



Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover

Creating Recovery-oriented, Person-centered Plans with Community Resources

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Resources and Continuing Education

“Download Materials Here” available now

- Speaker bios
- PDF of presentation slides

Available at end of webinar

- Certificate of Participation
- Link to NAADAC Continuing Education
- Participant feedback opportunity



The graphic features several interlocking gears in various colors (pink, light blue, green, orange, blue, yellow) arranged in a horizontal line. Two dark grey hands are shown reaching up from the bottom, one holding a green gear and the other holding an orange gear, as if they are about to mesh together. The title 'Recovery to Practice' is centered over the gears in a bold, brown font.

Recovery to Practice

Through education, training, and resources the Recovery to Practice (RTP) program supports the expansion and integration of recovery-oriented behavioral health care delivered in multiple service settings.



SAMHSA's
10 Principles
and
4 Dimensions
of Recovery in
Behavioral
Health

RTP discipline- based curricula



FREE
webinars on
recovery-
oriented practices

RTP Training and Technical Assistance

**Quarterly
newsletter!**

Sign up for RTP
newsletter!

Keep current at
the RTP
webpage:

<http://www.samhsa.gov/recovery-to-practice>



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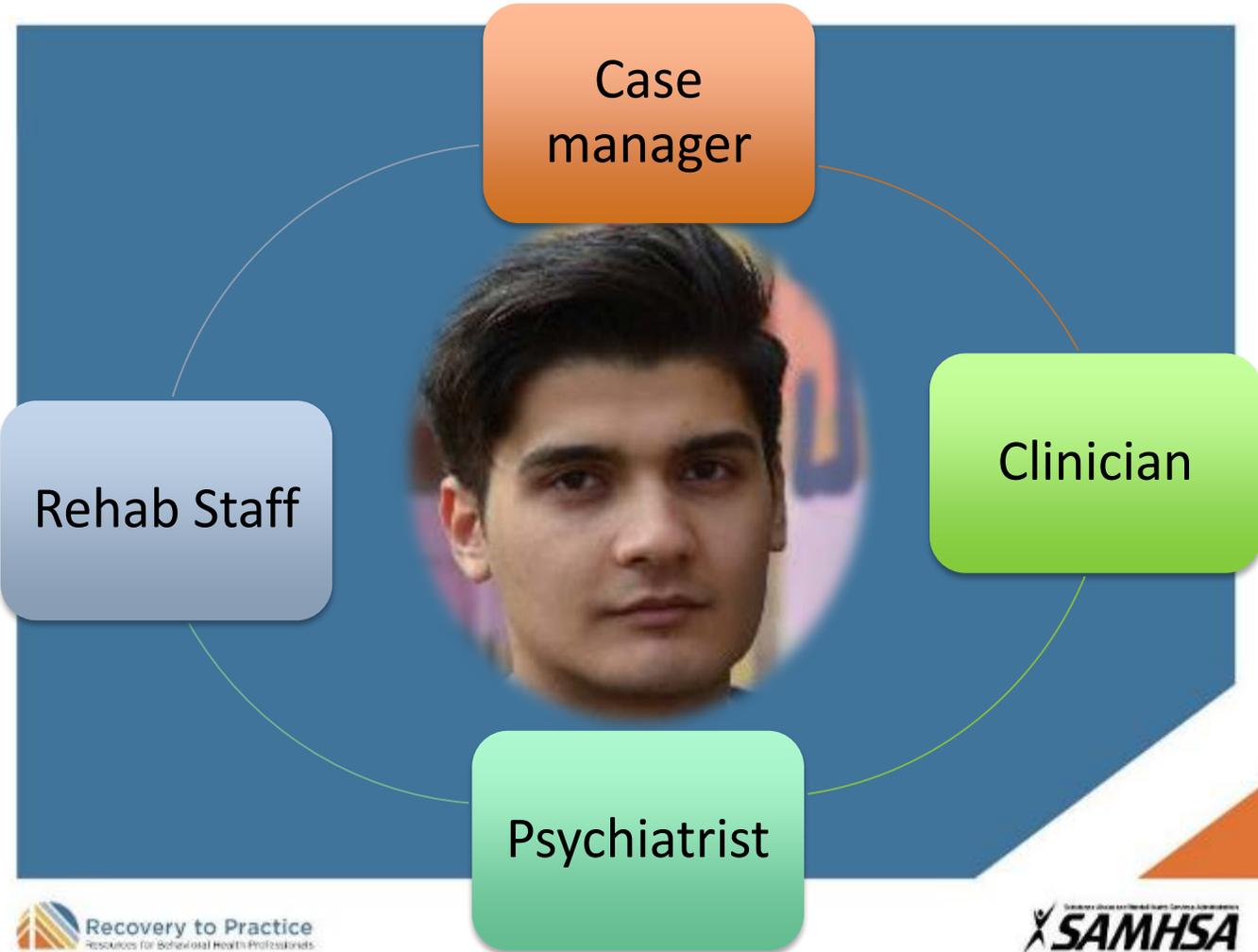




