

# Ohio Recovery Happenings

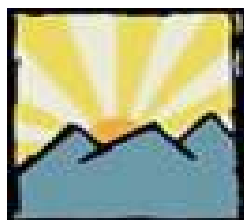
## Adult Recovery Network of Ohio Launches E-Newsletter

*The Adult Recovery Network of Ohio is pleased to distribute it's first of four quarterly e-newsletters in an effort to keep various statewide recovery-oriented entities abreast of recovery happenings across Ohio. We look forward to working with these organizations and welcome any feedback you might have on our newsletter.*

~ Lisa

### ***A Note from the Executive Director...***

As we begin a new year the Adult Recovery Network finds itself bidding farewell to several friends who have been particularly instrumental in the establishment and development of ARN. Dr. Michael Hogan, who as the long-time Director of Men-



tal Health in Ohio originally conceived the ARN concept and has given us continuing support since our inception, has accepted a new position as Commissioner of Mental Health for the State of New York.

Randy Zumbar, who has been serving as the executive director of the Summit County ADM Board, one of the three sponsoring agencies for the ARN, as well as an ARN Advisory Board member, has announced his retirement, effective

in early January.

And, Rudy Libertini, ARN's founding business manager and active participant at the quarterly ARN Board meetings, has also announced his retirement as the Executive Director of MHA of Summit County, another of the sponsoring agencies of the ARN.

I am sure the members of ARN's board, along with many of our readers, join me in extending our heartfelt thanks to all three of these gentlemen for their significant contributions toward ARN's development, and toward making recovery more of a reality for those in Ohio with serious mental illness. We wish all three of you the very best in your future endeavors!

Issue 1

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## Ohio Coordinating Center for ACT

By Jonas Thom, MA, PCC

ACT is an acronym that stands for Assertive Community Treatment. ACT is an evidence-based practice with more than thirty years of research establishing the model's effectiveness. ACT is characterized by a multidisciplinary treatment team

(psychiatrist, RN, vocational staff, substance abuse staff, counselor, social workers, peer support specialists, and trained others) who work together to assertively engage difficult-to-engage people in services to maximize opportunities

for recovery for them.

ACT is designed to serve people who have severe and persistent mental illnesses who do not connect well with traditional services including individuals who have a history of repeated hospitalizations or arrests, high

use of crisis-services, or homelessness. When implemented according to the model, ACT teams can expect positive results with clients, such as housing stability, reduced hospitalizations, crisis service usage, better substance abuse and vocational outcomes, and other positive outcomes.

In addition to improving lives of individuals with mental illnesses, ACT can serve local system needs by targeting specific vulnerable

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## Ohio Coordinating Center for ACT, *continued from p. 1*

populations who are unlikely to successfully access and benefit from traditional services. For example, in Ohio, the ACT model is being used to serve specific severely mentally disordered (SMD) populations including (but not limited to) individuals who: have mental illness and are chronically homeless; are reentering from state prisons/being diverted from jail; are moving from Assisted Care Facilities (ACF)/Nursing Homes to independent living; and young adults who are transitioning from the child to the adult mental health system. By adding an 'ACT level of care' local systems are able to achieve positive outcomes for people

they have been unable to serve successfully in the past, and therefore redirect resources previously committed to these groups to other needs.

### What is the Ohio Coordinating Center for ACT?

The Ohio Coordinating Center for ACT (OCCA) is a resource for current and future Ohio ACT teams and for Ohio communities who are interested in learning more about the ACT model. The ACT Center has three areas of responsibility: **1).** training/technical assistance, **2).** quality improvement through data analysis, and **3).** advo-

cacy for the dissemination, practice and sustainability of ACT in Ohio.

The Ohio Coordinating Center for ACT is pleased to announce its 2007 Workshop Training schedule, which can be found on our website, [www.ohioactcenter.org](http://www.ohioactcenter.org).

For more information, please feel free to contact us: Jonas Thom at (513) 458-6733, or via e-mail: [jthom@healthfoundation.org](mailto:jthom@healthfoundation.org), or Jon Ramos at (513) 458-6684, or via e-mail: [jramos@healthfoundation.org](mailto:jramos@healthfoundation.org).

