

**DEPARTMENT OF HEALTH AND HUMAN SERVICES
OFFICE OF DIRECTOR**

ACTION REFERRAL

TO <i>Liggett</i>	DATE <i>11-7-13</i>
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DIRECTOR'S USE ONLY	ACTION REQUESTED
1. LOG NUMBER <i>000164</i>	<input type="checkbox"/> Prepare reply for the Director's signature DATE DUE _____
2. DATE SIGNED BY DIRECTOR _____	<input type="checkbox"/> Prepare reply for appropriate signature DATE DUE _____
	<input type="checkbox"/> FOIA DATE DUE _____
	<input checked="" type="checkbox"/> Necessary Action

APPROVALS (Only when prepared for director's signature)	APPROVE	* DISAPPROVE (Note reason for disapproval and return to preparer.)	COMMENT
1.			
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SOUTH CAROLINA
SHARE
Helping Others Help Themselves

RECEIVED

NOV 07 2013

October 31, 2013

Department of Health & Human Services
OFFICE OF THE DIRECTOR

Mr. Anthony Keck, Director
Health and Human Services
P. O. Box 8206
Columbia, SC 29202

Dear Mr. Keck:

Enclosed please find a grant request from SC SHARE and Mental Health America SC to provide an enhanced ongoing statewide training curriculum for the Certified Peer Support Specialist who provide services throughout South Carolina. We feel that this partnership will provide positive beneficial outcomes to the people we serve who are dealing with mental illnesses.

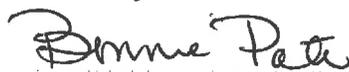
SC SHARE is South Carolina's only statewide, consumer run, non-profit mental health advocacy organization that is managed and governed by people who are diagnoses with mental illness and substance abuse. Our mission is to offer hope and empowerment through recovery by maintaining a network of self-help support groups, peer recovery services and employing Certified Peer Support Specialist.

Currently, SC SHARE and Mental Health America – SC (MHA) have formed a partnership to provide enhanced recovery services throughout South Carolina where MHA has facilities and clients that could benefit from SHARE's Recovery Services through our Certified Peer Support Specialist Program.

I commit this organization's resources, along with our membership participation, to assist you in this new project. Again, I am pleased to support this project and look forward to our partnership with you on the project.

If you have any further questions, please do not hesitate to contact me.

Sincerely,



Bonnie Pate
Executive Director



Mental Health America of South Carolina is the oldest and largest advocacy group in the South for persons who have mental illness. Mental Health disorders have a substantial impact on the United States and even more dire consequences for the people of South Carolina as the national statistics reflect staggering numbers of one in four people nationwide and one in five for South Carolina who suffer from mental health disorders. It is imperative for us to understand that with the right information and tools people can learn and be better equipped to manage their illness and feel empowered to look forward to a healthier more meaningful life in recovery. One of our goals is to assist people in recognizing that mental illnesses are treatable and the stigma associated with mental health disorders can be eliminated.

There are many emerging policy priorities that effect mental health patients in our state every day. Mental Health America of SC in partnership with South Carolina SHARE (Self Help Association Regarding Emotions) is working collaboratively to provide an avenue for education, information, training and facilitation of Peer Support Specialists to be able to support those in our community who have daily issues with managing their illness effectively. Mental Health America of SC will be directly involved in training Peer Support Specialists with regards to documentation while SC SHARE will work to enhance the actual training program that the Peer Support Specialists complete.

We feel that this partnership will have positive beneficial outcomes for the people we serve in our community as well as help empower our Peer Support Specialists who will be equipped with the most up to date and innovative information to share with those who require assistance in managing their illness.

On behalf of Mental Health America of South Carolina, I want to thank you for your consideration of this request. I look forward to hearing the outcome and am hopeful that this will help improve the lives of people with mental illness in South Carolina.

Sincerely,

A handwritten signature in black ink, appearing to read "Joy Jay", is written over a printed name and title.

Joy Jay, Executive Director

Mental Health America of South Carolina

www.mha-sc.org

Peer Support Workforce Development Grant

This grant proposal is being submitted jointly by SC SHARE (Self-Help Association Regarding Emotions) and Mental Health America of South Carolina for a two year grant project.

