

Wellness-Informed Peer Support: Impacting Social Determinants of Health

Location: Instructor-led pre-recorded webinar (home study)

Cost: Free of charge

Duration/Time: 1.0 hour (60 minutes)

This course is not eligible for continuing education credits. Upon completion of course requirements, a certificate of attendance will be available to print or download.

Speaker:

Tom Lane, NCPS, CRPS

Former Senior Director, Community and Recovery Supports

Magellan Healthcare

Tom Lane, NCPS, CRPS, has 20 years of experience and leadership developing peer-provided services and supports across multiple systems of care and settings. He is an expert regarding the inclusion of these services and supports in multiple healthcare systems, from publicly funded (e.g., Medicaid, federal block grant, county) systems, commercial health plans and managed care environments to federal/DoD peer support initiatives and models designed to serve military members and their families. A particular area of interest for Tom is the intersection of behavioral health, first responder systems and peer-run organizations. He has done extensive work with justice system partners as a crisis intervention team trainer for multiple jurisdictions and the Federal Bureau of Investigation. He has provided consultative services to SAMHSA, CMS, NASHMPD, MHA, the National Institutes of Corrections, the Council of State Governments, as well as multiple state mental health authority and behavioral health planning council entities.

Tom has implemented grass roots peer support services in the community, formal peer support services within behavioral and integrated healthcare settings, peer support as part of mobile crisis response and crisis diversion services, and within state psychiatric hospital settings. These activities have included peer-run respite services as an alternative to locked psychiatric settings, virtual peer support via peer-operated “warmlines,” and peer support in hospital emergency department settings. Another area of emphasis has been level-of-care transitions, especially intensive levels of care like inpatient, residential and emergency department. He has worked to identify outcomes measures to demonstrate the value and importance of peer-provided services and supports in multiple state Medicaid programs, and is a nationally recognized expert regarding outcomes measures, metrics and quality improvement opportunities for peer support.

Tom was an early recognizer of the impact of social exclusion and social determinants of health on individuals who rely on publicly funded healthcare and other social support services. Over the course of his career, he has applied these learnings to develop innovative solutions and operational processes aimed at increasing access to effective peer support services, improving community connectedness, and enhancing decision support opportunities so individuals can realize improved personal wellness outcomes and improved quality of life. In this work, peer support is a term that encompasses family/parent support, youth support and peer support for other chronic health conditions and life experiences (e.g., forensic involvement, child welfare, suicide attempt survivor).

Tom previously served as a member of the National Advisory Board of the Temple University Collaborative on Community Inclusion, the American College of Emergency Physicians Coalition on Psychiatric Emergencies, and the National Quality Forum Collaborations and Partnerships workgroup. From 2014 – 2017, he served on the national board of directors for the Depression and Bipolar Support Alliance, the country's leading advocacy group for people living with mood disorders.

Disclosures: Tom Lane has no relevant financial relationship or commercial interest that could be reasonably construed as a conflict of interest.

Target audience: This activity is targeted for beginner and intermediate skill levels. It is intended for certified peer specialists and clinical staff.

Goal: The purpose of this educational activity is to provide the target audience with an introduction and overview of how peer support services can be “wellness-informed,” with practical examples of how such peer-delivered services impact social determinants of health.

Learning objectives:

Upon completion of this activity, participants should be able to:

1. Define social determinants of health
2. Explore the Eight Dimensions of Wellness and peer support
3. Explain the concept of wellness-informed peer support
4. Describe core elements of wellness-informed peer support
5. Identify real-world opportunities that impact social determinants of health through peer support

Course outline:

- Overview of social determinants of health
- Health inequities
- Eight Dimensions of Wellness
- Concepts of wellness-informed peer support
- Concepts into practice
- Peer supporter training needs
- Tools and resource review
- Q & A

Eligible hour(s): 1.0 clock hour (60 minutes)

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