TENNCARE POLICY MANUAL

Policy No:	BEN 11-002		
Subject:	Peer Recovery Services (Rev. 3)		
Approval:		**Date:**	6-23-16

PURPOSE:

Managed Care Organizations (MCOs) providing services to TennCare enrollees are required to cover psychiatric rehabilitation services as medically necessary. Psychiatric rehabilitation services may include peer recovery services as required based on the individual's needs and treatment plan.[1]

The purpose of this policy is to clarify TennCare's expectations of peer recovery services.

BACKGROUND:

Through the peer recovery service model, persons who are currently receiving or who have previously received mental health or substance abuse services and are Certified Peer Recovery Specialists (CPRSs) provide support to individuals with similar treatment needs. Peer recovery services are intended to supplement other mental health services such as psychotherapy or medication management. Peer recovery services are not intended to be a substitute for these other mental health services. Services are sometimes available during the evening and weekend hours.

Peer recovery services are not recommended for individuals whose needs can be met through psychotherapy and counseling services alone; instead, they should be used for persons who could benefit from more intensive supports specific to their recovery needs. Similar to other mental health and substance abuse treatment methods, the primary goals of peer recovery services are to encourage independence and develop decision making skills; therefore, services may be intense at the beginning and decrease over time.

Peer recovery services may include a wide range of direct services such as:

- Assisting the enrollee in developing community support
- Assisting in the development of recovery goals

[1] See MCO Statewide Contract, Attachment I.

- Serving as an advocate, life coach, mentor, or facilitator for resolution of issues the enrollee is not able to resolve on his own
- Providing education on the importance of maintaining personal wellness and recovery

POLICY:

Providers of TennCare reimbursed peer recovery services must meet minimum qualifications and complete specialized training as Certified Peer Recovery Specialists (CPRS), as required by the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS). Information about the CPRS program including the CPRS Handbook, forms, guidelines, and other resources is located at http://tn.gov/behavioral-health/topic/certified-peer-recovery-specialist-program.
In order for CPRS services to be reimbursed by TennCare, specialists must be employed by a TennCare provider that offers general supervision for CPRS services and ensures that they meet all applicable TennCare provider requirements.Examples of CPRS providers can include but are not limited to: licensed alcohol and drug abuse treatment centers, inpatient hospital settings, community mental health agencies, and veterans' hospitals. TennCare does not recognize Peer Recovery Specialists who work as independent providers or who are associated with agencies that are not TennCare providers.

It should be noted that Peer Support Centers (formerly called "Drop-in Centers") are not recognized TennCare providers. TennCare enrollees may certainly seek assistance from Peer Support Centers, but this assistance is offered without charge to all persons having a need for the service and is not separately reimbursable by TennCare. However, a person who is receiving peer recovery services funded by TennCare may receive these services in a Peer Support Center if the CPRS meets TennCare's criteria as stated above. In this situation, the Peer Support Center is not the provider of the service, but the place where the service is delivered. If the peer recovery service is being provided to an individual at a Peer Support Center or any other place where other people may be present, services must be provided in accordance with HIPAA privacy and confidentiality guidelines (e.g., the service location must have an area where private counseling services may occur).

TennCare reimbursed peer recovery services must be authorized as part of an enrollee's plan of care.

Peer Support Services are also available to parents/legal guardians of TennCare eligible children when the service is directed exclusively toward the benefit of the child. Services can include developing supports, instilling confidence, and other useful solutions to improving the child's mental health.

The differentiation among services provided by CPRSs and by other mental health professionals is illustrated in the table on the following page.

Division of Responsibilities among Mental Health Professionals

	Peer Specialist	Case Manager	Mental Health Professional	Employment/ Housing/ Psychosocial Staff
Planning Service	Assist consumer in developing recovery plan/WRAP (Wellness Recovery Action Plan)	Assist consumer in developing a service plan	Develop treatment plan with consumer	Assist consumer in developing employment/ housing plan
Resource Service	Teach/support/coach how to utilize resources and navigate the mental health system	Referral & linkage	Clinical assessment	Identify resources needed to implement plan
Illness Management Service	Teach/support/coach the acquisition and exercise of skills needed for management of symptoms	Ensure consumer has access/continuity of care throughout the mental health and primary health care system	Clinical education and training regarding symptomatology and medication management	Assist consumers so that illnesses/symptoms do not negatively impact employment and housing goals
Medication Management Service	Teach/support/coach importance of monitoring symptoms, medication reactions, and/or effective communication with doctors/therapists	Ensure consumer has resources to acquire medication, has transportation for appointments and attends appointments	Clinical treatment to include individual and group therapy	Educate employers/landlord s on the treatment process and role of medications and symptoms in the management of the illness as appropriate
Employment/ Housing Service	Teach/support/coach skills and attributes needed to attain and maintain employment and housing	Ensure consumer has access to psychosocial rehabilitation, supportive employment, and housing options	Clinical consultation and assessment	Employment and housing support by facilitating opportunities for housing and job placement
Education Service	Teach consumers understanding and skills needed to manage illness through BRIDGES(Building Recovery and Individual Dreams and Goals through Education and Support)/IMR (Illness Management and Recovery) curriculum	Encourage consumer to utilize community/natural supports to assist in illness management	Provide clinical support through individual therapy sessions	Teach skills needed to maintain housing and employment

OFFICE OF PRIMARY RESPONSIBILITY:

Managed Care Operations

REFERENCES:

Centers for Medicare and Medicaid Services (CMS)
State Medicaid Director Letter (SMDL) #07-011 (Peer Support Services), August 15, 2007
http://www.cms.gov/SMDL/downloads/SMD081507A.pdf

Clarifying Guidance on Peer Support Services Policy, May 1, 2013
https://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Benefits/Downloads/Clarifying-Guidance-Support-Policy.pdf

Managed Care Organization (MCO) Statewide Contract)
MCO Statewide Contract
https://tn.gov/assets/entities/tenncare/attachments/MCOStatewideContract.pdf

Department of Mental Health and Substance Abuse Services
Tennessee Certified Peer Recovery Specialist Program

Peer Support Centers in Tennessee
http://tn.gov/behavioral-health/article/peer-support-centers-in-tennessee

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