***Recovery happens in
community***

POLL





Case
manager

Rehab Staff

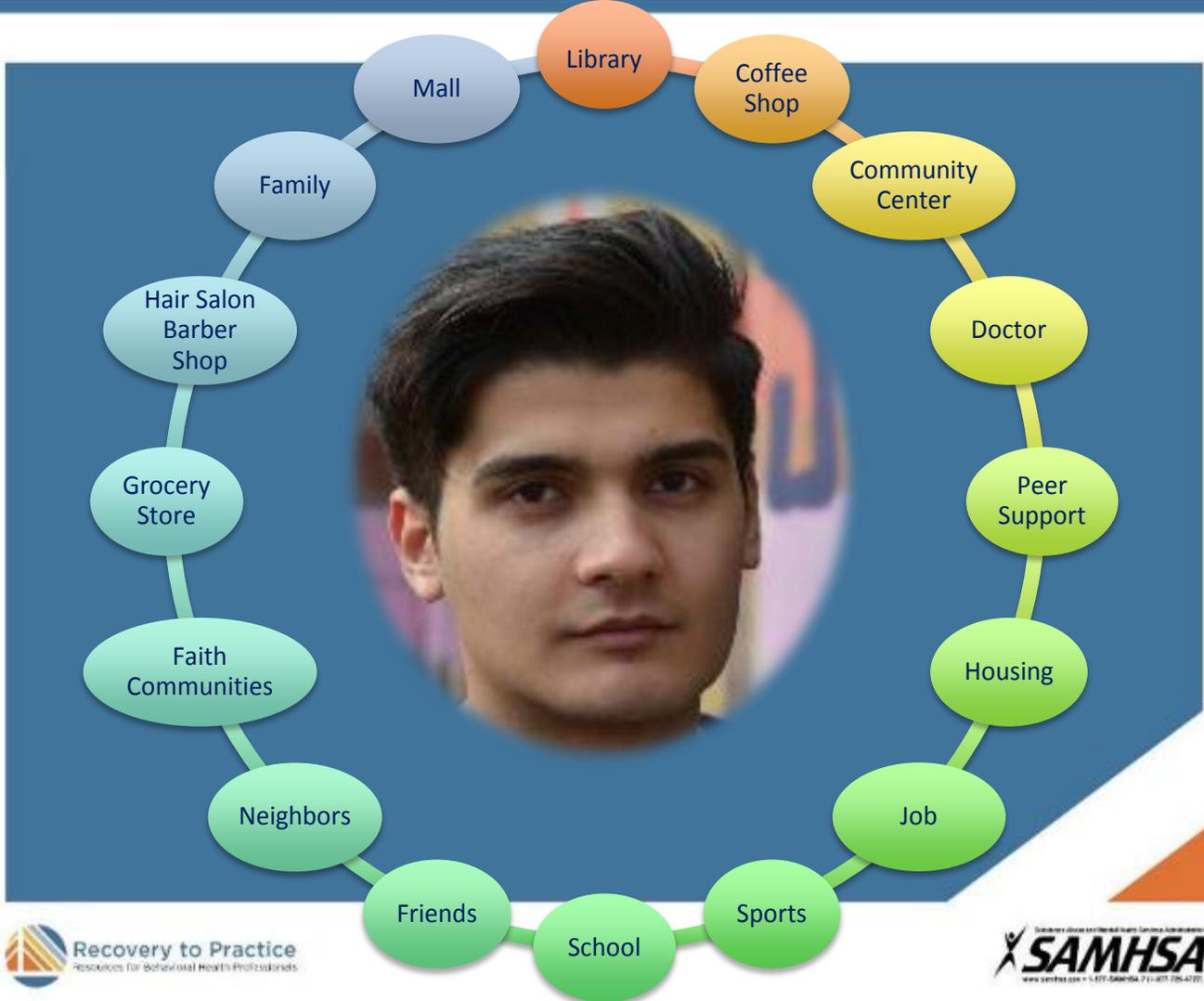
Clinician

Psychiatrist



BEING PART OF COMMUNITY...

- Is not the same as being in community
- Means having meaningful relationships with other community members
- Helps people generate their own support network
- Offers opportunities to give back
- Is an end in itself
- Takes time



**One
Word**

**One
Word**

**One
Word**

**Let's
make
a
Word
Cloud**

**One
Word**

System Demands



- Providing services to more and more people
- Often segregated behavioral health service delivery
- Pressure to provide only services that fit billing structure
- Clinician/support staff as long term or permanent supporters

Why Integrate Community Resources?



- Why not?
- Promotion of regular, valued roles
- Interest-based relationships
- Rich set of resources, opportunities
- Learn skills where people need to use them

Community Treasures



- Cultural preferences and resources
- Opportunities chosen by the individual
- Give and take/reciprocity
- Social connection
- Practical help and assistance



Integrating Community Resources Into Person-centered Plans (PCP)

Integrating Community Resources into PCPs

- See your community as a rich pool of resources
- Learn about each individual's experiences related to connection and community
- Identify needs and wants related to the person's community of choice
- Explore available community resources to expand the pool of options





