Inviting Involvement:
What People are Saying about Peers and Recovery

Results of Peer Specialist Integration Project Surveys
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Are clients working with Peer Specialists?

- Yes: 32%
- No: 68%

- One-on-one: 52%
- In a group: 22%
- Both: 26%
What clients are saying about Peers and recovery
I am so fortunate to have MHMR helping me to recover and not be ashamed around my diagnosis.

- PSI Client
My Peer Specialist is very caring and capable. When she says she will help me, she does. When she says she’s gonna do something, she does. I really appreciate her as she is continually assisting me to be the better me. Give her a raise in pay.

- PSI Client
I like what my clinician, my counselor, and my Peer Support Specialist have done.

- PSI Client
What are clients saying about recovery orientation?
Recovery Self Assessment (RSA)

<table>
<thead>
<tr>
<th>Category</th>
<th>Work with a PS</th>
<th>Do not work with a PS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access &amp; Engagement</td>
<td>3.9</td>
<td>3.5</td>
</tr>
<tr>
<td>Choice</td>
<td>4.0</td>
<td>3.8</td>
</tr>
<tr>
<td>Community Development</td>
<td>3.9</td>
<td>3.7</td>
</tr>
<tr>
<td>Involvement</td>
<td>3.7</td>
<td>3.6</td>
</tr>
<tr>
<td>Life Goals</td>
<td>4.0</td>
<td>3.8</td>
</tr>
<tr>
<td>RSA Total</td>
<td>3.9</td>
<td>3.7</td>
</tr>
</tbody>
</table>

RSA α = .96
N=446
What are clients saying about their individual recovery?

Maryland Assessment of Recovery Scale (MARS)

MARS α = .96
N=468

<table>
<thead>
<tr>
<th>MARS Total</th>
<th>Work with a PS</th>
<th>Do not work with a PS</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.09</td>
<td></td>
<td>3.97</td>
</tr>
</tbody>
</table>
A few items from MARS

<table>
<thead>
<tr>
<th>Item</th>
<th>Currently working with a Peer Specialist</th>
<th>NOT currently working with a Peer Specialist</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am responsible for taking care of my physical health</td>
<td>4.44</td>
<td>4.33</td>
</tr>
<tr>
<td>It is up to me to set my own goals</td>
<td>4.35</td>
<td>4.23</td>
</tr>
<tr>
<td>I have skills that help me to be successful</td>
<td>4.05</td>
<td>3.98</td>
</tr>
</tbody>
</table>
Patient activation

- Believes active role is important
- Confidence and knowledge to take action
- Taking action
- Staying the course

Increasing Activation

- “the skills and confidence that equip patients to become actively engaged in their health care”
- Research shows linked to better health outcomes and care experiences
What are clients saying about their level of recovery involvement?

- Work with a PS
- Do not work with a PS

<table>
<thead>
<tr>
<th>Recovery Involvement</th>
<th>Work with a PS</th>
<th>Do not work with a PS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have never heard of or thought about my recovery</td>
<td>5.5</td>
<td>5.7</td>
</tr>
<tr>
<td>Have been thinking about my recovery but have not decided yet</td>
<td>5.5</td>
<td>5.7</td>
</tr>
<tr>
<td>Committed to my recovery and am making plans to take action soon</td>
<td>22.9</td>
<td>21.3</td>
</tr>
<tr>
<td>Actively involved in process of recovery</td>
<td>60.6</td>
<td>52.9</td>
</tr>
<tr>
<td>Feel that I am fully recovered, just have to maintain my gains</td>
<td>1.8</td>
<td>8.2</td>
</tr>
<tr>
<td>Am not working on my recovery</td>
<td>2.8</td>
<td>3.7</td>
</tr>
<tr>
<td>Other</td>
<td>0.9</td>
<td>2.5</td>
</tr>
</tbody>
</table>
What are clients saying is important to their lives?

Qualitative analysis

✧ “Write down the things you would find important to living the kind of life you would like to have”

✧ n=347

✧ 73 codes emerged from the data
Top 10 Codes

- Job: 24%
- Home: 23%
- Mental Health Services: 16%
- Family: 15%
- Sobriety: 14%
- Religion: 13%
- Financial Security: 13%
- Better Mental Health: 13%
- Independence: 7%
- Friends: 6%
We asked peer specialists at six organizations what are the top three questions they get. They responded:

- Can you help me get a job?
- How can I get housing?
- How long will it take to see a doctor?
- Can you help me contact my case manager?
- When can I get out of here? [hospital]
- What time does group meet?
- How can I get bus tickets?
- Can I get more food on my plate? [hospital]
- Can you help me with transportation?
- Can you help me with food stamps?
- Can you help me get benefits?