


2011 Texas Behavioral Health Conference

Presents


How To Develop A Recovery Oriented System Of Care

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Objectives

1. Define a recovery oriented system of care
2. Share 4 steps for developing a recovery oriented system of care

Recovery Oriented Systems of Care

Recovery oriented systems of care are designed to support recovery long term.

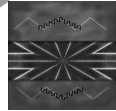
They:

- *Move beyond, detox, treatment planning, intensive outpatient, inpatient and discharge summaries towards community development and nation building*

Nation Building

Alkali Lake Canadian Indian Tribe, British Columbia, Canada.

(Honor of All Video)



From 100% alcoholism to 95% recovery

- *AA-Tribal, support, group conscious, elders*
- *Return to culture*
- *Community development*

Recovery Oriented Systems Of Care Continued

- *Reframes aftercare as continuous care rather than an "afterthought"*
- *Achors on-going recovery in the clients natural environment*

The Healing Forest

"You remove a sick tree from sick soil in the tree forest, then nurture, fertilize and water the tree in a tree treatment center. The tree gets well! At discharge, all the tree counselors are pessimistic because they know that tree will go right back to the same sick soil. We treat the soil! We view the whole community as the treatment center."

*Don Coyhis
www.whitebison.org*



"It does not make sense to help people initiate recovery and put them back into communities that fail to support their recovery. In Philadelphia, we work to assure that they have resources in those communities to support recovery."

Arthur Evans, Ph.D.

The Philadelphia Story

- *Recovery coaches*
- *Recovery homes*
- *Recovery Schools*
- *Recovery drop-in centers*
- *Recovery art (hundreds of murals)*
- *Recovery basketball (30 days of recovery required to participate)*

*Recovery Oriented Systems Of Care
Continued*

- *Recognizes multiple pathways to long term recovery and encourages partnerships between peers, indigenous healers and professionals*

Partnerships

*Atlanta Treatment Community and
Pastor Hilliard*

Partnerships Continued

- *Treatment and Glide Memorial Church, San Francisco
(1600 Strong)*



Partnerships Continued

Kentucky Fried Chicken and the Reach Out and Touch Organization



Steps For Developing A Recovery Oriented System Of Care

#1 Decide that good enough is no longer good enough

"Why be satisfied with the good when you can aim for the best? The good is too often the enemy of the best."

- *50% of chemically dependent outpatients miss their second session*
- *Over 50% of chemically dependent inpatients leave treatment prematurely*
- *15% are administratively discharged*
- *Of those who complete treatment 50% relapse. 80% of the relapses occur within the first 90 days of discharge*
- *75% of chemically dependent individuals never received help for their addiction*

Source: GLATTC Bulletin



Steps For Developing A Recovery Oriented System Of Care Continued

#2 Put the word recovery in the organization's title-then look at the mission statement, policies to make sure they reflect a focus on recovery.

Steps For Developing A Recovery Oriented System Of Care Continued

#3 Learn from the experiences of pioneers



"Success leaves clues."



Tom Kirk, Ph.D.

Commissioner of the Connecticut Department of Mental Health and Addiction Services

Lessons Learned

- *Buy in from the top*
- *80/20 rule*
- *A partnership with all 3 systems*
 - *Addictions*
 - *Mental Health*
 - *Criminal Justice*

*Perspectives On Systems Transformation
by William White, MA*

Arthur Evans, Ph.D.

Director, Philadelphia Department of Behavioral Health and Mental Retardation Services

Lessons Learned

- *The importance of focus groups and committees of key stake holders*
 - *People in recovery*
 - *Family members*
 - *Direct service workers*
 - *Supervisors*
 - *Executive directors*
 - *Advocacy groups*
 - *Community members*
 - *Allied fields*

Early Tasks

Collectively answer the two questions below.

- 1. What is Philadelphia's definition of recovery?*
- 2. What changes would improve our system?*

William White



www.williamwhitepapers.com

100 articles and 7 books on Recovery Management and Recovery Oriented Systems of Care

Steps For Developing A Recovery Oriented System Of Care Continued

#4 Start small

- Presentations on Recovery Oriented Systems of Care*
- Utilize a recovery greeter*
- Utilize volunteer recovery coaches*
- Do a pilot project*
- Focus on the 20% that contribute most to cost ("The Six Million Dollar Man")*

Start Small Continued

- *Telephonic recovery support*
- *Spend 3 hours per week in the community (Dawns Fawn, Michigan)*
- *Open a recovery drop-in center – Cleveland*
- *Set up a transitional space – to talk about change on an emotional level*
