



# RECOVERY

Is Beautiful.™

A BluePrint for Ohio's Community  
Mental Health and Addiction System

# Ohio's Opiate Epidemic

- ▶ In 2010, for the first time overdoses accounted for more deaths than traffic accidents. This trend has continued every year since.
- ▶ In the last two years, we've seen a decrease in overdoses related to prescription pills, but at the same time we've had an increase in heroin overdose deaths.
- ▶ A continually increasing amount of treatment admissions for substance abuse services are related to opiate abuse.
- ▶ Ohio's law enforcement continue to face challenges in communities and in jails and prisons as a result of opiate abuse and addiction

# Ohio's Response to the Opiate Epidemic

- ▶ Ohio's Executive, Legislative, and Judicial branches have all been working to address the epidemic through multi-faceted approaches.
  - ▶ Legislative: Naloxone legislation; two series of summer hearings; legislation addressing education, treatment, law enforcement, and more
  - ▶ Executive: Development of Governor's Cabinet Opiate Action Team; new partnerships between cabinet level addiction services and prison systems; prescriber guidelines and education; development of Ohio's Automated Rx Reporting System (OARRS), and more
  - ▶ Judicial: Focus on developing more drug courts and providing education to judges and court staff
- ▶ Communities throughout the state have also been responding
  - ▶ Increased community partnerships and developing community task forces
  - ▶ Embracing Recovery Is Beautiful and developing Recovery-Oriented Systems of Care
  - ▶ OACBHA has hosted an annual statewide opiate conference in each of the last 6 years

# How Recovery Is Beautiful Started

- ▶ Ohio is facing an opiate crisis of epidemic proportion.
- ▶ Every sector of society is impacted by addiction and mental illness.
- ▶ Funding for community addiction and mental health services continues to decrease, while need for services continues to increase.
- ▶ Too many people need services, but are unwilling or unable to access help.
- ▶ We needed to do something different, try a new path!
- ▶ We created Recovery Is Beautiful!



# Recovery Is Beautiful

## *RECOVERY IS BEAUTIFUL HAS TWO MAJOR COMPONENTS*

“**R**ecovery 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*;
3. *Recovery is to be celebrated*, individuals in recovery become active, contributing members of their communities!

# Recovery Is Beautiful

To move recovery forward, OACBHA Members have created a BluePrint for Ohio's Community Mental Health and Addiction System that is a five-year plan for moving Ohio toward a Recovery-Oriented System of Care. The BluePrint focuses on prevention and wellness, crisis services, treatment and recovery management. Two major focuses of a ROSC and this BluePrint are:

1. A Recovery-Oriented System of Care focuses first and foremost on the individuals and family members in need of services.
2. It recognizes that local communities with all of the partners, are in the best position to design and manage their local system of care.

# BluePrint for Recovery Is Beautiful

This BluePrint sets out a framework in which Boards are the Recovery-Oriented System of Care “hub” for their local communities to coordinate across systems to ensure that local entities are prepared to offer community-based mental health and addiction services from prevention through recovery management.



# Recovery Is Beautiful ~

## Ohio's Recovery-Oriented System of Care

### *What is a Recovery-Oriented System of Care*

- ▶ A framework for coordinating multiple systems, services and supports that are person-centered and designed to readily adjust to meet the individuals needs and chosen pathway to recovery
- ▶ Ohio's Recovery-Oriented Systems of Care (ROSC) will be a locally managed continuum of care designed to treat and sustain long-term recovery for individuals and families impacted by substance use disorders and mental illness.
- ▶ Ohio's Recovery-Oriented Systems of Care (ROSC) recognizes that individuals and family members are key! Individuals in recovery will be the drivers of decisions about their services and supports, and individuals and families will be key leaders in rolling out Ohio's Recovery Oriented System of Care.

