Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
Building Recovery-oriented Systems

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SAMHSA’s Vision for 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 through multiple service settings.
Recovery in Behavioral Health

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 10 Components of Recovery in Behavioral Health
RTP Training and Technical Assistance

WEBINAR SERIES

Recovery-oriented Behavioral Healthcare

RTP Newsletter

Sign up: RTP@AHPNET.com
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Challenges involved in changing systems

Essential elements for change and for sustainability

Suggestions for moving to a system focused on helping people recover and regain a satisfying and productive life
Why Is Change Important?

Isn’t the system okay as it is?
What's Our Responsibility?

We have an ethical responsibility to change mental health systems to ensure people receive the full range of services they want and need.
A fundamental shift in thinking – a paradigm shift/changing the organizational culture.
What Is So Difficult?

A simple vision:

Consumer and family driven
Focus on helping people recover from the traumatic effects of serious mental illness (SMI)
Support people to achieve their greatest potential

Accomplishing such transformational change and sustaining it has proven to be exceptionally difficult.
System Change Challenges

Providing Staff with training, education, and tools to be successful with new techniques

Aligning available resources to support new approaches to service delivery

Commitment from leadership that understand and can implement changes

Ensuring a plan for evaluating progress and outcomes to inform “course corrections”
Key Component: Person Centered Planning

The individual is in the driver’s seat
Different manner of working
Balance of power is shifted
Individuals are fully integrated

It’s not business as usual anymore!
Key Component: Strengths Based Assessment

**CLINICAL ASSESSMENTS**
- Psychiatric diagnosis
- Problematic symptoms and behaviors
- Identifies barriers to success in social, educational & vocational pursuits
- Difficulties in living environment and relationships
- Recommends treatments

**STRENGTHS BASED ECOLOGICAL ASSESSMENTS**
- Focus on strengths, not deficits
- Information about skills & resources needed to achieve goals
- Cultural knowledge, spirituality
- Family stories
- Knowledge gained from adversities, occupational or parenting roles
Change – What’s Involved

Recovery Environment

True partnerships: Listening to the concerns of all stakeholders

Believing that people can choose services they need

Encouraging acceptance by providing education and knowledge

Re-alignment of Available Resources

Follows from commitment

Shifting of resources & priorities
Commitment and leadership by all: Everyone is involved!

- Involve clients, families, staff, leaders, politicians
- Total change - not piecemeal
- Expect a long term effort
- Create clear processes
- Data collection, evaluation, feedback, revision
- Appropriate & comprehensive services
- Allocation of sufficient resources
- Careful hiring, continual staff training
- Allocation of sufficient resources
- Commitment and leadership by all: Everyone is involved!
Change – What’s Involved

Appropriate Services
Comprehensive systems to meet the needs and wishes of people with serious mental illnesses – within a person centered, recovery oriented perspective

STRIVING FOR FIDELITY
Change – What’s Involved

Data Collection

Absolutely necessary

Information gathering system

Assess attitudes, vision, concerns

Data driven change
What’s critical for sustainability?

- Clinical measurement, cost comparison, and feedback system
- Provisions for informing managers and administrators of results on a regular basis
- Willingness to make further changes based on results
Ensuring Success

Sustainability

The job isn’t finished when new services are in place

Frequent changes in leadership can be a continual challenge to continuity

Budget decisions require data to identify priorities for investment

Needs

Processes that will transcend leadership changes

Active partnerships

Data collected is meaningful and continually gathered

Requires Diligence!
6 Simple Things You Can Do!

1. Speak to supervisor about 1 program to be used as a pilot

2. Choose a program you manage and where change can be measured EASILY

3. Talk it up among colleagues, clients, family members

4. Design SIMPLE pre-post evaluations: outcome, satisfaction, staff perception, etc.

5. Present results honestly!

6. Use results to make change permanent
Systems Change

From the curriculum developed by the American Psychological Association for the Recovery to Practice Initiative. The full curriculum is available from: www.apa.org/pi/rtp

The information in this presentation is taken from module 14:

Citation for the full Curriculum:
PANEL
DISCUSSION
Join Recovery to Practice!
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http://www.samhsa.gov/recovery-to-practice
Coming up!

- **August 19** – Whole Health and Recovery (part 1)
- **August 26** - The Role of Medication and Shared Decision Making in Recovery
- **August 31** - Partnership, Engagement and Person-Centered Care
- **September 2** - RTP Applications: Incorporating Recovery-oriented Practice Competencies in Practitioner Training
- **September 3** – Whole Health and Recovery (part 2)
- **September 9** - Health Care Reform and Recovery
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