAL HEALTH AND AGING PROGRAM

RECOVERY PARTNERSHIP

- ❖ A Mental Health Provider Agency in Bethlehem PA
- ❖ Provides Mental Health Peer Services including, Certified Peer Specialist Services, Peer Mentor Services, Reflections 24-hour Peer Support, Northampton County Drop-in Center and Consumer and Family Satisfaction Team services.
- ❖ Recently opened a new Community COAPS program to serve individuals with mental health challenges in the community who are elderly.
- ❖ The COAPS program is funded either by Magellan or County Base Funding
- ❖ Flyers distributed include referral process

GRACEDALE MENTAL HEALTH & AGING PROGRAM

- ❖ The MH/AP is a pilot program in Northampton County Skilled Nursing Facility...Gracedale.
- ❖ The MH/AP Program's official start date was January 7th, 2019
- ❖ Haven House developed the full program, paperwork and program format
- ❖ Staff were hired complying with the program model.
- ❖ SNF Staff, MH/AP Staff and County Administration had to work together to workout details of how this program would integrate in the SNF. It was important for the provider to move slowly so that they could integrate well with the systems in place at Gracedale.

PROGRAM COMPONENTS

- It is a behavioral health team, similar to the ACT (Assertive Community Treatment) model
- The program will contain: 2 Full-time COAPS, A Behavioral Specialist Consultant, A Program Director and a Case Manager/counselor
- The team will work with Skilled Nursing Facility and Personal Care Home staff to identify program participants
- The team can respond to some behavioral emergencies on a limited basis
- The team is designed to work in Skilled Nursing Facilities and Personal Care Homes

HAVEN HOUSE REFLECTION AND EXPERIENCE

MIKE APGAR, HAVEN HOUSE, CLINICAL DIRECTOR

MAPGAR@HAVEN-HOUSE.COM

FIRST YEAR (2019) STATS:

- ❖ January to June 2019: 73 total active clients served
- ❖ July to December 2019: 133 total active clients served
- ❖ Overall total referred to the MHAP program in 2019: 168 individuals
- ❖ Haven House Psychiatrist does monthly in-service staff trainings for Gracedale staff on topics of their choosing.
- ❖ All feedback has been extremely positive
- ❖ The program, based on success, was able to expand in September of 2019 to add more staff to meet the high demand of the service.

QUESTIONS?

