



**Office of Alcoholism and
Substance Abuse Services**

Recovery Support Services for Youth

Sam Kawola and DJ Rhodes

November 29, 2016

New SPA Services



Children's Medicaid State Plan Amendment

- Draft SPA Provider Manual was released on March 9, 2016
- Six new services:
 - Crisis Intervention
 - Other Licensed Practitioner
 - Community Psychiatric Supports and Treatment
 - Psychosocial Rehabilitation
 - Family Peer Support Services
 - Youth Peer Support Services



State Plan Amendment (SPA) Services

- Other Licensed Practitioner (OLP): A Non-Physician-Licensed Practitioner delivering community-based treatment services within their scope of practice in a variety of settings.
- Crisis Intervention (CI): Services provided to a child (and his/her family) who is experiencing a psychiatric or substance abuse crisis and are designed to interrupt and/or ameliorate the crisis and develop a safety plan



State Plan Amendment (SPA) Services

- Community Psychiatric Support and Treatment (CPST): Goal-directed supports and solution-focused interventions intended to meet objectives set forth in the child's treatment plan.
- Psychosocial Rehabilitation Services (PSR): Interventions to compensate for or eliminate functional deficits and interpersonal and/or environmental barriers associated with a youth's behavioral health needs.



State Plan Amendment (SPA) Services

- Family Peer Support Services (FPSS): An array of formal and informal services and supports provided by peers and are designed to support parents/caregivers for the benefit of the youth.
- Youth Peer Support and Training (YPST): An array of formal and informal services and supports provided by peers to the youth.



Certified Recovery Peer Advocate (CRPA)



CRPA – What is it?

“Certified Recovery Peer Advocates (CRPA) are individuals who hold an OASAS approved certification as a peer advocate. Peer advocates are supervised by a credentialed or licensed clinical staff member to provide peer support services based on clinical need as identified in the patient’s treatment/recovery plan.”



CRPA – What do they do?

Peers in New York State can now be certified to work within OASAS Certified Outpatient Programs and Home and Community Based Services. Utilizing their recovery expertise and experience, there are many tasks peers can perform. These tasks may include:

- helping peers develop recovery plans
- learning and practicing new skills
- helping peers self-monitor their progress
- modeling effective coping skills
- attending court and other system meetings as a support
- facilitating peer support groups
- supporting another peer in advocating for themselves to obtain effective services



CRPA – Who certifies them?

OASAS has two Certification entities to certify peers in New York State to work within OASAS certified outpatient programs and other systems and settings as Certified Recovery Peer Advocates (CRPAs). They are as follows:

- New York Certification Board
- New York Certification Association



CRPA – How does one qualify to become a CRPA?

CRPA's must:

- Be at least 18 years of age
- Have a high school diploma or General Equivalency Degree (GED)
- Complete a minimum of 46 hours of content specific training, covering the following topics: advocacy, mentoring/education, recovery/wellness support, and ethical responsibility
- Have “lived experience” as a peer. Peers may be in recovery themselves or acquire “peer status” through lived experience involving others
- Document 1,000 hours of related work experience **or** document at least 500 hours of related work experience if they:
 - Have a Bachelor's Degree;
 - Are credentialed as a CASAC, CASAC Trainee, or Prevention Professional; or
 - Completed the 30-hour Recovery Coach Training



CRPA – How does one qualify to become a CRPA?

CRPA's must (requirements continued):

- Provide experience of at least 25 hours of supervised experience providing peer support services
- Submit two letters of recommendation
- Pass a competency-based examination
 - Note: this does not apply to Grandparenting applicants



CRPA – Youth and Family Designations

In June 2016, OASAS published a Request for Proposals (RFP) seeking qualified consulting, educational, and/or research organizations interested in developing curricula to add Youth and Family Parenthetics to the CRPA. The CRPA-Y and CRPA-F will, respectively, allow an individual to specialize in serving youth or families affected by youth substance abuse.

We are partnering with the NYCB and their team of consultants to develop the curricula and trainings for these designations!



CRPA – Youth and Family Designations

How does one qualify to be a CRPA-Y or CRPA-F?

