

Sustainable Reimbursement of MAT Webinar Series 5: Getting Paid: Peer Support Services

September 17, 2020

Webinar Question & Answer

Q1. How would all of this change if SB 803 is passed?

A1. On September 25, Governor Newsome approved SB 803, *Peer Support Specialist Certification Act of 2020*. It has been chaptered by the Secretary of State and is now law! It is codified as Chapter 150 of California Statutes of 2020. It creates a single PSP certification process with uniform requirements and standards across California, applicable to both mental health & addiction recovery peer specialists. It is likely that work will be underway soon to cross walk requirement/standards of existing certifying entities to ensure they align with the new state requirements and/or possible options for currently certified PSSs to be grandfathered in to state certification.

Q2. What is the definition of "recovery" for mental health services?

A2. Of course, that depends on who you ask. However, it has also been common for people with lived experience in recovery from mental health disorders who participate in the development peer-to-peer services and supports to be called ‘consumers.’ This may not be true of newer organizations, possibly because the definition implies that someone must have received professional mental health services to qualify. This also reinforces the origins of the movement mentioned in the webinar—a reaction to abusive, often paternal psychiatric system of care. [SAMHSA’s definition](#) of recovery is the same for mental health and addiction recovery, which is not acceptable to many people in the addiction recovery world who believe that abstaining from compulsive use of mood-altering substances is part of recovery.

*“Recovery is a **process of change** through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.”*

Q3. Where does a WRAP program fit in here?

A3. Wellness, Recovery Action Planning (or WRAP) is an example of a mental health, evidenced-based wellness and recovery self-management curriculum/program. There are several other programs that fall under this umbrella, although they are not as well known as WRAP, not do they employ the same techniques. One thing that sets WRAP apart from some of the others is that it was originally conceived collectively by a group of individuals who identified as having mental health issues and wanted to create something for themselves to promote autonomy

and recovery. It was developed by Mary Ellen Copeland, PhD, an educator and author with a family and personal mental health history. WRAP is also intended to be facilitated by peers. WRAP's basic structure and key recovery principles have been applied to many different challenges including addiction. A few other examples:

- [WRAP for Veterans, Active Service Members, and Military in Transition](#)
- [WRAP for Reentry: Moving Forward from Incarceration](#)