



Developing A Better Understanding

Ohio Association of
COUNTY
BEHAVIORAL
HEALTH
AUTHORITIES

RECOVERY IS BEAUTIFUL: FOCUSING ON CLIENTS AND FAMILIES

Recovery is Beautiful is about moving Ohio from an acute care model of treating individuals with a mental illness and/or addiction to a chronic care model that focuses on individuals and families, providing them with a system of care that holistically focuses on overall wellness while supporting their personal recovery management.

Recovery is Beautiful Principle: Focusing on Clients and Families

Healthcare is personal and is most effective when 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.)

Individuals and Families Drive Recovery

A fundamental principle of a Recovery-Oriented System of Care is that individuals and families participate in all aspects of the treatment and recovery process. SAMHSA defines recovery as “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential”. Recovery-Oriented Systems of Care also require that in addition to driving their own recovery, individuals in recovery are involved in leadership at all levels of the system.

Client and Family Involvement in Recovery

Recovery-Oriented Systems of Care will be person-centered allowing individuals and families to design, drive and manage their own care, giving clients ownership of their personal recovery. The following 12 guiding principles are listed in *SAMHSA's National Summit on Recovery, Conference Report*:

- There are many pathways to recovery
- Recovery is self-directed and empowering
- Recovery involves a personal recognition of the need for change and transformation
- Recovery is holistic
- Recovery has cultural dimensions
- Recovery exists on a continuum of improved health and wellness
- Recovery emerges from hope and gratitude
- Recovery involves a process of healing and self-definition
- Recovery involves addressing discrimination and transcending shame and stigma
- Recovery is supported by peers and allies
- Recovery involves (re)joining and (re)building a life in the community
- Recovery is a reality



Treatment Works; People Recover

Client and Family Involvement in Moving to a Recovery-Oriented System of Care

Clients and families will be fully involved in orienting Ohio toward a Recovery-Oriented System of Care, encompassing mental health and addiction prevention, treatment, and recovery supports. Based on the *Operationalizing Recovery-Oriented Systems, Expert Panel Meeting Report prepared for the SAMHSA in 2012*, the following steps, among others, should be taken to fully involve individuals in recovery in moving a system to a Recovery-Oriented System of Care.

- ◇ Foster a culture of peer leadership
- ◇ Provide training and education to peers to foster leadership skills
- ◇ Incorporate peers at all levels of the organization
- ◇ Engage community members using peers and providers to provide information and education
- ◇ Develop peers as equal workforce participants
- ◇ Involve the recovery community as an equal partner in multiple systems
- ◇ Create an advisory panel to direct system collaboration
- ◇ Create a mechanism for people in recovery to define outcomes and train people to understand them
- ◇ Require meaningful participation of peers in evaluation and implementation of policy

