

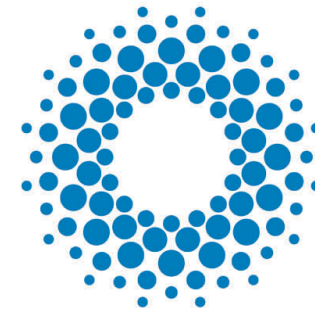
**THRIVING MIND**  
SOUTH FLORIDA<sup>®</sup>

ROSC 101 Training  
Recovery is Possible!

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- Certified Recovery Peer Specialists in the Thriving Mind Peer Services Department.
- Member of the Miami affiliate of the National Alliance for Mental Illness (NAMI)
- Graduate of the Undergraduate Department of Psychology at Florida International University (FIU).
- Areas of focus include Recovery Oriented Care, Cultural Competence, and elevating to role of Mental Health Peers in the system of Care.
- Over 8 years of experience in the social services sector.



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## *Credits*

### *ROSC 101– Recovery is Possible!*

*This training will help us to see how focusing more on the individual served (their needs and desires, the supports and services they choose) will better help develop positive recovery and wellness outcomes.*





# Why are we here?

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1. To recognize that, despite many difficult and life-changing experiences, recovery is possible for people with mental health and/or substance use conditions.

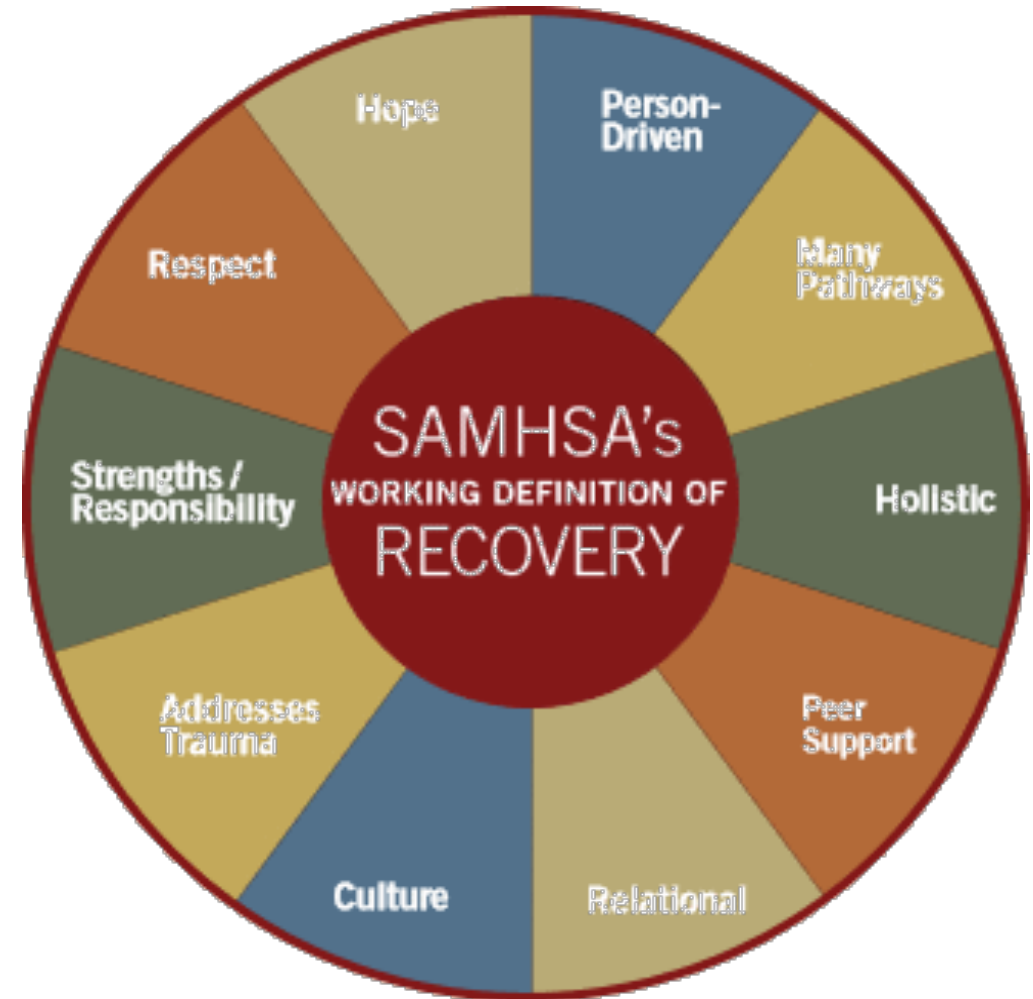
2. To identify beliefs, principles and practices that are critical in guiding our work to help those we serve rebuild meaningful, valued and satisfying lives.

