



Doors to Wellbeing Quarterly

Newsletter

PSYCHIATRIC ADVANCE DIRECTIVES: YOUTH AND YOUNG ADULT IMPLEMENTATION GUIDE

Psychiatric Advance Directives, also known as PADs, are powerful tools that prioritize people having control of their mental health treatment decisions. In this implementation guide, we will explore what PADs are, why they matter, and how they can empower youth and young adults to protect their voice, choice and autonomy over their personal mental health treatment. This guide should be used by organizations to help youth & young adults understand and create their own PADs. The material included can potentially guide a youth, young adults, and youth peer providers on creating PADs.

WHY DO PADs MATTER?

PADs empower autonomy and help make sure that you receive the care you want, especially if you are in crisis and are unable to remember or communicate what your choices for care are. By completing a PAD, you can communicate your treatment preferences to medical providers, the hospital, law enforcement, and caregivers even if at that moment you are not able to communicate as well as you usually can. Planning ahead like this can help prevent unwanted or harmful treatment and ensure that your needs are met on your terms. Additionally, having a PAD offers you a doorway legal protection if you feel as though the wishes of your PAD are not honored to the best of the treatment team's ability during any involuntary mental health treatment.

This document was created in partnership with On Our Own of Maryland and Youth MOVE National

WHAT'S INCLUDED IN A PAD?

- Snapshot of your medical history. This can include allergies, chronic health conditions, and current medications
- List of medications that have worked or haven't worked in the past (& medication preferences)
- Emergency contacts and the healthcare providers you currently see
- List of preferred hospitals/treatment settings, and those you wish to avoid
- Important factors on treatment options: Are you willing to try drug trials or experiential studies or would you prefer to avoid these things?
- Ways to reduce or avoid emergency treatments. Include things that calm or escalate a situation.
- Spiritual wishes and considerations that would help during any time in treatment
- Cultural considerations that would be important for a treatment team to know

To view the full implementation guide, including types of PADs and PADs legislation, click [here](#)!



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EARLY IMPLEMENTATION OF CALIFORNIA'S PEER SUPPORT SPECIALIST CERTIFICATION PROGRAM

Perspectives of Clinical Administrators, Peer Support Specialists, and Service Users

In September 2020, California enacted the Peer Support Specialist Certification Program Act (California Senate Bill 803), which established a framework for Medi-Cal Peer Support Specialist (MPSS) training and certification to work in the state's specialty behavioral health systems. The certification program is still in its early stages of implementation, with the first MPSS certifications issued in September 2022. To inform continual improvement of the program and help design future comprehensive evaluations, California Mental Health Services Authority requested RAND to conduct an evaluation of the early implementation of the program. Researchers found several positive outcomes for peer specialists along with concerns regarding testing and pay.

KEY FINDINGS

- All three groups of respondents (administrators, PSSs, and service users) voiced positive opinions about PSSs. Service users described being made to feel more comfortable in treatment settings and receiving valuable support from the PSSs with whom they work.
- Administrators and MPSS respondents credited the certification program with providing a greater understanding of the MPSS role among clinical staff and MPSSs alike. The improved understanding of the MPSS role, according to all three groups of respondents, contributed to greater confidence among MPSSs in delivering services.
- Administrators perceived greater ability to coordinate the work of MPSSs with that of the clinical team, and MPSSs reported increases in job responsibilities, including greater autonomy in managing their caseloads.
- Views on the impact of certification on careers were mixed. Some MPSSs saw the certification as an important career milestone, and some program administrators said certification would influence their decisions in hiring. There were some reports that certification had led to wage increases. However, other respondents, among both administrators and MPSSs, emphasized that the certification program has yet to have an influence on MPSSs' careers.
- Although respondents acknowledged positive impacts of certification for MPSSs, they were generally in agreement that it is too early to assess the impact of certification on service user outcomes.
- MPSSs reported a variety of challenges they encountered while taking the required training and the MPSS certification exam. These challenges included gathering the required documentation, the cost of the training and the test, and stress related to the taking the test.

To read the full article, click here!

Laysha Ostrow, Principal of Live & Learn, Inc. served as a peer reviewer on this paper. Live & Learn, Inc. brings the entrepreneurial spirit to synthesizing lived experience with learned expertise: a passion for seeking out high-influence opportunities that redefine the status quo in community services and public policy.



TAKING ACTION FOR WELLBEING CONFERENCE!

Join the Copeland Center for Wellness and Recovery for our **20th anniversary celebration** at our Taking Action for Wellbeing Conference, where we explore the most pressing issues in wellbeing from a personal, professional, and system-wide perspective. We will work on how we are taking action for our wellbeing, how to communicate with those we work with on their recovery journeys, and collaborate on how to enhance systems of care to offer the evidence-based and experiential based approaches that create real change in people's lives!

Hear about the most cutting edge research from top researchers in the field, learn supervision, team building, and leadership skills, and connect with hundreds of people who are also taking action for their wellbeing in a supportive environment driven by our values and ethics.

**AUGUST 11-13
PHILADELPHIA, PA**



The conference will be offered through:

- Keynote addresses from diverse voices in our movement
- Workshops offered by established and new peer leaders from around the US and the world
- Leadership building speakers and activities
- Healing from trauma connection opportunities
- Taking Action for Whole Health and Wellbeing
- Community Inclusion
- Peer workforce development through topics such as Talking with Intention: the Art of Self-Disclosure , Communication: Healthy Boundaries, Peer Supported Community Inclusion, and more!
- Exhibit hall

Keynote addresses made by Paolo del Vecchio, Julius E. Rhodes, SHRM, Judith Cook, PhD, Mark Salzer, PhD, Beajae North, and Kris Locus!

Click here to view more about the conference, register to attend, view location and lodging of the event, and view our call for workshop proposals!

Workshop Presenters Receive 50% off Registration!



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PILLARS OF PEER
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Supporting your journey to wellness and recovery.

Whether you are interested in your own personal wellbeing journey, creating programs to support others, or increasing your skills and knowledge of peer support, the Copeland Center has been walking this path for 20 years creating connecting and healing opportunities for personal and organizational change.

TRAINING CALENDAR

MEMBERSHIP

To find the new page
that houses our Peer
Specialist Webinar
Series, click here!

Peer Specialist Webinar Series

Join us for our monthly
webinars - last Tuesday of each
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*Doors to To Wellbeing is a Program of
the Copeland Center*

LOOK FORWARD
TO OUR NEXT
NEWSLETTER!
...JULY 2024



Copeland Center
FOR WELLNESS AND RECOVERY

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