A BluePrint for Ohio’s Community Mental Health and Addiction System
Recovery is Beautiful is all about putting the needs of individuals and families requiring addiction and/or mental health programming first and foremost. Members of the Ohio Association of County Behavioral Health Authorities have envisioned a framework where Ohio will be best served by moving toward a Recovery-Oriented System of Care that supports individuals, families, and communities through a system of addiction and mental health prevention, wellness, crisis intervention, treatment, and recovery support programs and services.
Recovery Is Beautiful - Defining Recovery

What is Recovery?

- Recovery from alcohol and drug problems is a process of change through which an individual achieves improved health, wellness, and quality of life. *(SAMHSA, 2009)*

- Recovery from mental disorders and/or substance use disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. *(SAMHSA’s working definition, 2012)*

What is Recovery Management?

- Recovery Management is a philosophy for organizing treatment and recovery support services to enhance pre-recovery engagement, recovery initiation, long-term recovery maintenance, and the quality of personal/family life in long term recovery. *(William White)*
Recovery Is Beautiful - Defining a Recovery-Oriented System of Care

What is a Recovery-Oriented System of Care?

- Recovery-Oriented Systems of Care (ROSC) are networks of formal and informal services developed and mobilized to sustain long-term recovery for individuals and families impacted by severe substance use disorders [and mental illness]. The system in ROSC is not a treatment agency, but a macro-level organization of a community, a state, or a nation. (William White)

- A fundamental principle of a Recovery-Oriented System of Care is that clients are key. Clients are the drivers of decisions about service and support needs. Services are built and systems are put in place so that individuals are able to access an array of services and supports when and where they need them.
Why Recovery is Beautiful

Ohio’s system of addiction and mental health services and programs were built with one premise in mind; helping Ohioan’s live better, healthier, and drug-free lives. Recovery is Beautiful is all about getting back to the core of why these systems exist -- helping Ohioans. It is also about helping Ohio’s communities become and stay healthy and safe, with the recognition that people often require help, and when they do we need to be ready and able to serve them, and prepared to serve them for the length of time their chronic disease requires.
Moving Ohio’s community mental health and addiction system towards a Recovery-Oriented System of Care (ROSC) recognizes that while treatment for crisis situations and acute symptoms is necessary, for a person to recover in the long term, we must also offer an array of supports such as housing, peer supports, and employment supports that help individuals truly become integrated into their local communities.

The transition to a Recovery-Oriented System of Care is largely driven by the body of research and information demonstrating that this framework successfully improves outcomes by ensuring individuals, families, and communities have timely access to prevention and treatment services as well as, recovery supports that increase their likelihood of achieving and sustaining recovery.
OACBHA Vision for Behavioral Health in Ohio

Ohio’s mental health and addiction services system shall emphasize a **Recovery-Oriented System of Care (ROSC)** that capitalizes on community strengths. Ohio’s ROSC shall offer Ohioans an array of accessible mental health and addiction services and recovery supports that are culturally appropriate, accountable, effective, and efficient while promoting individual and family recovery.

Ohio’s Alcohol, Drug Addiction, and Mental Health (ADAMH) Boards ensure that individuals and families affected by mental illness and/or addiction have access to this high-quality, recovery oriented system of care. Boards, through strong community partnerships, will continue to lead and advance efforts to ensure Ohio’s communities are healthy, safe, and drug-free, while assuring accountability and effectiveness in client care.
Why Change Now to Recovery Is Beautiful

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, that moves from a focus on acute care to one that focuses on recovery management to help individuals not only get well, but to stay well.

This BluePrint creates a framework that local partners can tailor to meet the needs of their local citizens and communities.
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 that coordinate across systems to ensure that local entities are prepared to offer community-based mental health and addiction prevention and wellness services, as well as treatment and recovery supports that are person-centered and designed to meet the needs of individuals working toward recovery.
Principles for Boards to Move the Vision Forward

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**: Healthcare is personal and is most effective when it’s delivered based on the needs and values of the individual receiving care. 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. (Research shows that recovery levels are highest when individuals are fully engaged.)

- **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 individuals and communities by offering a continuum of services that includes prevention, community education, crisis services, treatment, and recovery supports such as housing, employment supports, and peer supports. When individuals are healthy and stable in recovery, they can meet their fullest potential, businesses have access to a healthy, drug-free workforce, and families and communities flourish.

- **Prioritizing Accountable and Outcome-Driven Financing:** Maximizing the use of federal, state, and local funds to meet locally identified outcomes, ADAMH Boards utilize a blended funding approach that aligns resources and improves coordination between local community stakeholders. This approach enhances accountability and allocates scarce taxpayer dollars in the most efficient and effective manner possible.

