



## Ohio Administrative Code Rule 5122-29-15 Peer support services.

Effective: April 7, 2022

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(A) Peer support services are services for individuals with a mental illness, intellectual or developmental disabilities, or substance use disorders and their caregivers and families.

(B) Peer support services consist of activities that promote resiliency and recovery, self-determination, advocacy, well-being, and skill development. Peer support services are individualized, resiliency and recovery focused, and based on increasing knowledge and skills through a peer relationship that supports an individual's or family's ability to address needs, navigate systems and promote recovery, resiliency, and wellness. They promote family driven, youth guided, trauma informed care and cultural humility, encourage partnership with individuals and families, and advocate for informed choice.

(C) For the purposes of this rule, the following definitions apply:

(1) "Recovery" means the personal process of change in which an individual strives to improve their health and wellness, resiliency, and reach their full potential through self-directed actions.

(2) "Resiliency" means the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity. It is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress such as family and relationship problems, serious health problems, or workplace and financial stressors.

(3) "Wellness" means a broad approach for things individuals can do at their own pace, in their own time, and within their own abilities, that can help them feel better and live longer.

(D) Peer support services may include, but are not limited to:

(1) Ongoing exploration of recovery, resiliency, and wellness needs;



- (2) Supporting individuals and their caregivers and families in achieving goals through increased knowledge, skills and connection as identified by the individual or family;
  - (3) Encouraging hope;
  - (4) Supporting the development of life skills;
  - (5) Developing and working toward achievement of individualized recovery, resiliency, and wellness goals;
  - (6) Modeling personal responsibility for resiliency, recovery and wellness;
  - (7) Teaching and coaching skills to effectively navigate systems to effectively and efficiently utilize services;
  - (8) Addressing skills or behaviors, through processes that assist an individual, caregiver, or family in eliminating barriers to achieving or maintaining recovery, resiliency, and wellness;
  - (9) Assisting with accessing and developing natural support systems;
  - (10) Promoting coordination and linkage among providers;
  - (11) Coordinating or assisting in crisis interventions and stabilization;
  - (12) Conducting outreach and community education;
  - (13) Attending and participating in team decision making or specific treatment team; or,
  - (14) Assisting individuals, caregivers, or families in the development of empowerment skills through advocacy and activities that mitigate discrimination and inspire hope.
- (E) Providing services in a culturally inclusive and competent manner which includes not practicing, condoning, facilitating, or collaborating in any form of discrimination on the basis of ethnicity, race,



gender, sexual orientation, age, religion, national origin, marital status, political belief, or mental or physical disability.

(F) Peer support services are not site specific but shall be provided in locations that meet the needs of the individual, caregiver, or families.

(G) Peer support services may be facilitated to individuals, families, or groups.

(H) Peer support services shall be provided a person certified in accordance with in rule 5122-29-15.1 of the Administrative Code.

(I) Peer support services providers shall report for any certified peer supporter employed by or volunteering with the provider to the Ohio department of mental health and addiction services any events that would disqualify the certified peer supporter pursuant to rule 5122-29-15.1 of the Administrative Code.