How do you define recovery?

# Definition of Recovery



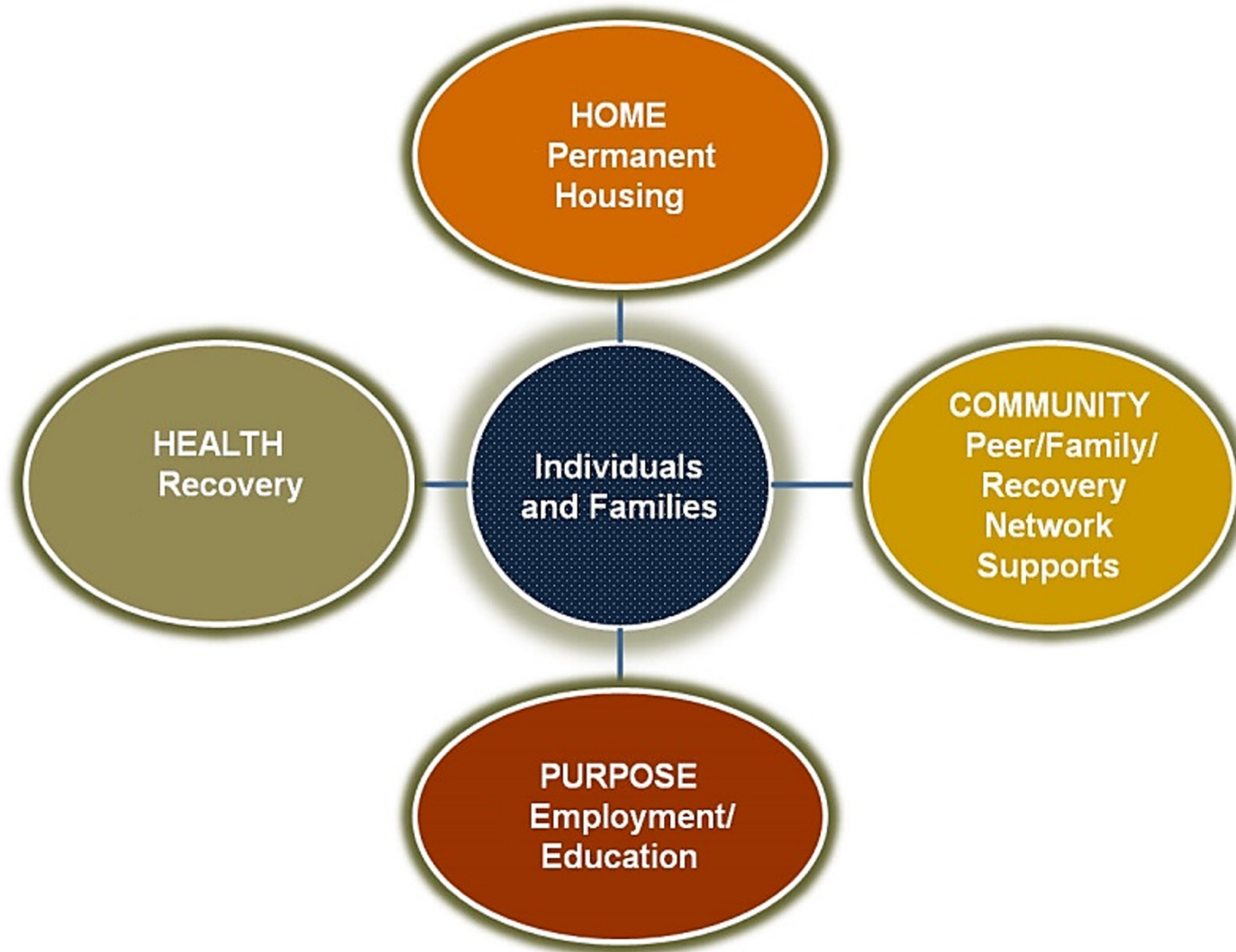
*“Recovery is a process of change whereby individuals improve their health and wellness, to live a self-directed life, and strive to reach their full potential.”* Substance Abuse and Mental Health Services Administration (2014).



# What Does Recovery Mean to You?



# RECOVERY DIMENSIONS



SAMHSA has distinguished four areas that support a life in recovery.