The purpose for which funds are being requested is to form a statewide peer support organization whose goals will be:

- 1) to enrich the training opportunities for Peer Support Specialists throughout the state so that they can not only improve their personal recovery skills as well as the peers that they serve.
- 2) to provide an avenue for information exchange so that Peer Support Specialists can learn from each other what is working in other areas of the state as well as what is working in other states across the country.

Since its inception in South Carolina Certified Peer Support Specialists have not had a forum where they could all come together and receive training and exchange information and ideas or become recertified as a group.

SC SHARE proposes to enhance and enrich the Certified Peer Support Program in South Carolina by developing a peer support organization known as the Peer Empowerment Project or SC PEP. SC PEP will meet monthly for one or two days depending on the educational component being presented. SC PEP will be open to anyone in the mental health or substance abuse field who has become certified by the state regardless of whether they are currently working in a position or not.

SC PEP (Peer Empowerment Project) will hold information exchange sessions each time the group meets. Educational components to be learned by SC PEP members will include the following evidence based trainings:

- Peer Support Whole Health is a cutting edge training which helps prevent future symptoms of and promote recovery strategies for addressing mental illness and or substance abuse, reduces the adverse health impacts related to mental illness, substance abuse and related traumatic experiences and builds on and maintains wellness skills learned in medical, behavioral health and related trauma treatment and allies recovery support services.
- WHAM which is Whole Health Action Management uses a person-centered planning process in 10 health and resiliency factors to help you create whole health goals, engage in peer support to reach your whole health goals.
- Mental Health First Aid is training designed to help someone who may be in a mental health crisis by assessing for risk of suicide or harm, listen nonjudgmentally, give reassurance and information, encourage appropriate professional help, encourage self-help and other support strategies. This training can then be taught by peers to Doctors, police, emergency personnel or any other entity that may come in contact with a person experiencing a mental health crisis.

- Motivational Interviewing (MI) is a non-judgmental, non-confrontational and non-adversarial approach to increase a peer's awareness of a potential problem caused, consequences experienced and risks faced as a result of the behavior in question. MI helps peers decide what might be gained through change and allows them to make that change when they are ready.
- Emotional CPR is a public health education program that can be used in behavioral and primary care settings as well as a variety of other environments that teaches people to assist others through an emotional crisis. This intervention saves lives and prevents unnecessary use of costly human service resources. Emotional CPR includes three elements- C-Connecting, P-emPowering and R-Revitalizing.
- DBT-dialectical behavioral therapy (DBT) is essentially life skills training. It includes four components-mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness so that clients learn how to control their emotions.
- Intentional Peer Support is another cutting edge program developed by peers that trains participants in a way of thinking about purposeful relationships with the peers served. The techniques do not start with the assumption of a problem; instead participants are taught to listen to how and why someone learned to make sense out of their experiences and then use the relationship to create new ways of thinking, seeing and doing, it promotes a trauma informed way of relating instead of asking what's wrong peers think about what happened; it looks beyond the notion of individuals needing to change and examines a person's life in the context of their relationships and communities and finally and most importantly peer support relationships are viewed as partnerships that enable both parties to learn and grow rather than as one person meeting to "help" another.

Through the PEP organization certified Peer Support Specialists will become better educated in nationally known evidence based practices and be provided with a venue in which to exchange ideas and learn from others how peer support can be used to its fullest potential. The SC PEP organization will train Certified Peer Support Specialists in cutting edge, evidence based trainings that will result in a trained peer workforce that will be better trained and better prepared to maximize their value in the workforce. There are few if any other Certified Peer Support Programs in the country that will trained at this level of competency.

Proposed Budget

Travel (includes mileage and hotel for all Peer Support Specialists who are members of the organization)

Mileage= 50 peer support specialists traveling from various locations throughout the state x .48 per mile x 3,500 miles=84,000.00

Hotel for any peer support specialists traveling more than 50 miles from home

35 peer support specialists x 2 nights x 139 per night =9,730.00

Total Travel: \$93,730

Justification: The reason for this line item budget expense is to pay for travel and accommodations for Certified Peer Support Specialists to attend the monthly PEP organization training and information exchange meetings. SCDMH and DAODAS do not have money budgeted for peer support specialists to travel to any trainings outside of their mental health centers. Veteran's Administration certified peer support specialists cannot be reimbursed for travel expenses unless they are part of a vocational rehabilitation program. Many of them do not qualify. We estimate that we will issue invitations to approximately 100 certified peer support specialists throughout the state who are certified and may or may not be employed. We anticipate participation in the PEP organization to be approximately 50%.

