

## Resource Guide

# Certified Peer Delivered Services

### Purpose:

The following document is to help identify how the state of Oregon defines peer delivered services and offer guidance regarding how this provider type may bill for services.

### Who are peer support specialists?

Peer support specialists bring unique strengths and qualities to the integrated care team. These strengths include:

- ▶ Personal experience with whole health recovery that includes wellness of mind and body
- ▶ Insight into the experience of internal and external stigma and how to survive and heal
- ▶ Compassion and commitment to helping others, rooted in a sense of gratitude
- ▶ The “I have experienced some of what you have experienced” sentiment
- ▶ Experience of moving from hopelessness to hope
- ▶ A unique position to develop a relationship of trust, which is especially helpful in supporting people with trauma history
- ▶ Skills to manage their illness and live in recovery

### What are the two ways peer support specialists can be licensed in the state of Oregon?

Peer support specialists may be licensed through one of two routes:

1. ***The Oregon Health Authority – Office of Equity and Inclusion***
  - a. Individuals register as a “traditional health worker” (THW)
  - b. There are three types of traditional health workers that support individuals enrolled in mental health and addiction programs:
    - i. Peer support specialist (PSS)
    - ii. Peer wellness specialist (PWS)
    - iii. Community health workers (CHW)
1. Definitions for both provider types can be found on the linked page.
2. ***Mental Health and Addiction Certification Board of Oregon (MHACBO)***
  - a. Individuals can register as a certified recovery mentor (CRM) if their primary focus is to work with individuals in addiction programs.

<sup>1</sup>A primary source of information for this guide was the Oregon Health Authority, April 2015, Service Definition and Reimbursement Guide: Certified Peer Support Specialist Provider Type unless otherwise noted. Information has been updated as needed using current Oregon Administrative Rules, and Fee Agreements to ensure most up to date information has been presented as of time of publication.

The Oregon Administrative Rules (OARs) that identify the requirements for traditional health workers can be found in chapter 410, division 180. Additionally, health system personnel, providers, and THWs can find helpful information and guidance documents on ways that THWs can be integrated into health care services and programs on the [oregon.gov](http://oregon.gov) webpage by referencing the Oregon Health Authority THW toolkit.

### Where can I find the most up to date fee schedule related to peer delivered services?

The fee schedule most relevant to your organization depends on whether you are a participating or non-participating provider, and whether you are in the Metro, JCC, and/or CPCCO region. Please review your contract (if applicable) for the most up to date information. You can review the Oregon Health Authority’s Oregon Health Plan (OHP) behavioral health fee-for-service fee schedule on the Oregon Health Authority website, or CareOregon’s Metro fee schedule for non-participating providers on the CareOregon website.

### What peer delivered services are considered billable?

Service code and description	Description of services
<p><b>G0177</b>  <b>Skills training</b>  <b>Per session</b>  <b>(45 minutes or more)</b>  <b>OAR 309-019-0105</b></p>	<p>“Skills training’ or ‘skills restoration’ means providing information and training to individuals and families designed to assist with the development of skills including but not limited to anger management, stress reduction, conflict resolution, self-esteem, parent-child interactions, personal relationships, drug and alcohol awareness, behavior support, symptom management, accessing community services, and daily living.”</p> <p>Clients engage in their treatment as outlined in the service plan and these services are restorative in nature. Duration/frequency of this service is determined by the client’s needs and documented in the service plan.</p>
<p><b>H0018/H0019</b>  <b>Peer delivered services in residential substance use disorders treatment program</b>  <b>Included in per diem rate</b>  <b>309-018-0105</b></p>	<p>Peer support specialists can provide peer services to clients who are under the consultation, facilitation, or supervision of a mental health professional who understands rehabilitation and recovery. Peer delivered services are community-based services and supports provided by peers and peer support specialists to individuals or family members with similar lived experience. These services are intended to support individuals and families to engage individuals in ongoing treatment and to live successfully in the community.</p> <p>These services occur within the context of a substance use disorder residential treatment facility. The services are described in the individualized service plan that uses a person-directed planning process to promote client ownership of the service plan and identifies specific goals.</p>