# 10 Guiding Principles of Recovery

1. Recovery emerges from hope.
2. Recovery is person-centered.
3. Recovery occurs via many pathways.
4. Recovery is holistic.
5. Recovery is supported by peers and allies.



# 10 Guiding Principles of Recovery



6. Recovery is supported through relationships and social networks.
7. Recovery is culturally-based and influenced.
8. Recovery is supported by addressing trauma.
9. Recovery involves individual, family, and community strengths and responsibility.
10. Recovery is based on respect.

Which guiding principles do you think are most important?

# Recovery Principles Change How We Do Our Work

The overarching goal for these recovery principles is to protect the process of recovery that is unique to each person.

For many individuals with behavioral health conditions, the concept of recovery is about staying in control of their life and achieving a better quality of life.

The new recovery philosophy challenges not only how we view individuals with these disorders, but how we design and deliver services.

What is a ROSC and why does it matter?

*Increase*  
**RECOVERY  
CAPITAL**

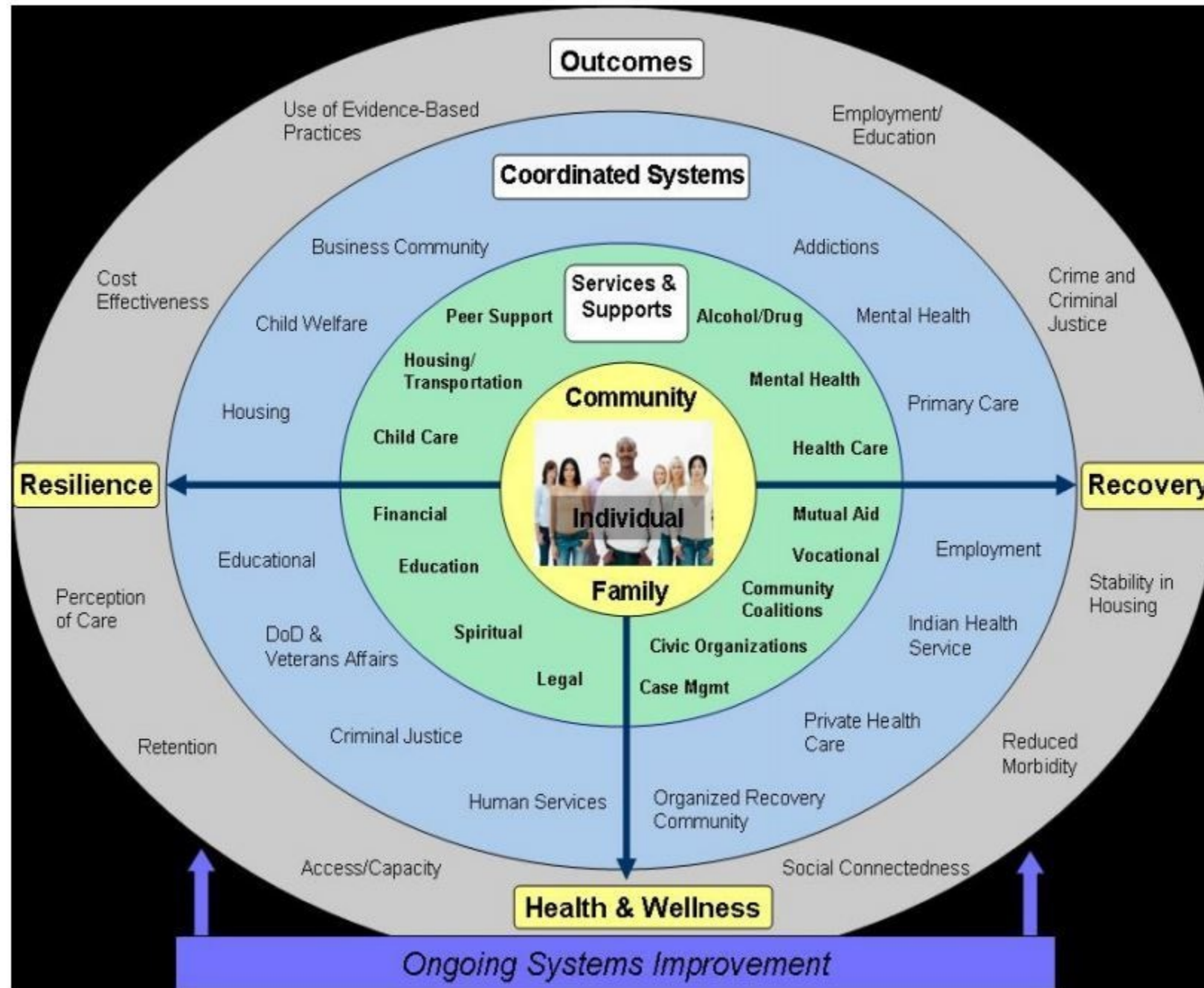


## RECOVERY-ORIENTED SYSTEM OF CARE

*A **Recovery-Oriented System of Care** (ROSC) is person-centered and wellness-focused, and builds on the strengths and resources of the individual, his/her/their family and community to promote overall improvements in functioning.*



