



Peer Support Services

*Diversus Health Network
Request for Application (RFA)*

Issued: 05/17/2023

Diversus Health Network
Peer Support Request for Applications - Proposals Content Guidelines

The purpose of this project is to provide resources for Recovery Community Organizations (RCOs) and treatment centers to deliver peer support services. A peer support specialist is consumer staff of agencies using their lived experience to help others. Peer support specialists are certified in Colorado by the Colorado Peer Association after participating in extensive training.

SAMHSA defines recovery as, "A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." These peer-delivered services may address any of the following pillars of recovery; health, home, purpose or community. The peers selected have been through recovery themselves and are experts in the pillars below.

Respondents to this proposal request should include the following elements- please limit your response to no more than 5 pages, single spaced, Times New Roman 12pt font. Proposal should be in Microsoft Word format (except for required attachments).

- 1) Introduction: Please provide name of the organization, contact name and email for the proposal, total requested amount through June 30, 2022 and a sentence summary description of the proposal.**
- 2) Business proposal, please address each of the following:**
 - a. Describe in detail the project/program that expands Recovery Services in the targeted community(s).**
 - b. Describe how you will provide this project/program, key partners and how it meets the recommendations.**
- 3) Describe the participant population to be served, include county(ies) that will be served and the physical location of where the service will be provided.**
Please keep in mind that the goal of funding is increased number of indigent participants served. Indigent participants are defined as individuals whose household income is at or below 300% Federal Poverty Level (FPL) who have no other payor source for this service.
- 4) Describe how success will be measured for this project/program. Please include not only the number of individuals that will be served but also a quality measure of success.**
- 5) Timeline, including:**
 - a. Project start;**
 - b. Intermediate milestones;**
 - c. Service delivery start (if applicable)**

For treatment programs:

The plan shall include clinical supervision and support for peers in the proposal. Please describe these components as they relate to your program:

1.1 HEALTH

Health is defined as overcoming or managing one's disease(s) or symptoms and making informed, healthy choices.

1.1.1 Wrap-around and Care Coordination

- **Transportation:** Linkage and resources are to be provided so that individuals seeking substance use recovery can access appointment and recovery related activities. Access to reliable and affordable transportation is a necessary link that providers must facilitate. In rural and frontier areas with acute barriers, formal transportation systems might be developed while urban areas might rely on providing access to public or private transportation systems already in place.
- **Childcare:** Childcare is often a barrier to treatment and on-going recovery. Support is required to link individuals to childcare, provide it directly or assist individuals with credit applications for reduced childcare.

1.2 HOME

Home is defined as a stable and safe place to live.

1.2.1 Recovery Living Communities

- **Structure:** The structure of recovery living communities (RLC) requires governance by individuals with lived experience in substance use recovery. This can be implemented as separate organization or can be embedded within another organization, so long as there is independence of governance from that organization.
- **Outreach Staff:** Staff will engage with communities and treatment providers to build relationships that will support referrals and additional supports needed by the residents. Outreach staff are integral in making recovery living communities fully a part of the community.
- **Peer Staff:** Peers staff are key members of Recovery Living Communities (RLC). Peers, or individuals in substance use recovery, provide support of on-site groups and activities and may serve as the connection for residents for other needed supports.
- **Linkages for MAT integration:** With a legal mandate to allow access, RLC have a responsibility to support residents to allow for an ease of access to MAT. RLC through peer staff are expected to support residents with any barriers to MAT access.

1.2.2 Transitions to long-term affordable housing

Some individuals will choose not to live in recovery living settings and those who choose recovery living settings will ultimately move to permanent housing. Transitions to permanent affordable housing can include moves to subsidized housing such as supportive housing and tenant-based or property-based Section 8 vouchers. Assistance with housing may include starting to build a savings for a deposit on an apartment, help in applying for Section 8 vouchers, exploring therapeutic long-term subsidized housing options or locating market-based housing.

Signal believes that that this should be separate from recovery living. Individuals should have a choice about participating in housing that is independent of their recovery status.

1.3 PURPOSE

Purpose is defined as having meaningful daily activities.

1.3.1 Vocational support

Through SAMHSA's Recovery Support Strategic Initiative "Purpose" is one of four dimensions that support a life in recovery. Examples of Purpose are things like developing meaningful daily activities, such as a job, school, volunteer work, family caregiving, or creative endeavors, and the independence, income and resources to participate in society.

- **Partnerships with recovery-friendly employers:** These partnerships can help support IPS models and employment that is not connected with IPS. Organizations that can establish strong relationships with recovery -friendly organizations can support meaningful purpose.
- **Education and Training:** An established education and training environment can support a purpose for those in recovery. Through assessments, education and training, individuals should be allowed to investigate and pursue retraining and educational paths, especially when an individuals' former career is not recovery friendly.

1.4 COMMUNITY

Community is defined as relationships and social networks that provide support.

