RECOVERY IS BEAUTIFUL
A Blueprint for Ohio’s Community Mental Health and Addiction Services

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Ohio Association of County Behavioral Health Authorities
RECOVERY
Is Beautiful.™

In Ohio
Early ROSC Efforts in Ohio

Setting the Stage for Recovery Is Beautiful
In the beginning…. ATR was granted to Ohio

- This allowed for the idea of Recovery Support Services outside primary treatment
- Variety of services made available for the support of individuals in recovery
- Housing was the main one identified as biggest need to sustain recovery
- State Departments were still separate agencies but engaged in BRSS TAC Policy academy to create a unified definition of recovery.
ODMH Capital and Housing Team developing housing strategies
ODADAS Receives ATR-II, III
Pre-Consolidation Activities
ODMH Funds Environmental Scan – June 2013
The Marriage of ODADAS and ODMH – July 2014

Peer Recovery Coach trainings in Ohio for SUD
ROSC Trainings
BRSS TACS
Legislation mandates recovery housing and peer support in Continuum of Care

Peer Support Trainings Continue
Statewide Housing Inventory
Learning Community (Resource Meetings, Resource Hub)
Statewide Definition of Recovery Housing, State Support for Capacity Expansion
NARR Affiliate: Ohio Recovery Housing

July 1, 2017 – Peer Support becomes A Medicaid eligible service (for some)
Why Recovery-Oriented Systems of Care (ROSC)?

- Low Pre-Treatment Initiation Rates
- Limited Retention/Engagement
- Lack of Continuing Support: For SUD, only 1 in 5 receive post-discharge planning
- SUD Recovery Outcomes: More than 50% resume using within 1 year and most within 90 days following discharge
- High Recidivism Rates
What is ROSC?

ROSC is:

• Value-driven APRROACH to structuring behavioral health systems and a network of services and supports
• Framework to guide systems transformation

ROSC is not:

• A model
• Primarily focused on the integration of recovery support services
• Dependent on new dollars for development
• A new initiative
• A group of providers that increase their collaboration to improve coordination
• An infusion of evidence-based practices
• An organizational entity
• A closed network of services and supports
Recovery Is Beautiful

Ohio’s
Recovery-Oriented Systems of Care
Ohio's movement to a (ROSC), represents a shift away from crisis-oriented, acute-care treatment to a recovery management approach that provides long-term supports with the recognition that there are many pathways to healing and recovery.

Ohio made the decision to overhaul the entire county-based mental health and addiction system to a Recovery-Oriented System of Care - Ohio's Alcohol, Drug Addiction and Mental Health (ADAMH) Boards, in partnership with individuals in recovery and local stakeholders, are transforming local services and supports to fit within the recovery paradigm.
Laying the Foundation

• OACBHA and local boards engaged community members including individuals in recovery, providers and other stakeholders to provide information and education

• We ensured that individuals in recovery had a voice throughout the process

• We updated our mission and vision of the system to ensure it was ROSC oriented

• We worked to infuse recovery-oriented values in all our planning, development and implementation.
Ohio’s ROSC: Recovery Is Beautiful

- ADAMH Boards began working on ROSC in 2013.
  - First BluePrint published in summer of 2014.
    - Reviewed and informed the work of by Dr. Leon Evans, Dr. Ijeoma Achara, Dr. Michael Flaherty, and Lonnetta Albright

- Recovery Is Beautiful Implementation and Advisory Committees were formed to continue the work
The BluePrint serves as the guiding document for the ROSC work.

The BluePrint sets out a framework in which Boards are the Recovery Oriented System of Care “hub” for their local communities that coordinate across systems.

The BluePrint includes a series of Principles, Goals, and Action Steps.

The first BluePrint was published in 2014 and an update was issued in 2016.