Figure 1: Conceptual Framework of a Recovery-Oriented System of Care



# FLORIDA ROSC INITIATIVES

Chapter 2016-241, Laws of Florida, provides that Florida's behavioral health services are based on *recovery-oriented principles*.

Established state goals include:

- Promote good quality of life, community health, and wellness for all.
- Prevent the development of behavioral health conditions.
- Intervene earlier in the progression of illnesses.
- Reduce the harm caused by substance use disorders and mental health conditions on individuals, families, and communities.
- Provide the resources to assist people with behavioral health conditions to achieve and sustain their wellness and build meaningful lives for themselves in their communities.





# A Recovery-Orientation Focus Shifts Practice in Three Ways



The way individuals in recovery are viewed.

The way services are designed to be comprehensive and holistic.

The way service delivery aligns more closely with the individual and the specific needs of that individual.



What is our approach to treatment?

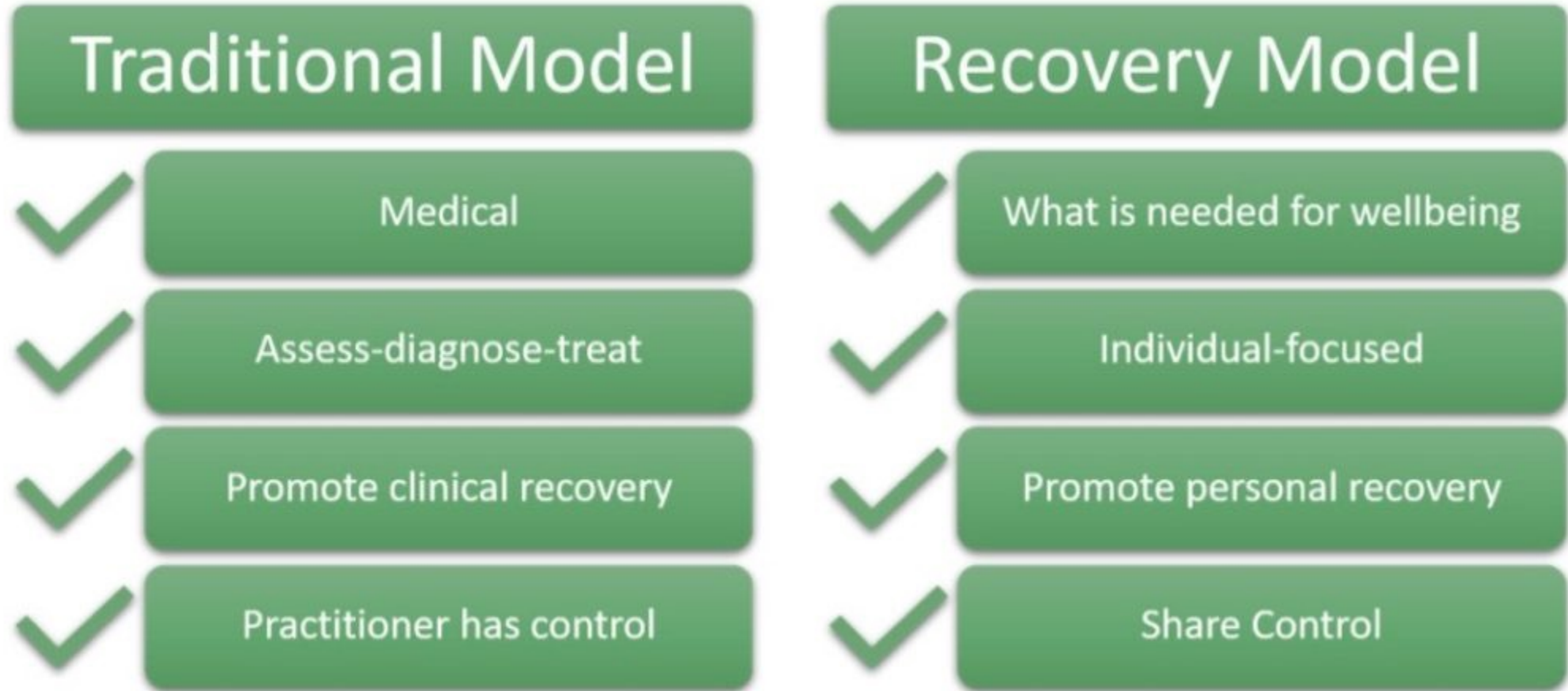


## Adopting a “recovery management” stance

**Recovery Management** is an approach which includes a variety of activities that promote and strengthen internal and external resources to help individuals secure the services they need to stabilize behavioral health conditions and maintain healthy levels of functioning.

