

# Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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# WPPNT REMINDERS

- Call 877-820-7831 before 11:00 a.m.
- Enter passcode 107633#, when prompted.
- Questions may be asked, if time allows.
- To ask a question, press \*6 on your phone to un-mute yourself.  
\*6 to remote.
- Ask questions for the presenter, about their presentation.
  
- The link to the evaluation for today's presentation is on the WPPNT webpage, under today's date:  
<https://www.dhs.wisconsin.gov/wppnt/2020.htm>. Complete the evaluation to receive the CEH.

# CERTIFIED PEER SPECIALISTS AS COLLEAGUES

Tim Saubers

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WISCONSIN DEPARTMENT  
of HEALTH SERVICES

# TIM SAUBERS

- WI Peer Specialist Program Manager
- Certified Peer Specialist since July 2016
- Worked as CPS in Milwaukee
- WRAP and SMART facilitator

# LEARNING OBJECTIVES

- Learn what a Certified Peer Specialist is and their role
- Learn what it means to work with a person with lived experience
- Learn what makes the work of a Certified Peer Specialist unique compared with other professionals

# WHAT IS A CERTIFIED PEER SPECIALIST?

- A person who has lived experience with mental health and / or substance use challenges who has completed formal training in order to provide support to others experiencing similar challenges
- Completed WI CPS Training and passed the WI CPS State Certification Exam

# WHAT IS A CERTIFIED PEER SPECIALIST?

- They must be in a place in their recovery where they feel they are able to share their story in a way that inspires hope in others and demonstrates that recovery is real and possible
- Lived experience is key – in order to provide true peer support a person must have lived experience

# WHAT A CERTIFIED PEER SPECIALIST IS NOT

- A clinician
- A mandated reporter
- A friend
- A taxi
- A medication distributor
- A sponsor
- A coach
- A recovery expert

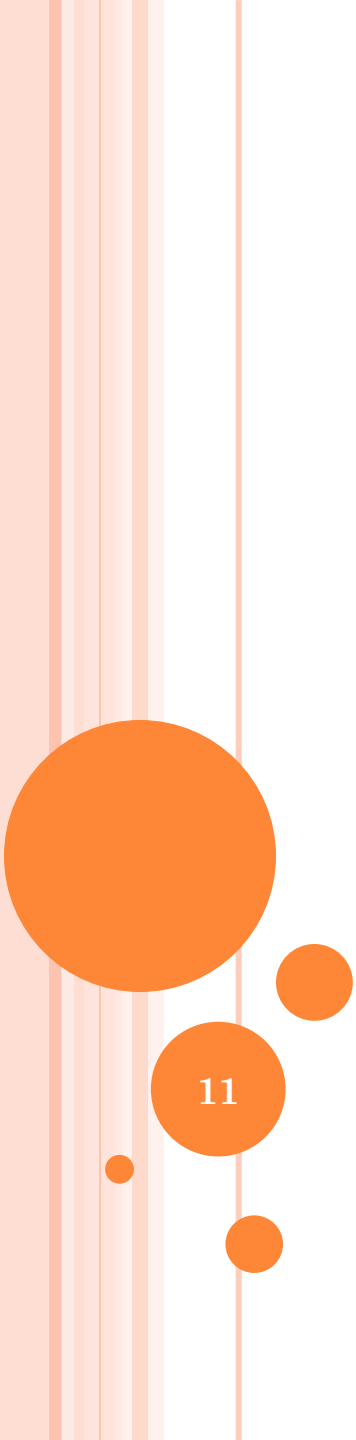


# THE ROLE OF A CERTIFIED PEER SPECIALIST IS TO

- Cultivate empowering and supportive relationships
- Utilize self-disclosure and their own lived experience to support others
- Inspire hope for recovery and wellness
- Value self-determination as a guiding ethical principle
- Support people experiencing crises – as defined by those they support
- Affect positive systems change
- Support people in creating a life in which they find value

# THE ROLE OF A CERTIFIED PEER SPECIALIST IS NOT TO

- Change people's behaviors
- Reduce “symptoms”
- Encourage specific recovery pathways
  - Medication, abstinence based recovery models, therapy, etc.
- Ensure compliance with a treatment plan
- Ensure compliance with a medication regimen
- Ensure compliance of any kind