Many of the requirements from the CRPA carry over to its parenthetics. To be certified as either a CRPA-Y or CRPA-F, an individual must meet the following requirements:

- Have lived experience as a family member impacted by youth substance use disorders. The CRPA-Y and CRPA-F may be in recovery themselves;
- Have a high school diploma, a State Education Commencement Credential, or a General Equivalency Degree (GED);
- Complete the minimum education requirements for the International Certification and Reciprocity Consortium's (IC&RC's) Peer Recovery certification which currently requires 46 hours to include specific training, covering the following topics: advocacy, mentoring/education, recovery/wellness support, medication-assisted treatment, and ethical responsibility;



CRPA – Youth and Family Designations

Requirements continued:

- Document the minimum work experience hours as required for the International Certification and Reciprocity Consortium's (IC&RC's) Peer Recovery credential. The general 500 hours of related work experience can be waived if they:
 - Have a Bachelor's degree;
 - Are credentialed by OASAS as a CASAC, CASAC Trainee, or Prevention Professional; or
 - Have completed the 30-hour Recovery Coach Academy Training
- Provide evidence of at least 25 hours of supervision specific to the performance domains of advocacy, mentoring/education, recovery/wellness support, and ethical responsibility.



CRPA – Youth and Family Designations

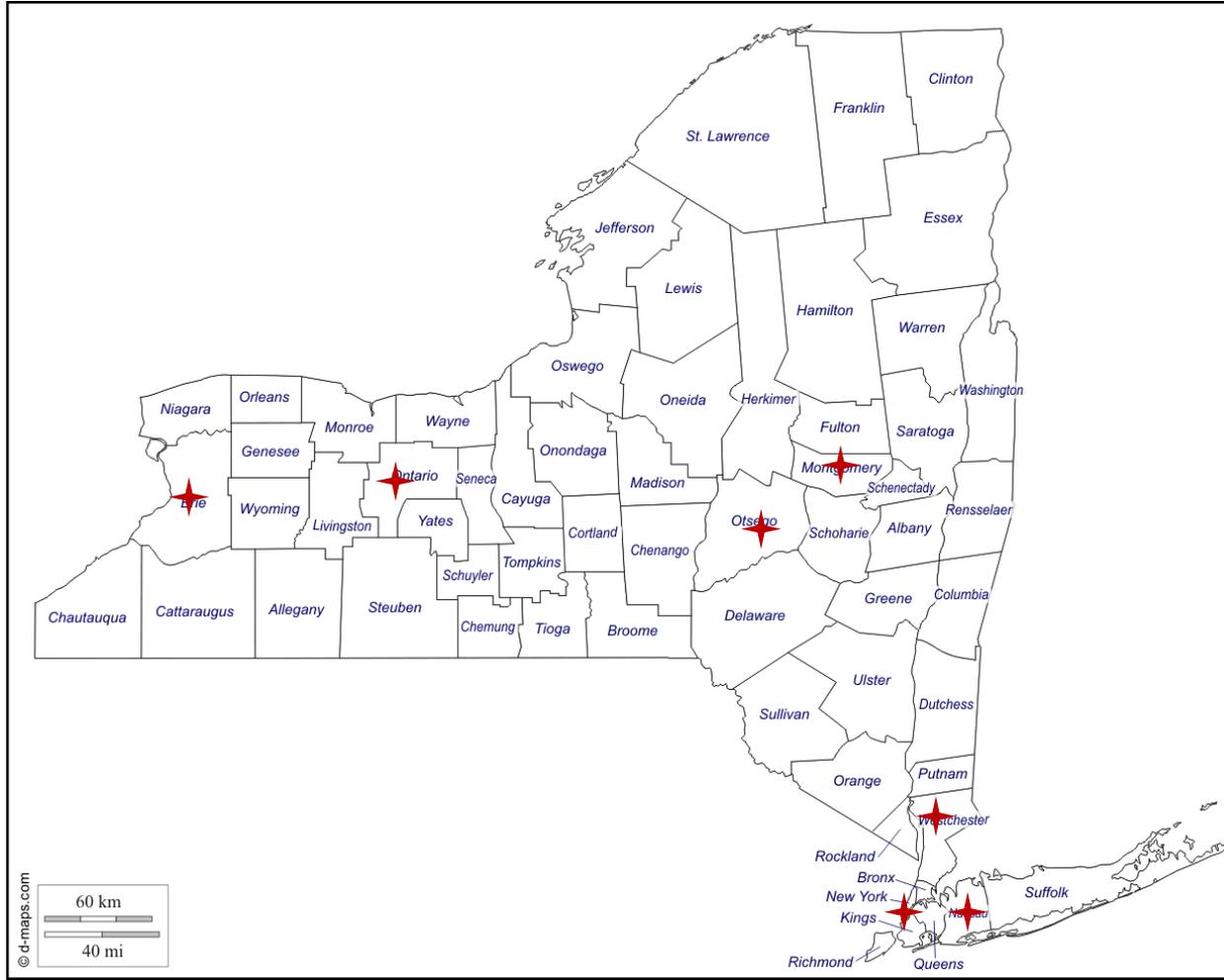
Requirements continued:

