

BEHAVIORAL HEALTH
PEER RECOVERY SUPPORT SERVICES
RESOURCE AND BILLING GUIDE



What are Peer Recovery Support Services?	2
Principles of Core Competencies	2
Certified Peer Support Professionals	2
Certified Addiction Peer Recovery Coach	2
Why Peer Recovery?	3
How Peer Recovery Support Services Help	3
Provider Qualifications	3
Indiana Criteria	3
Indiana Association of Peer Recovery Support Services (IAPRSS)	3
Coding Requirements	4
Acronyms	4
Connect to Peer Services	4



WHAT ARE PEER RECOVERY SUPPORT SERVICES?

Peer Recovery Support Services (PRSS) are community-based support services provided by individuals with lived experiences of mental illness or substance use disorder (SUD). The goal of PRSS is to engage those with a substance use (or behavioral health) disorder, be a companion service to those in active treatment, or support those in short-term recovery.

The philosophy of PRSS centers on a person using their life experiences to help others (peers) through treatment and toward the path of sustained recovery from mental illness, and/or substance abuse. A PRSS specialist will:

- Have firsthand experience with a mental illness and/or substance abuse challenge, as well as have lived in recovery for at least one year
- Work very closely with case management staff to assist clients in maintaining long-term recovery
- Maintain support of the client during the recovery process

Peer recovery services are individual, face-to-face services that provide structured, scheduled activities that promote socialization, recovery, self-advocacy, development of natural supports and maintenance of community living skills. Peer recovery services must be delivered by individuals certified in peer recovery services according to the Division of Mental Health and Addiction (DMHA) training and competency standards for a certified recovery specialist (CRS).

PRINCIPLES OF CORE COMPETENCIES

Core competencies for peer workers reflect certain foundational principles identified by members of the mental health consumer and SUD recovery communities. These are:

- **Recovery-oriented:** Peer workers hold out hope to those they serve, partnering with them to envision and achieve a meaningful and purposeful life. Peer workers help those they serve identify and build on strengths, and empowers them to choose for themselves, recognizing that there are multiple pathways to recovery.
- **Person-centered:** Peer recovery support services are always directed by the person participating in services. Peer recovery support is personalized to align with the specific hopes, goals and preferences of the people served, and to respond to specific needs the people have identified to the peer worker.

- **Voluntary:** Peer workers are partners or consultants to those they serve. They do not dictate the types of services provided or the elements of recovery plans that will guide their work with peers. Participation in PRSS is always contingent on peer choice.
- **Relationship-focused:** The relationship between the peer worker and the peer is the foundation on which peer recovery support services and support are provided. The relationship between the peer worker and peer is respectful, trusting, empathetic, collaborative, and mutual.
- **Trauma-informed:** Peer recovery support utilizes a strength-based framework that emphasizes physical, psychological, and emotional safety, and creates opportunities for survivors to rebuild a sense of control and empowerment.

CERTIFIED PEER SUPPORT PROFESSIONALS

The Certified Peer Support Professional (CPSP) is an individual living in recovery with a mental health and/or substance use condition. Additionally, a CPSP is a family member of another person living with a mental health and/or substance use condition. The responsibilities of the CPSP include:

- Provide peer support services
- Serve as an advocate
- Provide information and resources to individuals of environments including:
 - Emergency Departments (EDs)
 - Outpatient and inpatient settings
 - Jails
 - Within Recovery Cafes
 - Indiana's Recovery Community Organizations

CERTIFIED ADDICTION PEER RECOVERY COACH

Recovery coaching is a set of nonclinical, activities, based on shared lived experience, that engage, educate and support an individual to successfully recover from mental and/or substance use disorders. Peer recovery coaches act as a recovery and empowerment catalyst linking newly recovering person to the recovering community, guiding the recovery process and supporting the individual's recovery choices, goals, and decisions.

WHY PEER RECOVERY?

PRSS are an integral part of the continuum of services offered through the behavioral health system of care and consist of activities that promote recovery, self-determination, self-advocacy, well-being, and independence. These services are individualized, recovery-focused, and based on a relationship that supports a person's ability to promote his or her recovery. PRSS promotes an integrated care model, compliments traditional treatment services, and can offer an employment opportunity to those in recovery.

