

5122-29-15

Peer recovery services.

(A) Peer recovery services are community-based services for individuals with a mental illness or substance use disorder; and consist of activities that promote recovery, self-determination, self-advocacy, well-being, and independence. Peer recovery services are individualized, recovery-focused, and based on a relationship that supports a person's ability to promote their own recovery.

(B) Peer recovery services promote self-directed recovery by assisting an individual. They promote trauma informed care and diversity competence, encourage self-direction, and advocate for informed choice.

(C) "Recovery" means the personal process of change in which Ohio residents strive to improve their health and wellness, resiliency, and reach their full potential through self-directed actions.

(D) Peer recovery services may include, but are not limited to:

(1) Ongoing exploration of recovery needs;

(2) Supporting individuals in achieving personal independence as identified by the individual;

(3) Encouraging hope;

(4) Supporting the development of life skills such as budgeting and connecting to community resources;

(5) Developing and working toward achievement of personal recovery goals;

(6) Modeling personal responsibility for recovery;

(7) Teaching skills to effectively navigate to the health care delivery system to effectively and efficiently utilize services;

(8) Providing group facilitation that addresses symptoms or behaviors, though processes that assist an individual in eliminating barriers to seeking or maintaining recovery, employment, education, or housing;

(9) Assisting with accessing and developing natural support systems in the community;

(10) Promoting coordination and linkage among similar providers;

(11) Coordinating or assistance in crisis interventions and stabilization as needed;

(12) Conducting outreach;

- (13) Attending and participating in treatment team; or,
- (14) Assisting individuals in the development of empowerment skills through self-advocacy and activities that mitigate discrimination and inspire hope.
- (E) Peer recovery services are not site specific but shall be provided in locations that meet the needs of the individual.
- (F) Peer recovery services may be facilitated to individuals or groups.
- (G) Peer recovery services shall be provided by certified peer recovery supporters as defined in rule 5122-29-15.1 of the Administrative Code; and supervised by staff who either:

 - (1) Have been delivering peer services for five years, have completed the sixteen hour on-line e-based academy courses offered through the Ohio department of mental health and addiction services, and have completed the 4 hour in-person supervising peers training by Ohio department of mental health and addiction services recovery support staff; or,
 - (2) Clinicians that have that have completed the sixteen hour on-line e-based academy courses offered through the Ohio department of mental health and addiction services, and have completed the four hour in-person supervising peers training administered by the Ohio department of mental health and addiction services recovery support staff or their designee.

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Certification

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