- **Locally Managing Systems of Care:** Healthcare is delivered locally, and individuals and communities are best served when the healthcare system is designed and managed locally. Innovation driven at the community level will lead to the implementation of improved behavioral healthcare delivery solutions. By planning for, designing, managing and advocating for adequate financing, Boards are able to determine what works best in their communities. This type of planning and coordinating requires a systems approach and effective collaboration among local stakeholders including schools, law enforcement, child welfare, the courts, human services, physical health care, businesses, and employment services.
Recovery Oriented System of Care

- Focusing on Clients and Families
- Ensuring Timely Access to Care
- Locally Managing Systems of Care
- Promoting Healthy, Safe, and Drug Free Communities
- Prioritizing Accountable and Outcome-Driven Financing
Focusing on Clients and Families

GOAL:
- Fully involve clients and families in orienting Ohio towards a Recovery-Oriented System of Care encompassing mental health and addiction prevention, treatment, and recovery supports.

ACTION STEPS:
1. Protect and enhance the rights of individuals with a mental illness and/or addiction.
2. Ensure that clients and families have the right to design, drive, and manage their own care.
3. Ensure that all individuals are treated in the least restrictive environment accessible through the community.
4. Through community education on mental illness and addiction, reduce stigma and discrimination.
5. Ensure that Boards have a system of recovery that includes prevention, treatment, and support services.
Ensuring Timely Access to Care

GOAL:

- All clients will be engaged in needed mental health and addiction treatment in a timely manner with sustained recovery management.

ACTION STEPS:

1. Increase access to mental health and addiction services for individuals regardless of where they live or their ability to pay.
   - Enhance approaches to engagement in services.
   - Improve access to services by removing barriers.
   - Improve retention in services.
   - Establish and implement recovery management processes.

2. Increase the number of practitioners available to provide mental health and addiction services including recovery supports, medication-assisted treatment, and psychiatric services for both youth and adults.

3. Increase the number of benefits specialists helping clients enroll in Medicaid and other coverage.

4. Increase coordination with managed care organizations and other healthcare payers to help integrate services.
Promoting Healthy, Safe, and Drug-Free Communities

GOAL:

- Strengthen a culture of partnership and collaboration with local providers, businesses, law enforcement, criminal justice, faith based and veterans organizations, schools, child welfare, public health, and healthcare systems, to provide community education and prevention, reduce stigma, and allow for greater opportunities for individuals and families to achieve wellness and thrive in their communities.

ACTION STEPS:

1. Create awareness and educate communities to promote and participate in recovery, resilience, and the development of protective factors.
2. Provide education and awareness that helps the general public identify early, understand, and respond to mental illness and addiction.
3. Create, sustain, and enhance local taskforces and coalitions based on identified community needs to engage community leaders and citizens to respond to and address emerging issues.
4. Promote and support prevention and wellness programs.
5. Work with local businesses and local Chambers of Commerce to implement more second chance programs for both pre- and post-hires that test positive for drugs of abuse.
6. Work with state and local adult and juvenile justice, law enforcement, judiciary, prisons, jails, detention centers, and re-entry coalitions to divert and reduce recidivism and unnecessary incarcerations.
Prioritizing Accountable and Outcome-Driven Financing

GOAL:
- Improve the performance of recovery supports by increasing the effective and efficient use of resources.

ACTION STEPS:
1. Annually measure approved outcome/output measures.
2. Define and establish consistent and acceptable administrative cost standards and parameters.
3. Build on the success of shared service arrangements looking across the system.
4. Develop, define, and educate on outcome-based contracting measures.
5. Enhance and promote the delivery of high quality, cost-effective mental health and addiction treatment and recovery services in order to improve individual health.
Locally Managing Systems of Care

GOAL:
- Working with local partners, ADAMH Boards shall plan for and manage a local system that provides individuals with access to a holistic model of care and wellness that integrates physical and mental health and addiction services with the social and emotional supports necessary to achieve and maintain recovery.

ACTION STEPS:
1. Train all Governing Board members on their roles, rights, and responsibilities, along with the Ohio ethics and sunshine laws.
2. Strengthen public and private partnerships across local communities and the state, while educating, advocating, facilitating, and coordinating a local Recovery Oriented System of Care.
3. Actively respond to and address local emerging issues.
4. Assess and improve the quality of services by seeking input from clients, families, and stakeholders.
5. Continue to work with state and local partners to further integrate physical and mental health and addiction treatment, services, and supports.
6. Partner with managed care organizations and other health care payers to integrate them within the Recovery-Oriented System of Care.
The Look of Success

The goal before us in this five-year plan is to transform the existing mental health and addiction system of care in Ohio into a **Recovery-Oriented System of Care**. 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, assuring that resources used are justified by the outcomes achieved.
- Ohio moves toward a model focused on long-term recovery for individuals and their families rather than one focused on acute care.
- Boards continue to maximize the utility of public funds by improving the cost efficiency and quality of publicly funded mental health and addiction services.
- All Ohioans have the opportunity to recover, and as a result, Ohio will have healthier, safer communities.
- Recovery rates have increased and are sustained through improved system access, engagement, and retention in services.
- *Treatment works and people recover.*
Recovery is Beautiful.
Recovery is Beautiful - Next Steps

- Championing the Recovery is Beautiful philosophy
- Engaging clients and family members
- Incorporating Recovery into all aspects of what we do
- Continuing to address stigma and change the conversation about mental illness and addiction
- Join us and help make Recovery Beautiful in Ohio
“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