<p><b>H0038</b>  <b>Peer Services</b>  <b>Per 15 Minutes</b>  <b>OAR 309-019-0105</b></p>	<p>Peer support specialists can provide peer services to clients who are under the consultation, facilitation, or supervision of a mental health professional who understands rehabilitation and recovery.</p> <p>“Peer delivered services are community-based services and supports provided by peers and peer support specialists to individuals or family members with similar lived experience. These services are intended to support individuals and families to engage individuals in ongoing treatment and to live successfully in the community.”</p> <p>Services provided by peer support specialists are described in the individualized service plan that uses a person-directed planning process to promote client ownership of the service plan and defines specific goals.</p>
<p><b>H0039*</b>  <b>Assertive community treatment</b>  <b>Per 15 minutes</b>  <b>OAR 309-019-0105</b>  <b>*Requires contract/ authorization</b></p>	<p>‘Assertive community treatment (ACT)’ means an evidence-based practice designed to provide comprehensive treatment and support services to individuals with serious and persistent mental illness. ACT is intended to serve individuals who have severe functional impairments and who have not responded to traditional psychiatric outpatient treatment. ACT services are provided by a single multi-disciplinary team (typically includes a psychiatrist, a nurse, and at least two case managers), and are designed to meet the needs of each individual and to help keep the individual in the community and out of a structured service setting, such as residential or hospital care.</p> <p>ACT services include peer support services, per OAR 309-019-0226(3)(h). For an overview of ACT services, please review OAR 309-019-0226</p> <p>In order to participate in ACT services, the client must meet admission and medically necessary criteria as outlined in OAR 309-019-0245.</p>
<p><b>H2014</b>  <b>Skills training and development</b>  <b>Per 15 minutes</b>  <b>OAR 309-019-0105.</b></p>	<p>“‘Skills training’ or ‘skills restoration’ means providing information and training to clients and families designed to assist with the development of skills including but not limited to anger management, stress reduction, conflict resolution, self-esteem, parent-child interactions, personal relationships, drug and alcohol awareness, behavior support, symptom management, accessing community services, and daily living.”</p> <p>Clients engage in their treatment as outlined in the service plan and these services are restorative in nature. Duration/frequency of this service is determined by the client’s needs and documented in the service plan.</p>

<p><b>H2023*</b></p> <p><b>Supported employment</b></p> <p><b>Per 15 minutes</b></p> <p><b>OAR 309-019-0275</b></p> <p><b>*Requires contract/ authorization</b></p>	<p>Supported employment is an evidence-based practice for clients with serious mental illness. Supported employment is characterized by emphasis on competitive employment. Every client interested in work is eligible for services, regardless of symptoms, substance use disorders, treatment decisions, or any other issue. Employment services are integrated with mental health treatment and clients have access to personalized benefits planning. The job search begins soon after a client expresses interest in working, and client preferences for jobs and preferences for service delivery are honored. Employment specialists systematically visit employers who are selected based on job seeker preferences to learn about their business needs and hiring preferences. Job support is individualized and continues for as long as each worker wants and needs the support.</p> <p>Supported employment services include but are not limited to:</p> <ul style="list-style-type: none"> <li>(a) Job development</li> <li>(b) Supervision and job training</li> <li>(c) On-the-job visitation</li> <li>(d) Consultation with the employer</li> <li>(e) Job coaching</li> <li>(f) Counseling</li> <li>(g) Skills training</li> <li>(h) Transportation</li> </ul>
<p><b>H2023*</b></p> <p><b>Supported education</b></p> <p><b>Per 15 minutes</b></p> <p><b>For more information about supported employment, you can review this SAMHSA guide.</b></p> <p><b>*Requires contract/ authorization</b></p>	<p>“Supported education is an evidence-based practice for clients with serious mental illness. Supported education helps clients pursue their individual educational goals. They are often provided in tandem with supported employment, as these programs help clients develop a sense of self-efficacy and independence.</p> <p>There are several different models of supported education. Most offer these core services:</p> <ul style="list-style-type: none"> <li>• Career planning, including vocational assessment, career exploration, educational goal plan development, course selection, instruction, support, and counseling</li> <li>• Academic survival skills, including information about college and training programs, disability rights and resources, tutoring and mentoring services, time and stress management, and social supports</li> <li>• Direct assistance, including help with enrollment, financial aid, education debt, and contingency funds</li> <li>• Outreach, including contact with campus resources, mental health treatment team members, and other agencies such as vocational rehabilitation</li> </ul> <p>Supported education programs offer a combination of these services tailored to meet client’s individual needs.</p>

<b>T1016</b> <b>Case management</b> <b>Per 15 minutes</b> <b>OAR 309-019-0105.</b>	<p>‘Case management’ or ‘targeted case management’ means the services provided to assist individuals who reside in a community setting or are transitioning to a community setting in gaining access to desired medical, social, educational, entitlement, and other applicable services.</p> <p>Clients engage in their treatment as outlined in the service plan and these services are restorative in nature. Duration/frequency of this service is determined by the client’s needs and documented in the service plan.</p>
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