

**SWMBH Operating Policy 12.9**

<b>Subject:</b> Recovery/Relapse/Effective Freedom		<b>Accountability:</b> Utilization Management	<b>Effective Date:</b> 7/14/14	Pages: 2
<b>REQUIRED BY:</b> BBA Section _____ PIHP Contract Section P.3.4.10 Recovery Policy and Practice Advisory P.3.4.4 SD & FI Guidelines NCQA/URAC Standard _____ SA SARF _____ Other _____			Last Reviewed Date: 7/20/15	Past Reviewed Dates: 7/14/2014
<b>LINE OF BUSINESS:</b> <input checked="" type="checkbox"/> Specialty Waiver (B/C) <input checked="" type="checkbox"/> I Waiver <input checked="" type="checkbox"/> Healthy Michigan <input checked="" type="checkbox"/> SUD Medicaid <input checked="" type="checkbox"/> SUD Community Grant <input checked="" type="checkbox"/> MI Health Link <input type="checkbox"/> OTHER: _____	<b>APPLICATION:</b> <input checked="" type="checkbox"/> SWMBH Staff and Ops <input checked="" type="checkbox"/> Participant CMHSPs <input checked="" type="checkbox"/> SUD Providers <input checked="" type="checkbox"/> MH / IDD providers <input checked="" type="checkbox"/> IDD providers <input type="checkbox"/> Other: _____		Last Revised Date: 7/20/2015	Past Revised Dates: 7/14/14
Approved <u>Teri Ryland PhDNP</u> Date: <u>8/11/15</u>		Required Reviewer:  Chief Clinical Officer Director of SAPT		

**I. Purpose**

Southwest Michigan Behavioral Health Services (SWMBH), Prepaid Inpatient Health Plan (PIHP) aligns its efforts with MDCH,

*“It is the policy of Michigan Department of Community Health (MDCH) that services and supports provided to individuals with mental illness including co-occurring conditions are based in recovery.”*

Furthermore, SWMBH supports that system transformation toward integrated care for all individuals served by participant CMHSPs and Substance Use Disorder Providers is based on the principles of recovery. Recovery-based services require self-direction by the individual, who defines his or her own life goals and designs a unique path toward those goals. Active outreach to inform our communities about the prevalence of trauma and to encourage a culture of safety will aid individuals in their recovery.

**II. Policy**

It is the policy of SWMBH that all services and supports for individuals and their families shall be provided within the context of a true partnership that instills hope and a belief that individuals can recover. It is essential SWMBH employees and providers offer integrated treatment practices supported by research and selected by the individual and the treatment provider(s) according to

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a person centered planning process and medical necessity criteria. SWMBH, the CMHSPs and Provider Agencies assist each customer by providing medically necessary services and supports to help approach each day's challenges, overcome disabilities, acquire skills, live in community, and contribute to society in meaningful ways.

### III. Standards and Guidelines

- A. Recovery from mental disorders and substance use disorders as defined by SAMHSA is: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

SAMHSA also has delineated four major dimensions that support a life in recovery:

- I. Health: Overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way.
  - II. Home: A stable and safe place to live.
  - III. Purpose: Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.
  - IV. Community: Relationships and social networks that provide support, friendship, love, and hope.
- B. Self Determination maintains the philosophy that recovery for individuals with developmental disabilities is best understood in terms of the right to live a self-determined life not defined by the restraints of one's disabilities.
- C. The following Guiding Principles of Recovery will inform local policy makers, providers, funders, peers/customers, and others as we design, measure, and reimburse for integrated and holistic services and supports to effectively meet the individualized needs of those served:
- a. Recovery emerges from hope
  - b. Recovery is person-driven
  - c. Recovery occurs via many pathways
  - d. Recovery is holistic
  - e. Recovery is supported by peers and allies
  - f. Recovery is supported through relationship and social networks
  - g. Recovery is culturally-based and influenced
  - h. Recovery is supported by addressing trauma
  - i. Recovery involved individual, family, and community strengts and esponsibility
  - j. Recovery is based on respect

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### IV. Definitions

#### Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential

#### Relapse

The process of returning to patterned thoughts and behaviors, and/or active substance use after a period of stability. Relapse is considered to be part of the recovery process and a component of a chronic disease, and should be viewed as an opportunity for learning.

#### Freedom

The ability for individuals, with assistance from significant others (e.g., chosen family and/or friends), to plan a life based on acquiring necessary supports in desirable ways, rather than purchasing a program. This includes the freedom to choose where and with whom one lives, who and how to connect to in one's community, the opportunity to contribute in one's own ways, and the development of a personal lifestyle.

### V. References

[www.samhsa.gov](http://www.samhsa.gov), Working Definition of Recovery, SAMHSA News Release

MDHHS Michigan Recovery Council Recovery Policy and Practice Advisory, P.3.4.10  
RecoveryPolicy\_FY13\_Clean

MDHHS Self Determination Policy and Practice Guideline P.3.4.4 SD & FI Guidelines

MDHHS Self Determination Implementation Technical Advisory

MDHHS Recovery Oriented System of Care Glossary of Terms

### VI. Attachments

None