1.4.1 Recovery Community Organizations

- **Structure:** The structure of recovery community organizations (RCO) requires governance by individuals with lived experience with substance use. These organizations could be independent, peer-run organizations or hybrids where organizational governance is shared by peers and professionals but the program is peer governed.
- **Pro-social activities:** A connection to community is key as part of an individuals' long-term recovery. These activities can include remote, in-person, or organized activities following a standard model (12-step programs), other, non 12-step oriented mutual aid programs and informal gatherings based on interest. Activities, in order to maintain consistent participation, should be little or no cost for the participant. In addition to recreational and social support activities, access to volunteer opportunities that provide avenues to "give back" and offer meaning in addition to paid employment would be available.
- **Telehealth support:** In addition to accessing peer-led activities and coaching by remotely, RCOs could facilitate access to telehealth (both physical and behavioral health) by providing brick and mortar sites with computer access. This allows for integration of recovery support and access to formal treatment in communities where computer or internet access may be limited. In addition, the availability of remote peer support allows recovery services to be specialized to specific communities or populations such as Spanish-speaking, LGBTQ, and deaf and hard of hearing communities.

1.4.2 Peer Support

By utilizing peers to support building a community not only is there an opportunity to expand the workforce that is utilized to support those in recovery but a unique ability to create a workforce that reflects the population served including the marginalized community members as defined in the final report and blueprint resulting from the Colorado Behavioral Health Task Force. Peer support can be offered in numerous formats, including pro-social activities (as described above) and through 1-on-1 coaching sessions that allow for personalization of the support. Peer support services would likely be delivered under the organizational umbrella of RCOs, Recovery Living Communities and treatment providers.

A Recovery Community Organization is an independent, non-profit organization led and governed by representatives of local communities of recovery. These organizations organize recovery-focused policy advocacy activities, carry out recovery-focused community education and outreach programs, and/or provide peer-run recovery support services (P-RRSS).

Acronyms and Definitions:

Peer Support Services - In behavioral health, a Peer refers to someone who shares the experience of living with a psychiatric disorder and/or addiction. A Peer may have the experience either directly or as family members or significant others.

Peer - In behavioral health, a Peer refers to someone who shares the experience of living with a psychiatric disorder and/or addiction. A Peer may have the experience either directly or as family members or significant others.

Recovery Community Organization (“RCO”) - "Recovery Community Organization" means an independent, nonprofit organization led and governed by representatives of local communities of recovery that organize recovery-focused policy advocacy activities, carry out recovery-focused community education and outreach programs, or provide peer-run recovery support services.

Recovery Supports - Recovery supports include an array of services intended to manage mental health symptoms; increase housing to support recovery; reduce barriers to employment, education, and other life goals; and secure necessary social supports in their chosen community.

Treatment Providers - Providers with expertise in substance use disorder care can ensure recovery-focused attention to prevention, assessment, and treatment. These providers are licensed agencies under these rules by the Department of Human Services to provide substance use disorder treatment. Target population: The Contractor will support Coloradans living with Substance Use Disorder and/or co-occurring conditions. Services are to ameliorate the increases in Co-Occurring and Substance Use Disorder needs related to the COVID-19 pandemic but are not limited to only pandemic-affected persons.

1.5 LOCATION

The services outlined in this document should be located in any or all of the following Colorado Counties: Custer, Park, El Paso, Fremont, Lake, Teller, and Chaffee.

1.6 SUBMISSION DEADLINE AND INSTRUCTIONS

Activity	Deadline
Application Published	5/17/2023
Application Questions Due	5/31/2023
Application Due	6/16/2023
Projected Start Date	7/1/2023

Organizations interested in offering these services should submit their proposal in Word format. Please limit the project narrative to no more than 5 pages. The associated budget should use BHA’s capacity budget protocol in Excel format. Proposals should be submitted via email to the below email address. Diversus Health Network will acknowledge receipt of each proposal. If no acknowledgement occurs, respondents to this request for proposal should resubmit.

hndeliverables@diversushealth.org

1.7 BUDGET

Providers must include a budget and budget narrative for the proposed project under this RFA using the Behavioral Health Administration (BHA) capacity budget worksheet. Diversus Health Network recognizes that this funding is only a part of the support necessary to provide the service. Additional funds may be needed, including Medicaid, other governmental sources, client fees, grants, local hospital support, and other sources. The BHA capacity protocol provides a mechanism to capture all funding sources relative to total expenses. Diversus Health Network funding can be used to cover any shortfall that may exist.

It is important to note that there are two forms of service expansion that can take place. Please note under this RFA all projects MUST result in an expansion of services.

- 1) **Increase of clients serviced:** A program could be expanded to serve more clients, a new population of clients, or a new service area.
- 2) **Expansion program or facility:** A new program could be established or expansion of a existing program. Effectively, these are one-time costs associated with the expansion. While capital expenses are included in the definition of expansion, they are not covered under this funding.

1.8 TERM OF AGREEMENT

Diversus Health Network seeks provider agencies who will offer or deploy the services outlined beginning July 1, 2023 through June 30, 2024.

EVALUATION AND DECISION

Diversus Health Network will review all proposals upon receipt and provide responses. Failure to provide a complete set of information requested in this document may result in exclusion from consideration.

Diversus Health Network may seek clarifying information as necessary to make an informed decision either from the respondent provider or from other sources.

After selection of a provider or providers for these services, Diversus Health Network will notify respondents of the decision.