Training costs

1. Whole Health Peer Support Training Cost=\$5,000 for 2 days of training= \$5,000

2 trainers mileage from Atlanta Georgia 423 miles x .48 per mile=\$212

Hotel \$139 per night x three nights=\$417

Meal per diem \$50 per day x two people x 2 days and 1 night (\$20 per person) = \$240.00

2. WHAM training cost=\$5,000 for 2 days of training=\$5,000

2 trainers mileage from Atlanta Georgia 423miles x .48 miles=\$212

Hotel \$139 per night for three nights=\$417

Meal per diem for two people for two days and one night= \$240.00

Justification: Ike Powell and Larry Fricks with Appalachian Consulting Group out of Georgia are the authors of these two programs and will present the material to the group

3. Motivational Interviewing Training

10 days of training and coaching in Motivational Interviewing= \$1200 per day x 10 days of training=\$12,000

Coding and Feedback of audiotapes to be made by peers using Motivational Interviewing techniques=

50 participants x \$55 per tape x three rounds=\$8,250

Hotel for 20 days for trainer x \$139 per night=\$2,780

Meal per diem for 10 days x \$50 per day=\$500

Justification: Alan Lyme is a certified Motivational Interviewing Trainer and has his MSW, ICACC and ICCS; he specializes in mental health and addiction treatment

4. Emotional CPR training

2 days of training for 50 people=\$15,000

Travel, hotel and car rental for four trainers coming from Washington DC=\$4,500

Meal per diem for 3 days= \$50 x 3 x 4=\$600.00

Justification: Lauren Spiro, MA, Dan Fisher, MD, PhD and two other certified trainers will conduct this training series which is endorsed by CARF International

5. Intentional Peer Support Training

2 trainers for five training days=\$15,000

Airfare, Hotel and Car Rental for two people=\$1,200

Meal per diem for three days=\$50 x 3 x 2=\$300.00

Justification: Sherry Mead MSW and one of her associates from New Hampshire will present this training series. Sherry is the founder of this training curriculum

6. Mental Health First Aid Training

1 day training for 50 people=\$6,250

Hotel for 2 trainers for one night=\$139 x 2=\$278

Travel expenses mileage from Chesterfield SC =\$66.00

Per diem expenses for two trainers \$50 x 2=\$100

Justification: Lisa Greene Williams and one of her peer employees are certified to teach this training to groups

7. DBT training

2 days of training for eight hours per day x \$40 per hour=\$640

Justification: Beth Padgett, MSW and certified mediation counselor will teach this training

Total Training: \$79,202

Personnel Costs

Moderator for information exchange meetings held monthly for two hours \$40 per hour x 2 hours x 12 days (two years of two day meetings) =\$3,840

Trained mediator Beth Padgett will fulfill this roll.

Executive Director: Administration additional salary for project to handle administrative duties \$3,000 per year-SC SHARE will pay all withholding fees

Resource Development-Project Director- responsible for planning and organization of all meetings, speakers, topics, information exchange and any other duties as required to assure success of the project

\$5,000 per year-SC SHARE will pay all withholding fees

Marketing and Special Projects Director-responsible for marketing each meeting and training by developing cutting edge marketing materials, will also be responsible for setting up FACEBOOK account and maintaining

\$8,000 per year-SC SHARE will pay all withholding fees

Part time Peer Administrative Assistant- will assist all project staff with administrative duties as needed

\$1,200 per year-SC SHARE will pay all withholding fees

Total Personnel=\$45,080

TOTAL REQUEST= \$217,982.00

SACIN



Health Services
West Columbia, SC

20169

RECEIVED

NOV 07 2013

Department of Health & Human Services
OFFICE OF THE DIRECTOR

Mr. Pete Leggitt

Health and Human Services

P O Box 8256

Columbia, SC 29202