Mental Health Center



Voc Center



Home



Joe's places



Lunch kitchen

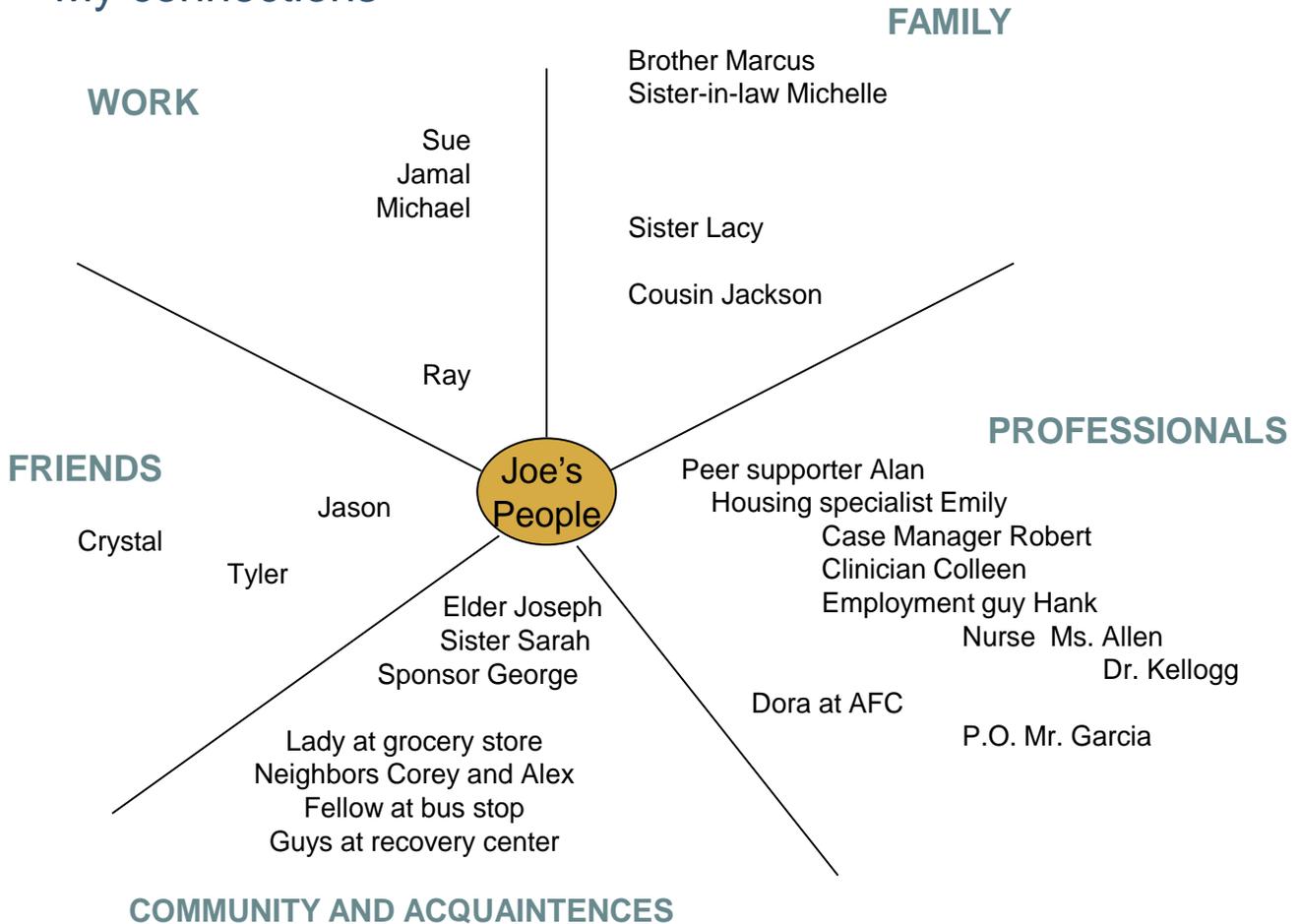


Walking around neighborhood



Grocery store

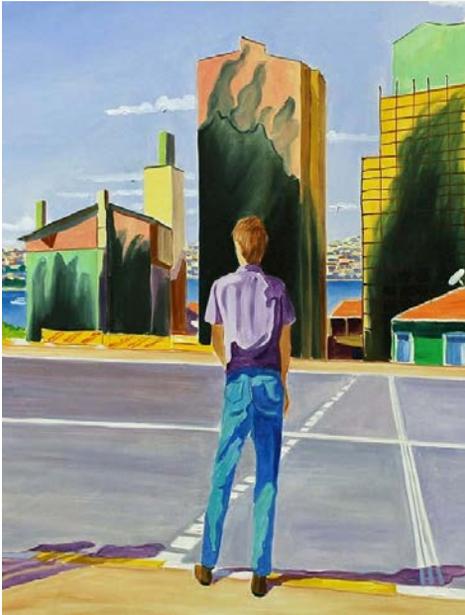
My connections



Unlock the Potential in Your Community

Name at least 50 different kinds of “generic” resources in your community. Consider:

- Social, welfare, legal, medical, dental agencies/services
- Businesses, banks, utilities, industry
- Government agencies
- Associations and groups
- Civic: police, fire, community watch
- Faith-based organizations and groups
- Education
- Social and recreation
- Special interests
- Cultural and ethnic groups/organizations
- Anything you can think of!



Examples Of Underused Resources

- Federally Qualified Health Clinics (FQHC)
 - Local Libraries
 - United Way
 - Neighborhood Legal Services
 - Salvation Army; St Vincent's; Purple Heart
 - Churches – food/ clothing; socialization; worship/ membership
 - Food Network
 - Travelers Aid
 - Family centers
 - Area on Aging
 - THAW – The Heat and Warmth program
 - Income supports
 - SNAP (aka “food stamps”)
 - Police Athletic Association
 - Senior Centers
 - Chamber of Commerce
 - The Disability Network
 - Jackets for Jobs
 - Schools
 - Cultural Arts and Music programs
 - Recycle shops and Craig's List-type sites
 - Police and fire department programs
 - Peer-run businesses
 - Fair Housing Center
 - Veterans' programs and associations
 - Cultural attractions – programs for free admissions
 - Sporting events
 - Protection and Advocacy
 - Local hospital education programs and events
 - Local stores and businesses
 - Local clubs and associations
 - Humane Society/SPCA
 - Community college
 - Local tech schools, high schools
 - Recreation centers, YMCA/YWCA
 - Civic Groups: Lions Club, Kiwanis, etc.
 - Volunteer and mentor organizations
 - Interest groups: chess, stamps, knitting, bible study, choir, motorcycles, book clubs
 - Home health
 - Self-help and support groups: 12-steps, weight loss, smoking cessation, cancer survivors, etc.
- 