# A Recovery-Oriented System of Care

- Focuses on individuals and families
- Utilizes expertise of Peer Supports & Peer Recovery Coaches
- Has individuals drive their own recovery
- Works to celebrate recovery
- Engages local partners
- Provides care coordination across systems

# A Recovery-Oriented System of Care

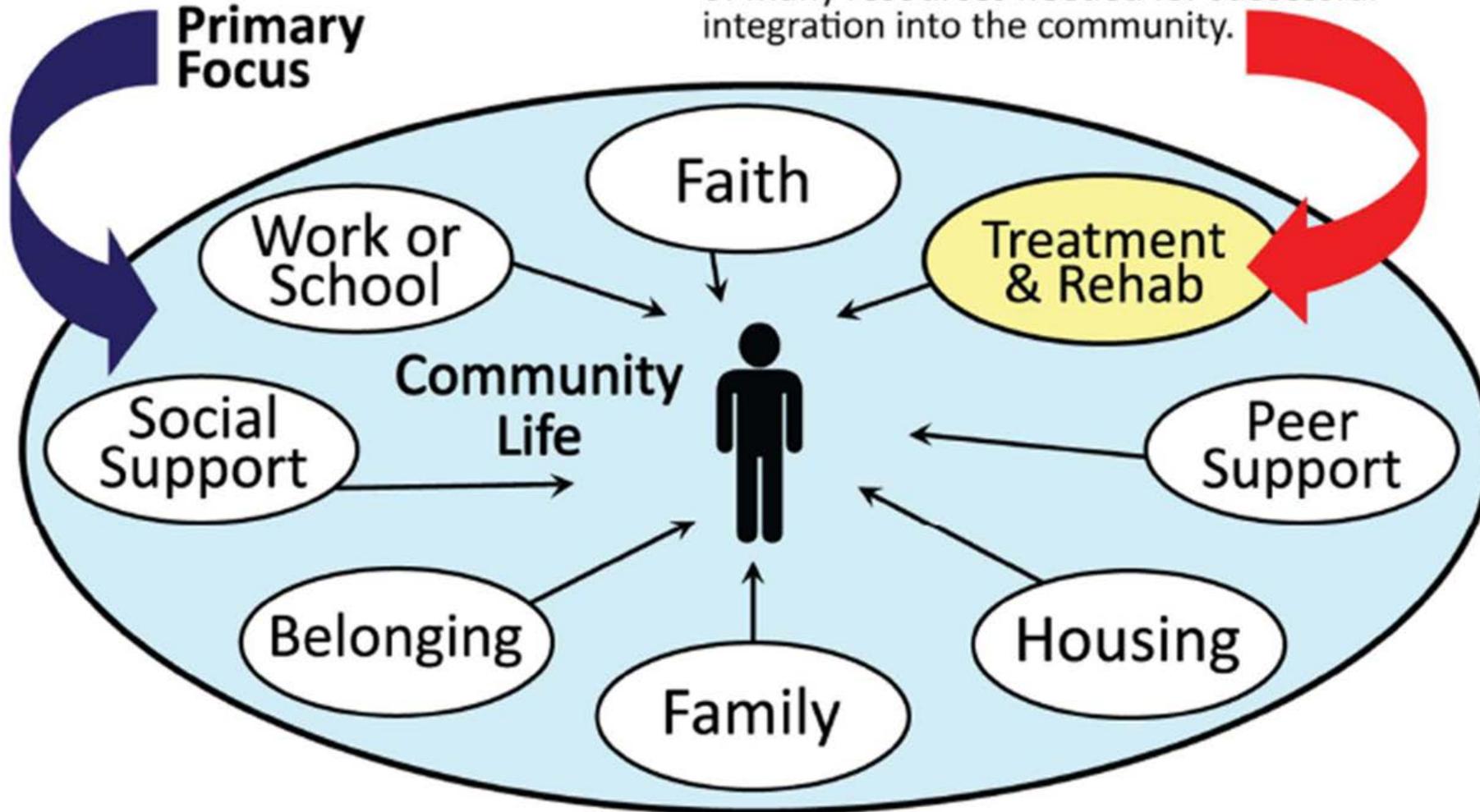
- Is outcomes oriented
- Utilizes a chronic care approach
- Provides sustained healing relationships, post treatment monitoring, support and early re-intervention
- Utilizes individualized approaches with a focus on dose, scope & quality
- Has an emphasis on prevention and early intervention
- Focuses on holistic services and community health and wellness

