Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover

Innovative Solutions for Building Recovery with Alternatives for Psychotropic Medications

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Disclosure

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→ This presenter, A. Kathryn Power, M.Ed. DOES NOT have an interest in selling a technology, program, product, and/or service to CME/CE professionals.

SAMHSA'S Mission and Roles

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→ **Mission**: to reduce the impact of substance abuse and mental illness on America's communities

→ **Roles**:
- Voice and leadership
- Funding - service capacity development
- Information and communications
- Regulation and standard setting
- Practice improvement

SAMHSA Principles

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PEOPLE
Stay focused on the goal

PARTNERSHIP
Cannot do it alone

PERFORMANCE
Make a measurable difference

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SAMHSA'S Strategic Initiatives

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AIM: Improving the Nation's Behavioral Health (1-4)
AIM: Transforming Health Care in America (5-6)
AIM: Achieving Excellence in Operations (7-8)

1. Prevention
2. Trauma and Justice
3. Military Families
4. Recovery Support
5. Health Reform
6. Health Information Technology
7. Data, Outcomes & Quality
8. Public Awareness & Support

A Public Health Model Focuses on People and Communities

→ People – NOT money, diseases, programs, or authorities
  • People come with multiple diseases/conditions, social determinants, cultural backgrounds and beliefs
  • People come to multiple settings – primary or specialty care, schools, courts, places of worship, through social media
  • Healthy productive satisfying lives without disorder or in recovery are the outcomes we seek

→ Communities – People w/ common geography, culture, language, beliefs, or characteristics focusing together on common good
  • Health and disease/disorder occurs and is promoted or prevented in communities.
  • State/territorial/tribal governments can help or be a barrier
  • Requires collaboration.

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Recovery
Working Definition

In a context in which behavioral health is essential to health, recovery is:
A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to achieve their full potential.

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Strategic Initiative #4:
Recovery Support

Purpose of Initiative #4 -

Partnering with people in recovery from mental and substance use disorders and family members to guide the behavioral health system and promote individual-, program-, and system-level approaches that foster health and resilience; increase permanent housing, employment, education, and other necessary supports; and reduce discriminatory barriers.

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2012 Strategic Initiative Priorities

SAMHSA Strategic Initiatives Priorities

SI 4 - Recovery Support

SI Goal/ Objective	SI 4 - Recovery Support	Vital Few	Critical Task	Ongoing Activity	Notes
4.1.2	Provide training and technical assistance on recovery and recovery-oriented systems, services and supports through the Bringing Recovery Support to Scale Technical Assistance Center (BRSS TACs)	✓			Contract will be awarded FY 2011
4.1.3	Engage individuals in recovery and their families in self-directed care, shared decision-making, and person-centered planning.	✓			Includes: • Shared Decision-Making Dialogue on use of medications in behavioral health treatment and recovery, October 11, 2011
4.2.2	Administer the cross-center (CSAT/CMHS) Cooperative Agreements to Benefit homeless Individuals (CABHI) grant program. Implement the SAMHSA Homeless and Housing Resource Network (HHRN) contract.	✓			Includes: • The SAMHSA Housing & Homelessness Resource Network will be awarded FY 2011. • developing staff expertise on permanent housing, drug free transitional housing, homelessness, and financing • training staff to provide technical support to grantees and providers • technical assistance to grantees • product development

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Recovery =/≠ Medically Necessary?

SAMHSA's statement on Recovery - Recovery from mental disorders and substance abuse is a process of change through which individuals improve their health and wellness, live a self-directed life in a community of their choice and strive to reach their full potential.

CMS definition of medically necessary - The patient must have a significant health problem and the services rendered must have a direct therapeutic relationship to the patient's condition and provide reasonable expectation of recovery or improvement of function.

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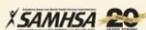
Recovery Continuum

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Recovery Principles

- → Person-Driven
- → Many Pathways
- → Holistic
- → Peer Support
- → Relational
- → Culture
- → Addresses Trauma
- → Strengths/Responsibility
- → Respect
- → Hope

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Proceed with Caution

Through the working recovery definition we have concisely and accurately described the "how" context of recovery at a conceptual level. It blends emerging science about what works with our principles and beliefs in social justice, entitlement and advocacy, and social inclusion. We are half-way there.

We should align this understanding of "how" with the definition of "what" that is used for all other parts of healthcare as well as in general usage. This will ground recovery in outcomes rather than process and set "equal footing" for inclusion in health and insurance systems.

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Self-management and Self-directed Care Shared Decision Making

BEHAVIORAL HEALTH

JAIL

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3131

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Shared Decision Making Determines Course of Care

In SDM, providers and consumers come together as collaborators to determine the course of care.

When practiced, SDM increases consumers' knowledge about and comfort with decisions they make.

Addresses 10 fundamental aspects of mental health care identified in SAMHSA's National Consensus Statement on Mental Health Recovery: self-direction, individualized care, person-centered care, empowerment, individual responsibility and recovery
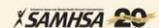
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Use of Medications Is Complex and Dynamic Evolves Over Time

- → SAMHSA encourages shared decision-making, informed choices

  - → Considers medication a tool in the recovery process
  - → Weighs ethnicity, impacts on children, morbidity/mortality
  - → Rx practices
  - → Protocols

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Resources

- → CMS is targeting use of antipsychotics in nursing home residents.
- → SDM tools, publications, presentations: http://store.samhsa.gov/home
- → http://www.samhsa.gov/consumersurvivor/shared.asp
- → Devon Partnership NHS is establishing memory cafes going from strength to strength, giving people with dementia and their carers a supportive environment in which to share experiences and information.

  http://www.dsgonline.com/RecoveryToPractice

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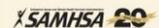
Recovery to Practice

At the fork in the road, recovery-oriented systems require thought and decisions to determine how services are structured, how decisions are made, how resources are allocated, and what collaboration means in practice.

Each profession has a unique role.

The RTP Resource Center contains a library of materials that is updated on an ongoing basis, and develops and disseminates a wide variety of communications, including Weekly Highlights and quarterly e-newsletters.
recoverytopractice@dsgonline.com

Recovery Oriented Prescribing

➔ SAMHSA is committed to being informed by the individual recovery experience

➔ And to provide information and guidance to practitioners and to ensure that people with behavioral health conditions can make informed decisions through
- Voice and leadership
- Funding - service capacity development
- Information/communications
- Regulation and standard setting

Self-directed Care and Personal Medicine

Personal medicine comprises self-taught, non-pharmaceutical strategies that people with mental illness can use, often in combination with psychiatric medication to advance their recovery and improve their lives. It can be anything--yoga, fishing, parenting, repairing airplanes, exercising, caring for pets, friendship, working puzzles. . . . .
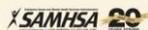
Thank you! Questions?

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