**Recovery Management** is based on the belief that recovery is seldom achieved from a single episode of intervention or treatment, and that practitioners, as well as individuals in recovery, families, and policymakers, should not be disappointed or discouraged by the fact that there may be no quick fixes.

# What Does this System Transformation Mean?



# Recovery management - full spectrum of services

1. Pre-service identification and engagement
2. Recovery initiation and stabilization (recovery activities/treatment)
3. Recovery maintenance (post-treatment recovery support services)



# Tools for Measuring/Rating Recovery Orientation

# Recovery Self-Assessment (RSA) Domains



**Inviting  
Factor**

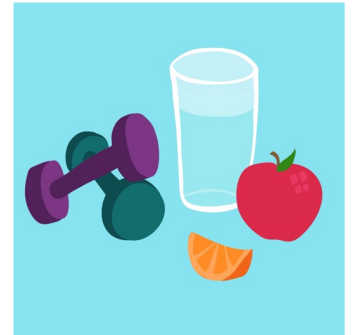


**Life Goals**

**Choice**



**Diversity of  
Treatment Options**



**Individually  
Tailored Services**



**Involvement**

# Areas of Recovery Measured by ROM

## Meeting Basic Needs



*Basic needs includes access to safe housing, food, entitlements, safety, and medical care.*

### **Review: assessments, treatment plans, discharge plan, progress notes**

- Do these documents mention the needs and exhibit proof that there is a plan in place to address the unmet needs?
- Is progress noted?

## Comprehensive Services



### **Review: Treatment plan and Progress Notes**

- Are a variety of techniques and approaches being provided to meet the treatment needs of persons served

*Ex. MAT, medication management, counseling, community and personal linkages, family treatment, trauma informed services, and wellness management (groups for managing triggers, psycho-educational groups, leisure and recreational activities)*



## Medication Assisted Treatment (if applicable)



### Review: Treatment file and progress notes

- If an individual has an opioid or alcohol use condition, is MAT treatment considered?
- Are risks and benefits reviewed and documented in the file?
- Is MAT Management evident in the file, i.e., documented treatment progress, negative drug tests or reduced drug use?

## Strengths-Based Approach



### Review : assessment, treatment plan, and progress notes:

- Do interactions take a positive, strengths-based perspective?
- Does clinical documentation reflect how existing strengths and resources can be used to overcome barriers and challenges?

## Customization and Choice



Review: treatment/recovery plans, and discharge summaries

- Do the treatment, discharge and recovery plans show individualization and customization to the unique strengths, needs, and preferences of persons served?  
Ex. Mental, emotional, physical, spiritual, and cultural needs

## Opportunity to Engage in Self Determination



Review: treatment plan, services listed, and progress notes

- Are persons served being given a voice in developing their treatment plans and discharge plans, including identifying goals and objectives?
- Is the treatment plan updated with their input?
- Does the individual given access to peer services?

## Network Supports/Community Integration



**Review:** entire treatment record

- Are support systems of persons served and available community resources both identified and, when possible, used in the treatment and recovery process?

This support can come from family, friends, a sponsor, a peer, clergy. Community integration includes participation in self help groups, recreational activities, social activities, vocational activities and educational activities.

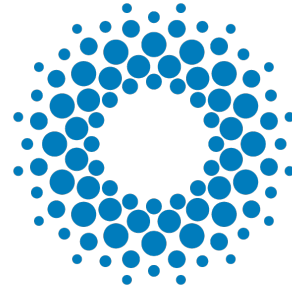
## Recovery Focus



**Review:** Recovery Plan and/or WRAP

- Is there a focus on continued recovery that identifies recovery capital and demonstrate ongoing efforts to support recovery through elements such as employing a healthy lifestyles and support Recovery Focus systems and self-care activities?
- Does the discharge plan clearly identify how persons served will continue to receive services to support ongoing recovery?





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Thriving Mind South Florida is a managing entity contracted with the Department of Children and Families.  
Thriving Mind also receives support from other Federal, State, County and private sources.