## Elizabeth Curtis: Working Towards her Recovery

by Shawn Gordon

Elizabeth is a 35 year-old female working as an Independent Contractor on a grant project for the American School Health Association through Kent State University. Elizabeth has her Master's in Library & Information Sciences from KSU and is working towards gaining experience in her field and developing her career. She is active in her church, volunteers her time generously, and enjoys many hobbies (music, reading, painting and spending time with her friends). Elizabeth would be considered successful by many standards, but especially in light of the many obstacles she has had to overcome in her life.

Elizabeth began following her hopes and dreams as many of us have, working her way through school at Manchester College to earn a BA in History. She has held many jobs over the years, as is common for most of us. She has worked in custodial/housekeeping, plastic mold injections, restaurant/dining services, a movie theater, a greenhouse and at various nursing homes. During this time she studied in England, volunteered for two years through her church, married and began a lifelong journey that would take her from the highest heights to the lowest depths

she could imagine.



Elizabeth Curtis appreciates the value of employment.

Diagnosed with Bipolar Disorder towards the end of 1997, Elizabeth admits that she had "struggled" with bouts of depression, strained interpersonal relationships, undeveloped social skills, and communication throughout much of her life. She experienced many losses during this time (jobs, marriage, family ties and friends). This culminated in 2001-2002 with a manic episode that left her homeless, financially devastated and feeling very much alone. However, through her strong spiritual connection, new relationships with friends and family to support her and treatment to help manage her symptoms, Elizabeth persevered. She began working on her recovery with Coleman Professional Services (CPS) in 2002 with Case Management, Counsel-

ing and Psychiatric Services. In 2003 she was introduced to Vocation Services at CPS during a time in which she "desperately needed income and stability." She was supported in finding employment very quickly through Job Development Services, received Job Coaching to assist with her job training and Follow Along supports to help her sustain this job. She continued to receive support services through her graduation from KSU in August 2004, at which time she began to follow her career aspirations with further help from the Vocational Department. Elizabeth has gained confidence in herself, maintained her faith, established supportive relationships and continues to move forward in her recovery process with professional supports as well. She realizes that her journey is not over, that there will be many more obstacles and looks forward to many more successes. She is still following her hopes and dreams, but with renewed determination/strength and appreciation for the value of employment. Because Elizabeth is not just another employee, she is working towards her recovery.

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## Wellness Management and Recovery Coordinating Center of Excellence (WMR CCOE) *by Kelly Wesp, MS*

The Wellness Management and Recovery Coordinating Center of Excellence (WMR CCOE) is currently partnering with mental health provider agencies in five Ohio counties to promote mental health recovery and good health for adults with serious and persistent mental illness. The WMR CCOE has developed a curriculum that provides education on mental health recovery, common symptoms associated with mental illnesses, the role of medication in treatment, and tools to help manage the illness. The program is ten sessions long and each session is two hours in length. The group sessions are interactive and entertaining. Each

group is comprised of 5-10 people and participants are encouraged to bring a support person with them to the sessions. The sessions are team taught by a peer specialist who is living with a mental illness and a mental health specialist.

The WMR program is somewhat different from other psychoeducational programs that are available to consumers. Specifically, this program addresses co-occurring substance use disorders and/or physical health care conditions. An emphasis is placed on finding a balanced approach to overall health which includes incorporating many different things to enrich emotional, spiritual,

physical, and mental wellness. The program is in its pilot phase and it is anticipated that it will be available to other mental health organizations in Ohio by the middle of 2007. If you are interested in learning more about WMR CCOE and the program that has been developed, please visit their website at [www.wmrohio.org](http://www.wmrohio.org) or contact

Kelly Wesp at [kwesp@wmrohio.org](mailto:kwesp@wmrohio.org).



## A New Day: Wellness for All

*by Laura Wentz*

In the past two decades, Ohio has made great strides to move from institutional care to community care, to move toward a recovery orientation, to include consumers in decision-making processes, to investigate and use evidence-based practices, and to work collaboratively across systems.

Resources are tight, the system has become even more complex, and many people with a mental illness seek care and rely on resources outside the mental health system—whether in primary

health care, the schools, or the law enforcement system.

In October 2005, Ohio received one of seven federal Mental Health Transformation State Incentive Grant (TSIG) allocations of \$12 million over the next five years. The purpose of this grant is to transform the system of mental health services and supports to achieve the six goals and the recommendations of the President's New Freedom Commission on Mental Health, so that persons with mental illness can live, work,

learn and participate fully in their communities.

The major focuses of the first year of the grant were completing a Needs Assessment and Resource Inventory (submitted September 2006) and a Comprehensive Mental Health Plan. Ohio's plan—*A New Day: Wellness for All*—was submitted to the Substance Abuse and Mental Health Services Administration (SAMHSA) on November 15, 2006.