Note: Both BluePrints are available for review at www.oacbha.org/recovery-oriented_systems_of_c.php
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.
Recovery is Beautiful is all about putting the needs of individuals and families requiring alcohol, drug, 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 alcohol, drug, and mental health prevention, wellness, crisis intervention, treatment, and recovery support programs and services.
BluePrint Principles

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
Boards fully involve clients and families in moving Ohio to a Recovery-Oriented System of Care engaging them to drive the mental health and addiction programs, services, and supports in their community.
Ensuring Timely Access to Care

Boards ensure that clients and families have timely access to a full continuum of local mental health and addiction programs, services, and supports when and where they need them.
Boards work in collaboration with their local partners, including law enforcement, businesses, education, and other local leaders to promote the health, wellness, and safety of individuals and communities.
Prioritizing Accountable and Outcome-Driven Financing

Boards maximize the use of federal, state, and local funds to enhance accountability while allocating resources in the most efficient and effective manner possible to achieve locally identified outcomes.
Boards, working with local partners, establish and maintain a full continuum of care ensuring continuity of care over time and across agency boundaries.
ADAMH Boards are the “Hub” of the local ROSC. Boards engage local partners to educate, advocate, coordinate, and facilitate programs, services, and supports needed for individuals, families, and communities.
The goal before us in the BluePrint 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 away from a model focused on acute care to one focused on long term recovery for individuals and their families.
- 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.
- Increase and sustain recovery rates through improved system access, engagement, and retention in services.
- *Treatment works and people recover.*
Assessing Our Efforts

• In 2014, we conducted our first community assessment to help us identify a baseline to measure our progress.

• This assessment determine community strengths and areas of opportunities within ROSC. This self-assessment process, adopted from multiple national ROSC assessments, focused on the domains of Ohio’s Recovery Is Beautiful BluePrint.

• After completion, focus groups convened with individuals in recovery, family members and stakeholders to stimulate conversation about the findings.
Why Assess ROSC Implementation?

• Engage System Stakeholders
  • Gather multiple perspectives, builds buy-in
  • Convey board values and priorities (ROSC!)

• Data Driven Planning
  • Identify local and state strengths
  • Identify problems that need a solution
  • Link future efforts to identified ROSC needs
    • Prioritize and target future initiatives
    • Justify requests for funding

• Monitor Progress
  • Track changes in ROSC domains over time
  • Inform adjustments to programming and administration
First Assessment

• The Assessment Domains aligned with the BluePrint principles.

• Each Board developed a community report with the findings from the first assessment.

• Lessons learned from the first Assessment
  • Too many questions
  • All respondents should not be asked all of the questions. The assessment should be tailored by audience (board members, clients, providers, stakeholders).

  • Need to refine items – rephrase, clarify, and remove “double barreled” questions

  • The survey should be made available electronically and via paper for clients and family members
Second Assessment – Underway Now

• Partnered with OSU and Dr. Alicia Bunger, a researcher with the Ohio State University School of Social Work

  1. Status of ROSC implementation - Overall Results
     • Have all ROSC domains been implemented similarly?
     • Do all stakeholders (consumers, board members, providers, and partners) agree?
     • Do perceptions of ROSC implementation vary across other important demographics or regions?

  2. Tool Performance – How Well Does This Assessment Capture ROSC Implementation?
     • Missing data – are some items difficult to answer?
     • Consistency - how well do the items “hang” together to measure each domain? Are there some that don’t add measurement value (and can we cut them?)
Second Assessment – Underway Now

Designing a New Instrument is an Iterative Process...
Second Assessment – Underway Now

• Local Boards are currently collecting data with the new Assessment.
• Dr. Bunger and her team will review and analyze the responses and develop a report on the ROSC results.
• They’ll then offer recommendations for the third version of the Assessment –
  • Use data to identify items to eliminate
  • Use best practices to rephrase items
  • Offer alternative items that might improve measurement in each domain
  • Standardize ROSC assessment across counties
    • Sampling
    • Administration
• We expect to issue reports from the second Assessment by early Fall.
Recovery Is Beautiful

Changing the Conversation in Ohio
Recovery Is Beautiful is a movement providing hope and encouragement while changing the conversation in regards to mental illness and addiction. We want people to know and understand that:

1. Mental illness and addiction are *chronic illnesses*;
2. Both mental illness and addiction can be treated - *treatment works, and people recover*; and
3. *Recovery is to be celebrated*, individuals in recovery become active, contributing members of their communities!
Ohio's 2018 Recovery Conference

October 1-2, 2018 • Hyatt Regency, Columbus
- Get Help
- Recovery Stories
- Reflections on Recovery
- Screenings
Empowering Peers and Peer-Run Organizations

• Working with the recovery community to strengthen the presence and availability of peer support/consumer-operated services.
• Gathering feedback about needed services and supports
• Developed a resource tool-kit
• Provided training opportunities on:
  • Leadership development
  • Grant-writing
  • Organizational development
  • Managed Care
“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
Contact Information

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