Connecting With Health Care Providers In Community



- A key community resource, often overlooked in behavioral health planning
- Availability of health care services based on health conditions and preferred providers
- Wellness and condition-specific education and support groups
- Consider distance and other cultural preferences



Worker role as a bridge

Staff as Connectors

Understanding the roles

*Understand the individual's
cultural background*

Friendship opportunities

Socialization opportunities

Natural supports

*Strategies and
examples of
“community
first”*



Example of what it looks like in a PCP

“Work with MRS and continue to get assistance through them.”

“Continue to take classes at Schoolcraft College.”

“I will enroll at WCCC and apply for financial aid.”

“I will work with Vocational Services.”

“I will go to driver’s training.”

“I will contact the Lions’ Club for a hearing aid.”

“I will attend AA/NA meetings.”

“Putting in my applications, doing my medical care hours.”

“I go to Focus Hope every month.”

“Go to the gym at least 3x/week.”



Mental Health Center

RECOVERY CENTER



Voc Center



Job



Neighborhood watch volunteer



Home



Helps neighbor get to cancer center

Joe's Places



Lunch spot



Library computers



Peer center



Grocery store



Walking around neighborhood



Smoking cessation group



Faith congregation



Rec center



Online sci-fi club

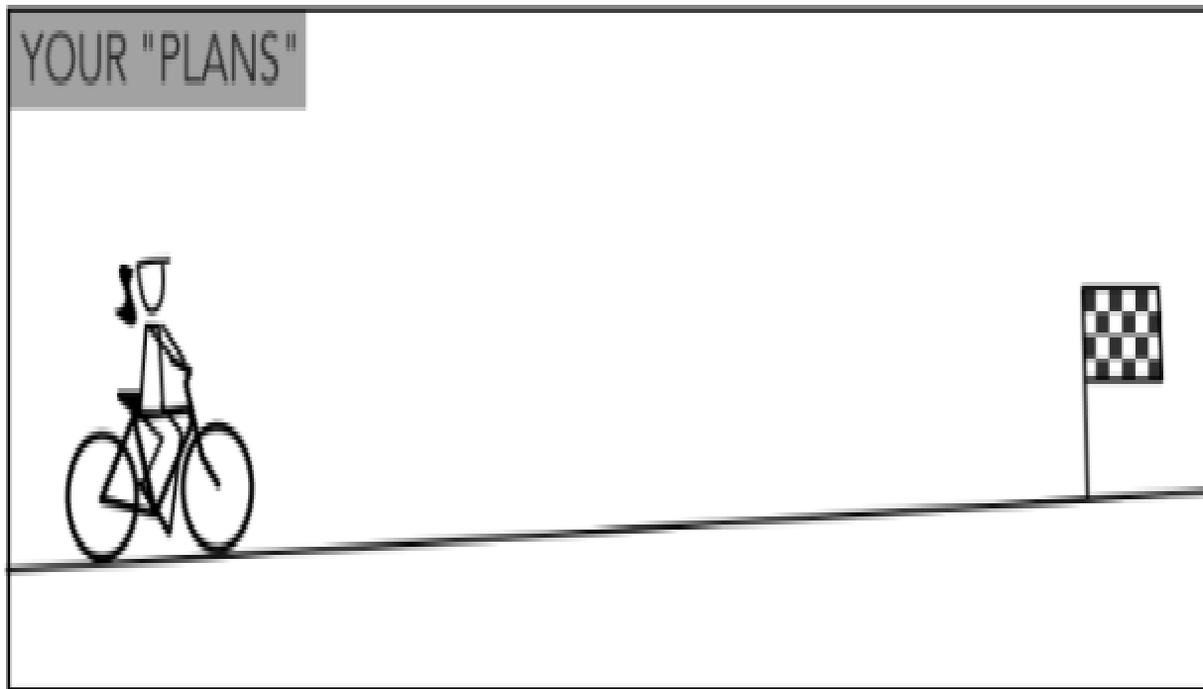
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Life



