

BAY-ARENAC BEHAVIORAL HEALTH AUTHORITY POLICIES AND PROCEDURES MANUAL

Chapter: 4	Care and Treatment		
Section: 5	Person Centered Planning		
Topic: 6	Recovery Oriented System of Care		
Page: 1 of 5	Supersedes Date: Pol: 5-21-09 Proc: 5-21-09	Approval Date: Pol: 12-18-2014 Proc: 9-30-14	<div style="border-top: 1px solid black; text-align: center; margin-bottom: 5px;"><i>Board Chairperson Signature</i></div> <div style="border-top: 1px solid black; text-align: center;"><i>Chief Executive Officer Signature</i></div>
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Policy

It is the policy of Bay Arenac Behavioral Health Authority (BABHA) to assure that all services are delivered in a manner consistent with a recovery-oriented system of care.

Purpose

- This policy and procedure is established to assure that recovery shall be the guiding principle and operational framework for our system of care provided by the partnership of public and private agencies and consumer operated services that comprise the BABHA system. This begins with the belief that recovery is achievable and possible for everyone. Recovery is inclusive of individuals, adults and children experiencing any of the following conditions:
Substance use
- Severe and persistent mental illness
- Intellectual and Developmental Disabilities
- Co-Occurring Diagnoses.

Education Applies to

- All BABHA Staff
- Selected BABHA Staff, as follows: All Clinical and Clinical Management
- All Contracted Providers: Policy Only Policy and Procedure
- Selected Contracted Providers, as follows: Primary Care/Outpatient
 Policy Only Policy and Procedure
- Other:

Definitions

Recovery:

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1. Recovery 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. (Substance Abuse and Mental Health Services, SAMHSA.)

Procedure

Clinical practices and supports for individuals and their families must project hope, communicate the expectation of recovery, and empower people to exercise choice and control over their lives. The following four major dimensions and ten guiding principles will be the central elements for treatment and supports provided throughout the BABHA system of care.

The Four Major Dimensions:

- ❖ **Health:** overcoming or managing symptoms or conditions and making informed choices that support and promote physical and emotional wellbeing.
- ❖ **Home:** a stable and safe place to live.
- ❖ **Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors and the independence, income and resources to participate in society.
- ❖ **Community:** relationships and social networks that provide support, friendship, love and hope.

The Guiding Principles of Recovery

- ❖ **Recovery emerges from hope:** People can and do overcome the internal and external challenges, barriers, and obstacles that confront them.
- ❖ **Recovery is person-driven:** Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s).
- ❖ **Recovery occurs via many pathways:** Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds including trauma experience that affect and determine their pathways to recovery.

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- ❖ **Recovery is holistic:** Recovery encompasses an individual’s whole life, including mind, body and spirit, and community. The array of services and supports available should be integrated and coordinated.
- ❖ **Recovery is supported by peers and allies:** Mutual support and mutual aid groups including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery.
- ❖ **Recovery is supported through relationship and social networks:** An important factor in the recovery process is the presence and involvement of people who believe in the person’s ability to recover; who offer hope, support and encouragement; and who also suggest strategies and resources for change.
- ❖ **Recovery is culturally-based and influenced:** Culture and cultural background in all of its diverse representations including values, traditions, and beliefs are keys in determining a person’s journey and unique pathway to recovery.
- ❖ **Recovery is supported by addressing trauma:** services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration,
- ❖ **Recovery involves individual, family, and community strengths and responsibility:** Individuals, families, and communities have strengths and resources that serve as a foundation for recovery.
- ❖ **Recovery is based on respect:** Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems-including protecting their rights and eliminating discrimination-are crucial in achieving recovery.

Recovery is the responsibility of the individual , all service providers and the BABHA system of care to help facilitate the individual’s recovery journey.

To facilitate recovery, providers will develop positive, caring relationships with persons served by listening with respect, accepting the individual as a unique person, and valuing his/her strengths, abilities, and dreams.

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Individuals shall be linked to appropriate services, benefits, and entitlements. Professionals, paraprofessionals, natural supports and others identified in the Person Centered Plan will work collaboratively and communicate frequently to keep each other appraised of status of progress toward goal attainment and appropriateness of service array. Connection to family, natural supports and peer directed services is critical to the recovery process and is highly recommended.

Providers will seek to increase knowledge and participate in ongoing training to assure competency and understanding of a recovery oriented system of care. Providers will promote and monitor the use of effective practices that assist in recovery including but not limited to; services provided by peer advocates and specialists, wellness, recovery and relapse prevention plans, strength based recovery oriented treatment plans, transition and discharge planning at the onset of treatment, as well as encouraging crisis planning, and psychiatric advance directives.

All service providers will develop a formalized and implement an ongoing system to monitor clinical practices, services and supports, and will strive to promote consumer empowerment, self-determination, peer support and a recovery oriented system of care.

Attachments

N/A

Related Forms

N/A

Related Materials

N/A

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References/Legal Authority

N/A

Submission Form		
<u>Approving Body/Committee/Supervisor:</u> CLT Pat Baker PNLTR Recovery Committee Regional Integrated Services Collaborative Committee	<u>Author/Reviewer:</u> Patrick Baker Pat Baker Kim Withrow Karen Amon	<u>Approval/Review Date:</u> 3-29-09 08-24-10 11/7/13 8/29/2014-9/30/2014
<u>Result:</u> Deletion <input type="checkbox"/> New <input type="checkbox"/> No Changes <input type="checkbox"/> Replacement <input type="checkbox"/> Revision <input checked="" type="checkbox"/>		
<u>List reason for deletion/replacement/revision here. If replacement, list policy to be replaced.</u> Updated to reflect recommendations by the Recovery Committee and the RISC Committee and adding the SAMHSA Four major dimensions and the Guiding Principles		