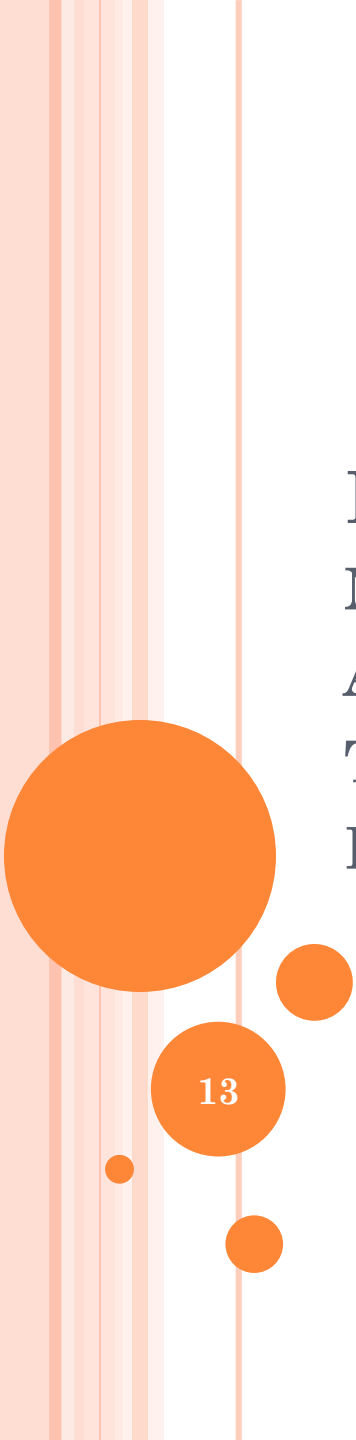


**WHAT DOES IT MEAN TO WORK  
WITH PEOPLE WITH LIVED  
EXPERIENCE?**

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# WORKING WITH PEOPLE WITH LIVED EXPERIENCE

- People with lived experience have been working in the mental health and substance use service system since it was created
- Biggest Difference: CPS identify as people with lived experience by virtue of their profession
- They utilize their lived experience to augment and improve the services they provide and connect on a deeper, more empathic level than traditional service providers



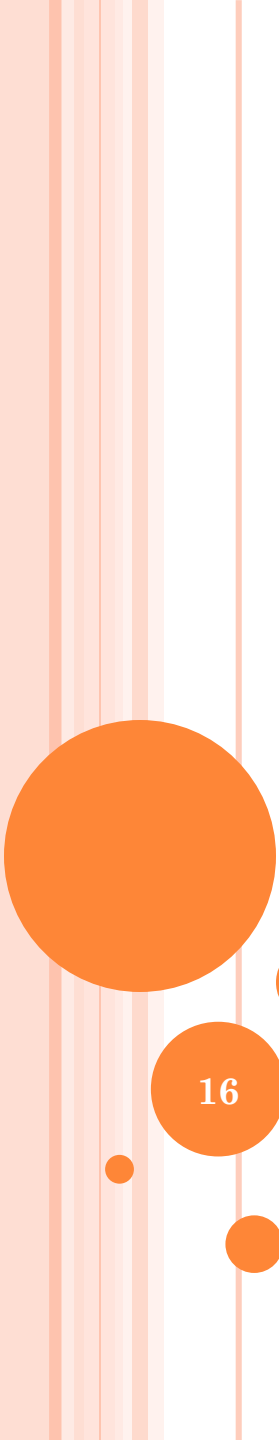
**PEOPLE WITH LIVED EXPERIENCE DO  
NOT NEED, ARE NOT ENTITLED TO,  
AND SHOULD NOT EXPECT SPECIAL  
TREATMENT EXCEPT WHEN  
REQUESTED AND ALLOWED BY LAW**

# WORKING WITH PEOPLE WITH LIVED EXPERIENCE

- CPS need to be held to the same professional standards as all other staff
- Although CPS identify as people living with disabilities, per the federal definition, by virtue of their job, they are still covered by the ADA and EEOC
  - Per the U.S. EEOC, “It is illegal for an employer to discriminate against you simply because you have a mental health condition. This includes firing you, rejecting you for a job or promotion, or forcing you to take leave.”

# WORKING WITH PEOPLE WITH LIVED EXPERIENCE

- A CPS' employment should never be tied to their recovery status
  - CPS support and engage with multiple pathways to recovery including those that are not abstinence based
- The only time a CPS' recovery plays a role in their employment is when it impacts their ability to do their job
  - For example, if a CPS engages in abstinence based recovery, a return to use that leads to a decline in their quality of work



# WHAT MAKES CERTIFIED PEER SPECIALISTS UNIQUE?

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# CERTIFIED PEER SPECIALISTS

- Do “with” not “for”
- Support people in creating a life that has meaning and value as defined by that person
- Measure “progress” through the lens of the people they’re supporting
- Define crisis as the people they’re supporting define crisis; they do not identify crises where they don’t exist

# CERTIFIED PEER SPECIALISTS

- Support people in developing and defining their own goals regardless of how “realistic” they may or not be
- Strive for mutuality while recognizing that they will never truly achieve a mutual relationship with the people they support
- Recognize, support, and provide information about a wide variety of recovery pathways, validating whichever path the people they support choose

# RECAP

- CPS are professionals with lived experience who have completed formal training in order to work supporting others experiencing similar challenges
- Working with people with lived experience is no different than working with anyone else
- CPS support people in a uniquely person-centered manner that is different from the traditional, medical model

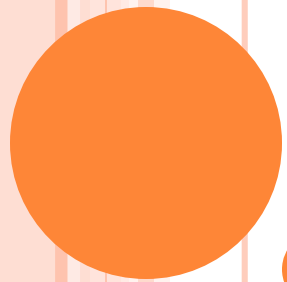
## SOURCES

WI Certified Peer Specialist Scope of Practice, WI Department of Health Services

WI Certified Peer Specialist Code of Ethics, WI Department of Health Services

“Certified Peer Specialists Employer Guide” WI Department of Health Services

“Peer Specialist.” *Wisconsin Peer Specialists*, <https://www.wicps.org/certified-peer-specialist/>



**QUESTIONS?**

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