- Pass the IC&RC Peer Advocate Exam, offered by an OASAS approved Certification Board or other exam approved by OASAS;
- Submit two letters of recommendation;
- Demonstrate a minimum of 16 hours of education in the area of either Youth or Family Peer Support; and
- Complete 20 hours of continuing education earned per year, based on a renewal cycle determined by the Certification Board, including six hours of ethics training per renewal cycle.



Youth Clubhouses





Current Clubhouse Locations

Nassau County
 NYC – Manhattan
 Westchester County
 Montgomery County
 Otsego County
 Ontario County
 Erie County

Four new additional locations!



Office of Alcoholism and
 Substance Abuse Services

The Clubhouse Model

Purpose of a Clubhouse

The purpose of a Clubhouse is to serve adolescents and young adults who have, or are at risk for, a substance use disorder and/or a co-occurring mental health disorder. The Clubhouse should provide a safe and inviting place for youth and young adults to develop pro-social skills that promote long-term health, wellness, recovery and a drug-free lifestyle.



The Clubhouse Model

Who Does a Clubhouse Serve?

- The Clubhouse model is designed to serve adolescents, ages 12-17 as well as young adults, ages 18-21. One Clubhouse may serve both populations, as long as the populations and activities remain separate for safety purposes.
- Clubhouses are community-based, and should serve the unique population of the local community.
- The Clubhouse is designed for youths and young adults who are in need of Recovery Support Services, as well as youth and young adults who are not in recovery, but are seeking a safe, drug free environment.



The Clubhouse Model

What services does a Clubhouse Provide?

Non-Clinical

- A Clubhouse is a non-clinical facility, and separate from any treatment facilities.
- A Clubhouse does not provide direct clinical services, but may host community meetings and groups such as Alcoholics Anonymous or Narcotics Anonymous.

Peer-Driven

- A Clubhouse creates the opportunity for participants to work with each other to reach personal and common goals related to recovery from addiction.
- Peer supports are a core tenet of the Clubhouse model

Pro-Social

- A Clubhouse helps youth and young adults to foster friendships, self-esteem and self-worth, and the Clubhouse activities encourage positive family, peer and community involvement.



The Clubhouse Model

What kind of activities take place at a Clubhouse?

A Clubhouse provides a program of services and activities. These include, but are not limited to:

- Recreation
- Education
- Support
- Structured skill-building activities
- Appropriate evidence based practices related to a drug-free lifestyle



The Clubhouse Model

Where are Clubhouses located?

Community-Based

- The Clubhouse should be located in a place where youths naturally congregate in the community.
- Separate from treatment facilities.



The Clubhouse Model

When do Clubhouses operate?

Youth-based hours

- The Clubhouse should be open, and offer activities, during times that are amenable to the ages of the target population.
- This may include weekend and evening hours.
- These hours and available activities may vary if the Clubhouse is serving youths 12-17 and young adults ages 18-21.



The Clubhouse Model

How is a Clubhouse organized?

Staff

Clubhouse staff should be:

- Dedicated
- Culturally competent
- Familiar with the unique needs of youth and young adults
- Trained to help young people reach their individual recovery goals

Volunteers

Clubhouse volunteers

- Supervision
- Specific skills
- Guest speakers
- Provide additional resources



Peer Services in the Clubhouse

- Clubhouse model is founded on the principle of peer supports
- Peer support skill building
- Peer mentoring
- Building peer leadership within the Clubhouse
- Recovery peer supports vs pro-social peer interaction



Thank you!

Samantha Kawola – Project Coordinator, NY Focus on Youth and Families, NYS
OASAS
Samantha.Kawola@oasas.ny.gov

DJ Rhodes– Youth and Family Specialist, NY Focus on Youth and Families, NYS
OASAS
DJ.Rhodes@oasas.ny.gov