HOW PEER RECOVERY SUPPORT SERVICES HELP

Peer Support Specialists are individuals with lived experiences who have achieved significant recovery and can assist others and their family in their recovery journeys. PRSS can be provided in a variety of settings including hospitals, drop-in centers, and prisons. Peer Support Specialists go beyond treatment as usual and use different training and skills to support recovery in collaboration with professionals, including but not limited to therapists, social workers, and psychiatrists. Peer Support Specialists aid in various roles, including case management, wellness coaching, and education. They are also active participants in a full range of clinical settings, including crisis services. Peer Support Specialists promote recovery by lived experience as well as enhance hope and social networking through role modeling. They supplement existing treatment with education, empowerment, and aid in system navigation to access these services. In addition, peer support specialists will:

- Provide outreach during early recovery
- Co-develop a personal recovery plan
- Articulate personal goals for recovery and holistic steps toward long-term recovery
- Assist in accessing community resources
- Create smooth transitions in level of care changes to ensure a continuum of support
- Guide and educate through the recovery process
- Engage in the recovery community
- Promote accountability and provide support before, during and after treatment
- Advocate for needs and community education about mental illness and substance abuse
- Facilitate recovery support groups
- Engage in shared problem solving to identify and overcome barriers
- Explore and apply personal strengths
- Build positive social skills through role modeling

PROVIDER QUALIFICATIONS

According to Indiana Health Coverage Programs (IHCP) Behavioral Health Services Mental Health and Addictions Provider Reference Module, PRSS must be delivered by individuals certified in PRSS, per the DMHA training and competency standards and must be performed under the supervision of a licensed professional or qualified behavioral health professional (QBHP). Individuals providing PRSS must be under the supervision of a licensed professional, including:

- Physician (such as a psychiatrist)
- HSSP
- Licensed psychologist
- Independent practice school psychologist
- LCSW
- LMFT
- LMHC
- LCAC
- Physician Assistant
- APRN, as defined in 405 IAC 5-20-8-2
- Individual with a master's or doctoral degree in any of the following disciplines:
 - Social work from a university accredited by the Council on Social Work Education
 - Mental health counseling from an accredited university
 - Marital and family therapy from an accredited university

INDIANA CRITERIA

PRSS can also be referred to as peer support or peer counseling services. PRSS is individual, face-to-face, and provides structured, scheduled activities that promote socialization, recovery, self-advocacy, development of natural supports, and maintenance of community living skills.

INDIANA ASSOCIATION OF PEER RECOVERY SUPPORT SERVICES (IAPRSS)

Peer Network Indiana is a place for peers to connect with one another, connect with employers, and develop their skills as peer support specialists. Peer Network Indiana provides a variety of resources geared towards peers and the great work that they do in their communities across Indiana. For more information go to: <https://www.iaprss.org/>.

CODING REQUIREMENTS

Peer Recovery Services are available without a prior authorization (PA) up to 365 hours (1,460 units) per rolling 12-month period.

Additional units may be authorized via the PA process.

CPT CODE	DESCRIPTION	CRITERIA
H0038	Self-help/peer services, per 15 minutes.	<p>Self-help/peer services are specialized therapeutic interactions that are performed by individuals who are current or past recipients of behavioral health services. These individuals are trained and certified to provide support and assistance to individuals in their recovery and integration into the community.</p> <p>Peer recovery services are individual, face-to-face services that provide structured, scheduled activities that promote socialization, recovery, self-advocacy, development of natural supports, and maintenance of community living skills.</p>

Billing Exclusions

- PRSS that are purely recreational or diversionary in nature, or have no therapeutic or programmatic content, will not be reimbursed.
- Interventions targeted to groups are not billable as PRSS.
- Activities that may be billed under Skills Training and Development or under case management are not billable as PRSS.
- PRSS are not reimbursable for children under the age of 16.
- PRSS that occur in a group setting are not reimbursable.

ACROYNMS

CMHC – Community Mental Health Center

CRS – Certified Recovery Specialist

DMHA – Department of Mental Health and Addiction

HSPP – Health Service Provider in Psychology

IAPRSS – Indiana Association of Peer Recovery Support Services

OTP – Opioid Treatment Program

PA – Prior Authorization

QBHP – Qualified Behavioral Health Professional

SUD – Substance Use Disorders

CONNECT TO PEER SERVICES

- [Which Credential is Right for You?](#)
- [Peer Support Workers for those in Recovery](#)
- [Family and Social Services Administration: Peer Support](#)

REFERENCES

- [Indiana Family and Social Services Administration \(FSSA\) Peer Support Web Page](#)
- <https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers>
- [IHCP Behavioral Health Services Provider Reference Module](#)