# Primary Goals of a Recovery-Oriented System of Care

- Creating healthy communities through prevention and wellness services
- Intervening early in the progression of illness
- Giving Individuals in Recovery and Families of individuals with a mental illness and/or addiction a strong and active voice
- Helping people move from treatment and recovery initiation to recovery maintenance
- Actively promoting wellness, life quality and productivity

# A Recovery-Oriented System Of Care

In the model, clinical care is viewed as one of many resources needed for successful integration into the community.



# Recovery Is Beautiful and the Blueprint

1. Recovery Is Beautiful - is about **HOPE** and the promise of the fact that life can be better once recovery is achieved -- It does not negate the fact that recovery is hard and at times very difficult -- it focuses on the fact that recovery should be celebrated!
2. Recovery-Oriented Systems of Care and the Blueprint very specifically focus on prevention and wellness in addition to recovery.
3. Recovery-Oriented Systems of Care and the Blueprint focus on the life of the individual from birth through death.
4. Recovery Is Beautiful and the Blueprint are about recovery from both a mental illness and/or an addiction.

# 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.

# Principles for Boards to Move the Vision Forward

As ADAMH Boards move a Recovery-Oriented System of Care forward, the following five principles will be at the forefront:

- ▶ **Focusing on Clients and Families:** 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.
- ▶ **Ensuring Timely Access to Care:** Local Boards ensure that Ohioans have access to a continuum of high quality, integrated care that is available in a timely manner for individuals and families in need of treatment and recovery supports.

# Principles for Boards to Move the Vision Forward

- ▶ **Promoting Healthy, Safe and Drug-Free Communities:** Local Boards promote the health, wellness, and safety of individuals and communities by offering a continuum of services that includes prevention, community education, crisis services, treatment, and recovery supports such as housing, employment supports, and peer supports.
- ▶ **Prioritizing Accountable and Outcome-Driven Financing:** Local Boards maximize the use of federal, state, and local funds to meet locally identified outcomes and to enhance accountability and allocate dollars in the most efficient and effective manner possible.
- ▶ **Locally Managing Systems of Care:** Healthcare innovation is driven at the community level. Working with their local partners, Boards determine what works best in their communities by planning for, designing, and managing the local system of care.



# Moving Recovery Is Beautiful Forward

- Completing the local Recovery Is Beautiful ROSC Assessments
- Engaging community partners and building on local strengths
- Integrating individuals in recovery and their families into every decision-making process
- Look for opportunities to partner and work together
- Share resources and information
- Influence community and state leaders
- Fight stigma and discrimination
- Support individuals in recovery along with peer supports
- Be honest with each other and work through issues
- Celebrate successes

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HOME PURPOSE REFLECTIONS GALLERY STORIES GET HELP Q



## Why Recovery is Beautiful

### LET'S CHANGE THE CONVERSATION!

WE WANT PEOPLE TO KNOW AND UNDERSTAND THAT:

1. Mental illness and addiction are chronic diseases.
2. Both mental illness and addiction can be successfully treated: Treatment Works and People Recover.
3. Recovery is to be celebrated. Individuals in recovery become active and contributing members of their communities.

## REFLECTIONS ON RECOVERY

By focusing on recovery supports that are local and person-centered, we can build a service network that finally tears down those service silos and includes the gamut of helpful community resources to meet the needs of peers.

Jack Cameron



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“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



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