**“You are never too old to set another goal
or to dream a new dream.”**

~C.S. Lewis

CBFS: Community Based Flexible Supports

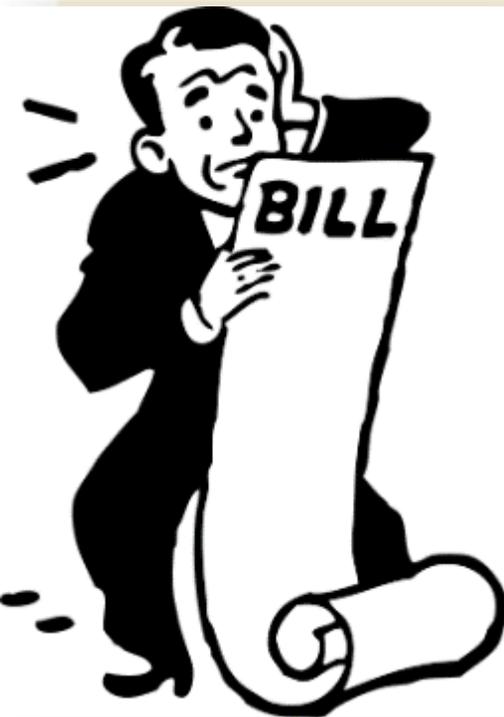


Community Based Flexible Supports (CBFS) provides individuals with access to:

- ***Rehabilitation***
- ***Clinical Treatment***
- ***Employment***
- ***Education***
- ***Housing***
- ***Wellness***
- ***Peer Services***

Designed to be flexible and to promote resiliency and recovery for all participants.

Resource Specialist



Facilitates access to community resources & programs by:

- *Connecting to/exploring community*
- *Cataloging information*
- *Educating self, staff, & people using services*
- *Resolving community related issues*

Employment/Education Specialist

Personalized self-identified objectives may include:



Job/Education

- Exploration
- Preparation
- Applications
- Leads
- Development

Benefits Counseling

Arranging Accommodations

Skills Coaching

Ongoing support post-goal

POLL



People who were told that they could not do something

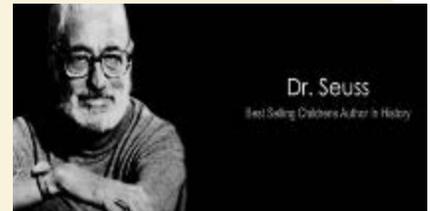
<https://www.youtube.com/watch?v=zLYECIjmnQs>



Fired from newspaper because he lacked ideas and imagination.



Demoted as a news anchor because she "wasn't fit for television".



First book turned down by 27 publishers.

Working Towards Personal Goals - Principles



- Meet people where they are at
- Meet people where they live
- Be genuine
- Provide respect
- Provide education
- Instill responsibility

Mary's Situation

Mary would like to build more social connections in community in order to get out of house.

- 65 years old
- Experiences anxiety and lives with PTSD
 - No family/support
 - Limited computer skills



Working Towards Personal Goals



- Communicate hope
- Focus on future/not past
- No time limits
- Provide opportunity for people to succeed/fail
- Ask why not?

Summary



Ask why not?

Give everyone a chance

Jump in (as fast/slow as the person needs)

Educate/Explore

Reframe failure

Treat others the way you want to be treated

Provide hope



Comments?
Questions?

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Recovery to Practice

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Coming up!

Watch your inbox for details!

*Learn More: Diverse Families and the
Cultural Formulation Interview:
Guest Host: Chacku Mathai (June 21, 2016)*

Summer series on shared decision-making

*Learn More webinar on
Psychiatric Advance Directives*





Continuing education hours (CEH)
from NAADAC – The Association
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CEH](#)

General Certificate of
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