



Section: <b>Clinical Practices</b>	Policy Name: <b>Recovery, Relapse, Effective Freedom</b>	Policy Number: <b>MHL 12.01</b>
Owner: <b>Manager of UM &amp; Call Center</b>	Reviewed By: <b>Elizabeth Guisinger, LPC, CAADC</b>	Total Pages: <b>4</b>
Required By: <input type="checkbox"/> BBA <input checked="" type="checkbox"/> MDHHS <input type="checkbox"/> NCQA <input type="checkbox"/> Other (please specify): <hr/>	Final Approval By:  <i>Elizabeth Guisinger</i> <small>Elizabeth Guisinger (Jun 4, 2020 10:29 EDT)</small>	Date Approved:  Jun 4, 2020
Application: <input checked="" type="checkbox"/> SWMBH Staff/Ops <input checked="" type="checkbox"/> Participant CMHSPs <input checked="" type="checkbox"/> SUD Providers <input checked="" type="checkbox"/> MH/IDD Providers <input type="checkbox"/> Other (please specify): <hr/>	Line of Business: <input checked="" type="checkbox"/> Medicaid <input type="checkbox"/> Other (please specify): <input checked="" type="checkbox"/> Healthy Michigan <hr/> <input checked="" type="checkbox"/> SUD Block Grant <input checked="" type="checkbox"/> SUD Medicaid <input checked="" type="checkbox"/> MI Health Link	Effective Date: <b>05/14/2020</b>

**Policy:** It is the policy of Southwest Michigan Behavioral Health (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 that SWMBH employees, the SWMBH Provider Network, Community Mental Health Service Providers (CMHSP) and their Provider Networks offer integrated treatment practices supported by research and selected by the individual and the treatment provider(s) according to a person-centered planning process, level of care guidelines, and medical necessity criteria which align with uniformity of benefit. 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.

**Purpose:** SWMBH, Prepaid Inpatient Health Plan (PIHP) aligns its efforts with the Duals Demonstration Three-Way contract between the Center for Medicare and Medicaid Services (CMS), the Michigan Department of Health and Human Services (MDHHS) and the Integrated Care Organizations (ICO) and the MDHHS policy statement  
*“It is the policy of Michigan Department of Health and Human Services (MDHHS) that services and supports provided to individuals with mental illness including co-occurring conditions are based in recovery.”*  
It is SWMBH’s intent to support system transformation towards integrated care for all individuals served by participant Community Mental Health Service Program’s (CMHSP’s) and Substance Use Disorder Providers which 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.



**Scope:** To ensure all individuals have support, services for themselves and their families in the recovery process.

**Responsibilities:** SWMBH staff, CMHSPs, Contracted Providers will all assist customers by supporting person-centered planning process, uniformly apply level of care guidelines and treat individuals based on providing medically necessary services.

**Definitions:**

- A. 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.
- B. 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.
- C. 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.

**Standards and Guidelines:**

- A. Recovery from mental disorders and substance use disorders as defined by Substance Abuse and Mental Health Services Administration (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.
- B. SAMHSA also has delineated four major dimensions that support a life in recovery:
  - 1. Health: Overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way.
  - 2. Home: A stable and safe place to live.
  - 3. 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.
  - 4. Community: Relationships and social networks that provide support, friendship, love, and hope.
- C. Self Determination maintains the philosophy that recovery for individuals with intellectual/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.
- D. 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:
  - 1. Recovery emerges from hope
  - 2. Recovery is person-driven
  - 3. Recovery occurs via many pathways
  - 4. Recovery is holistic
  - 5. Recovery is supported by peers and allies
  - 6. Recovery is supported through relationship and social networks



7. Recovery is culturally-based and influenced
8. Recovery is supported by addressing trauma
9. Recovery involved individual, family, and community strengths and responsibility
10. Recovery is based on respect

**References:**

- A. Working Definition of Recovery, SAMHSA News Release, <https://www.samhsa.gov/newsroom/press-announcements/201112220300>
- B. MDHHS FY19 Specialty Services and Supports Contract 4.13 Recovery Policy and Recovery Policy and Practice Advisory, P.4.13.1
- C. MDHHS FY19 Specialty Services and Supports Contract 4.7 Self Determination and Self Determination Policy and Practice Guideline P.4.7.1 Guidelines
- D. MDHHS Recovery Oriented System of Care Glossary of Terms
- E. Duals Demonstration Three Way Contract between CMS, MDHHS, and ICO

**Attachments:** None








# MHL 12.01 Recovery, Relapse, Effective Freedom

Final Audit Report

2020-06-04

Created:	2020-06-04
By:	Erin Peruchietti (erin.peruchietti@swmbh.org)
Status:	Signed
Transaction ID:	CBJCHBCAABAAiMgaL1UuLYdEmAeT5u4u8RHVuadGXMjx

## "MHL 12.01 Recovery, Relapse, Effective Freedom" History

-  Document created by Erin Peruchietti (erin.peruchietti@swmbh.org)  
2020-06-04 - 2:27:38 PM GMT- IP address: 104.159.231.26
-  Document emailed to Elizabeth Guisinger (beth.guisinger@swmbh.org) for signature  
2020-06-04 - 2:27:59 PM GMT
-  Email viewed by Elizabeth Guisinger (beth.guisinger@swmbh.org)  
2020-06-04 - 2:28:50 PM GMT- IP address: 68.60.68.179
-  Document e-signed by Elizabeth Guisinger (beth.guisinger@swmbh.org)  
Signature Date: 2020-06-04 - 2:29:11 PM GMT - Time Source: server- IP address: 68.60.68.179
-  Signed document emailed to Elizabeth Guisinger (beth.guisinger@swmbh.org) and Erin Peruchietti (erin.peruchietti@swmbh.org)  
2020-06-04 - 2:29:11 PM GMT