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## Guiding Principles of Recovery

The following Guiding Principles were developed by the Ohio Department of Mental Health:

1. Consumer input essential;
2. Mental Health System aware of enabling consumer dependency;
3. Recover quicker with:
  - Hope
  - Meaningful activities
  - Culture understood
  - Education needs met
4. Differences valued;
5. Holistic approach;
6. Best Practices: Merge all interventions;
7. Clinicians emphasis on "Hope" and trusting relationship;
8. Clinicians use strengths/assets Model
9. Clinicians and consumer together develop recovery plan;
10. Family involvement may enhance recovery;
11. Services most effective when delivered in the community;

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## *A New Day: Wellness for All (continued)*

**A New Day: Wellness for All** is a framework to guide Ohio toward the vision of a transformed system. The plan is a product of the work of many individuals and groups who defined needs and resources in Ohio's mental health system and developed and refined goals and strategies for improvement.

The goals and strategies in the plan address the spectrum of promotion, prevention, early intervention, treatment, and recovery support as well as the needs of all age groups. Some goals and strategies advance existing work and others address issues in new cross-cutting ways. Each President's New Freedom Commission on Mental Health goal is addressed through multiple Ohio goals and strategies.

**Goal 1—Americans Understand that Mental Health is Essential to Overall Health:** The four goals and 10 strategies provide a focus on increased integration of physical health care and behavioral health care, including finding/developing models of care, with specialized strategies for children, youth, and families, older adults and trauma survivors. A multifaceted approach to prevention, stigma reduction and providing public information about mental illness and treatment will improve understanding, access to treatment and mental wellness.

**Goal 2—Mental Health Care is Consumer and Family Driven:** Eleven goals and 20 strategies support several approaches to developing individual plans of care including support for parent advocacy, and training for consumers and providers about how to partner



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to develop a consumer-centric plan of care. Support for employment and housing, and access to available benefits for persons with mental illness including ex-offenders, are addressed in this section as essential components of recovery.

**Goal 3—Disparities in Mental Health Services are Eliminated:**

Six goals and 12 strategies focus on a variety of tactics to infuse cultural competency into behavioral health care and address disparities. These include education and training, outreach to underserved communities, and non-traditional services, as well as specialized approaches to transitional age youth, older adults and rural communities.

**Goal 4—Early Mental Health Screening, Assessment, and Referral to Service are Common Practice:**

Four goals and six strategies build on the Access to Better Care and Suicide Prevention initiatives. They address early screening and assessment across the lifespan including trauma screening, especially for children, youth, older adults, and persons involved in the criminal justice system.

**Goal 5—Excellent Mental Health Care is Delivered and Research is Accelerated:**

The importance of this goal to Ohio is reflected in the 12 goals and 22 strategies identified. Primary issues addressed include: school mental health, specialized services such as Wraparound and trauma informed care, access to evidence-based practices, and forensic research. There is also a focus on quality improvement

initiatives, including data, data partnerships, workforce availability and training, and re-engineering financing.

**Goal 6—Technology is used to Access Mental Health Care and Information:**

Three goals and six strategies expand access to information for consumers including the implementation of Network of Care, increased use of telemedicine to address issues of disparity, and technology-enabled workforce training.

The plan provides a framework to build on existing strengths and supports for persons with mental illness and emotional disturbance. By doing this, we will reach for and achieve recovery and resiliency. This approach to transformation will depend on a strategy of shared leadership and collaboration. By aligning resources and partnering with consumers, families, state agencies, and local shareholders, Ohio can build a stronger infrastructure and make significant strides to provide hope that recovery and resiliency are possible and achievable.

The full plan is available on the New Day web site at:

<http://www.anewday.org>



*The Adult Recovery Network of Ohio (ARN) was created in November 2003 in an effort to coordinate all of the mental health recovery efforts occurring across the state. ARN is a voluntary association of consumers, family advocates and providers of services. ARN's mission is to identify common areas of concern among consumers and family advocates. With these common concerns as a base, ARN is to generate recommendations that can help transform the mental health system so that it becomes more consumer and family driven and recovery focused, as described in the President's New Freedom Commission Report.*

*If you would like additional information about ARN, contact Lisa at: [loswald@mhasc.net](mailto:loswald@mhasc.net), or call 1-800-991-1311.*