Ohio’s 2017 Recovery Conference

Recovery IS Beautiful and Ohio’s transition to a Recovery-Oriented System of Care

September 12, 2017
Recovery Is Beautiful

RECOVERY IS BEAUTIFUL HAS TWO MAJOR COMPONENTS

“Recovery Is Beautiful” is a movement providing hope and encouragement while changing the conversation in regards to mental illness and addiction. We want people to know and understand that:

1. Mental illness and addiction are **chronic illnesses**;
2. Both mental illness and addiction can be treated - **treatment works, and people recover**; and
3. **Recovery is to be celebrated**, individuals in recovery become active, contributing members of their communities!
Recovery Is Beautiful

To move recovery forward, OACBHA Members have created a BluePrint for Ohio’s Community Mental Health and Addiction System that is a five-year plan for moving Ohio toward a Recovery-Oriented System of Care. The BluePrint focuses on prevention and wellness, crisis services, treatment and recovery management. Two major focuses of a ROSC and this BluePrint are:

1. A Recovery-Oriented System of Care focuses first and foremost on the individuals and family members in need of services.
2. It recognizes that local communities with all of the partners, are in the best position to design and manage their local system of care.
BluePrint for **Recovery Is Beautiful**

This BluePrint sets out a framework in which Boards are the Recovery-Oriented System of Care “hub” for their local communities to coordinate across systems to ensure that local entities are prepared to offer community-based mental health and addiction services from prevention through recovery supports.
Recovery-Oriented Systems of Care
Recovery-Oriented System of Care (ROSC)

A framework for coordinating multiple systems, services and supports that are person-centered and designed to readily adjust to meet the individuals needs and chosen pathway to recovery, and provide for sustained recovery management.
Primary Goals of a Recovery-Oriented System of Care

- Creating healthy communities through prevention and wellness services.
- Intervening early in the progression of illness.
- Give individuals in recovery and families of individuals with lived experience in mental illness and/or addiction a strong and active voice.
- Helping individuals move from treatment to pre-recovery initiation to recovery maintenance.
- Actively promote and increase the wellness, productivity, and quality of life among all Ohioans.
A Values Underlying A Recovery-Oriented System of Care

- Person-centered
- Self-directed
- Strength-based
- Encourages the participation of family members, caregivers, significant others, friends, and the community
- Supports individualized, comprehensive services & supports
- Believes in local community-based services & supports
Strengths of a Recovery-Oriented System of Care

- Is outcome-oriented.
- Focuses on individuals and families.
- Utilizes a chronic care approach.
- Focuses on holistic services and supports.
- Services include post-treatment monitoring, early re-intervention, and supports for healing relationships.
- Utilizes individualized approach with a focus on dose, scope, and quality.
- Has an emphasis on prevention and early intervention.
- Allows individuals to drive their own recovery process.
- Engages local partners.
- Provides care coordination across system.
- Utilizes the expertise of Peer Supporters & Recovery Coaches.
- Celebrates Recovery.
Recovery Oriented System Of Care

In the model, clinical care is viewed as one of many resources needed for successful integration into the community.
As ADAMH Boards move a Recovery-Oriented System of Care forward, the following five principles will be at the forefront:

- **Focusing on Clients and Families**: A Recovery-Oriented System of Care allows individuals and families to drive the mental health and addiction services that they receive within their local community.

- **Ensuring Timely Access to Care**: Local Boards ensure that Ohioans have access to a continuum of high quality, integrated care that is available in a timely manner for individuals and families in need of treatment and recovery supports.
Principles for Boards to Move the Vision Forward

- **Promoting Healthy, Safe and Drug-Free Communities:** Local Boards promote the health, wellness, and safety of children, adults and communities by offering a Recovery Oriented System of Care that includes prevention, community education, crisis services, treatment, and recovery supports such as housing, employment supports, and peer supports.

- **Prioritizing Accountable and Outcome-Driven Financing:** Local Boards maximize the use of federal, state, and local funds to meet locally identified outcomes and to enhance accountability and allocate dollars in the most efficient and effective manner possible.

- **Locally Managing Systems of Care:** Healthcare innovation is driven at the community level. Working with their local partners, Boards determine what works best in their communities by planning for, designing, and managing the local system of care.
Local Perspective of Recovery Is Beautiful and ROSC

Meghan Arnold
Executive Director
Fairfield Mental Health Consumer Group
The Look of Success

We will know we have succeeded when:

- Stigma and social isolation decrease,
- Prevention, early identification, treatment, and recovery are understood, valued, and utilized,
- Services, supports, and decisions are client-centered and client-driven,
- Contracts and payments are based on outcomes,
- Ohio moves toward a model focused on long-term recovery,
- Boards continue to maximize the utility of public funds,
- Ohioans have the opportunity to recover, and Ohio has healthier, safer communities,
- Recovery rates have increased and are sustained,
- *Treatment works and people recover.*
HOW CAN COMMUNITY MEMBERS GET INVOLVED

- Recognize that your community has strengths and resources
- Look for opportunities to partner and work together
- Share resources and information
- Influence community and state leaders
- Fight stigma and discrimination
- Support individuals in recovery along with peer supports
- Be honest with each other and work through issues
- Celebrate success
RecoveryisBeautiful.org
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http://www.recoveryisbeautiful.org/
“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

~ Margaret Mead
Any Questions?