

Empowerment & Advocacy Brief



10 Fundamental Components of Recovery

By the Substance Abuse and Mental Health Services Administration

1) Self-Direction:

Consumers lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life. By definition, the recovery process must be self-directed by the individual, who defines his or her own life goals and designs a unique path towards those goals.

2) Individualized and Person-Centered:

There are multiple pathways to recovery based on an individual's unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations. Individuals also identify recovery as being an ongoing journey and an end result as well as an overall paradigm for achieving wellness and optimal mental health.

3) Empowerment:

Consumers have the authority to choose from a range of options and to participate in all decisions—including the allocation of resources—that will affect their lives, and are educated and supported in so doing. They have the ability to join with other consumers to collectively and effectively speak for themselves about their needs, wants, desires, and aspirations. Through empowerment, an individual gains control of his or her own destiny and influences the organizational and societal structures in his or her life.

4) Holistic:

Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and health care treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports.

5) Non-Linear:

Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience. Recovery begins with an initial stage of awareness in which a person recognizes that positive change is possible. This awareness enables the consumer to move on to fully engage in the work of recovery.

6) Strengths-Based:

Recovery focuses on valuing and building on the multiple capacities,

(Continued on page 2)

ODMH welcomes recovery specialist

Sharon Fitzpatrick joined the Ohio Department of Mental Health (ODMH) as its recovery specialist. She brings nine years of community mental health experience that includes direct service, crisis intervention, coordination of outreach



and cultural diversity events, and training of volunteer advocates. She was also previously employed as a recovery specialist at a Consumer Operated Service in northeast Ohio.

Sharon has served

on various boards including The Road to Hope House, which is a home for those who are recovering from alcohol and substance abuse. She created curriculums for children's workshops on "Being Safe" and served on the Speakers Bureau for Nord Center in Lorain. ODMH welcomes her strong background in working with consumers, survivors of sexual assault and advocacy.

Online advocacy and recovery training

Today, 36 Ohio counties subscribe to the Network of Care, a website full of useful information about mental health and other topics. The mental health version of the Network of Care, recognized as a model program by the President's New Freedom Commission on Mental Health, provides vital information to help link consumers to support groups and personal advocacy resources in their communities. The site also contains a repository of evidence-based

practices – successful, creative ways for communities to respond to their behavioral- health needs.

As part of its commitment to individuals, families and providers in the behavioral- health community, the Wood County Alcohol, Drug Addiction and Mental Health Services Board partnered with several organizations to produce wellness and recovery trainings that are free to all Network of Care visitors. Initial contributors include the National Alliance on Mental Illness, Mental Health America, Recovery Innovations, and recovery leaders Mary Ellen Copeland and Shery Mead. To view the following modules (you will need the latest version of the Adobe Flash Player), visit http://wood.oh.networkofcare.org/mh/library/education_recovery.cfm.

- Mental Illness: An Illness Like Any Other (two parts)
- Bipolar Disorder (four parts)
- Major Depression and Recovery (three parts)
- Schizophrenia (two parts)
- You Are Not Alone (two parts)
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Panic Disorder
- Social Phobia
- Post- Traumatic Stress Disorder
- Recovery Workbook
- WRAP (Mary Ellen Copeland)
- Creating Intentional Peer Supports (Shery Mead)
- Pre- Peer Employment Training (three parts)
- Magellan Resilience & Recovery

Benefits don't nix job opportunities

Fifty- two people attended a seminar on “Essential Benefits Information for the Non- Benefit Counselor,” on June 15 at the State Library of Ohio in Columbus.

Trainers Steve Shober from the Center for Evidence- Based Practices and Ron Swain from the Fairfield County Board of Developmental Disabilities focused on basic information regarding SSI, SSDI, Medicaid and Medicare. Medicaid Buy- In for Workers with

(Continued from page 2)

resiliencies, talents, coping abilities, and inherent worth of individuals. By building on these strengths, consumers leave stymied life roles behind and engage in new life roles (e.g., partner, caregiver, friend, student, employee). The process of recovery moves forward through interaction with others in supportive, trust- based relationships.

7) Peer Support:

Mutual support—including the sharing of experiential knowledge and skills and social learning—plays an invaluable role in recovery. Consumers encourage and engage other consumers in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and community.

8) Respect:

Community, systems, and societal acceptance and appreciation of consumers —including protecting their rights and eliminating discrimination and stigma—are crucial in achieving recovery. Self- acceptance and regaining belief in one's self are particularly vital. Respect ensures the inclusion and full participation of consumers in all aspects of their lives.

9) Responsibility:

Consumers have a personal responsibility for their own self- care and journeys of recovery. Taking steps towards their goals may require great courage. Consumers must strive to understand and give meaning to their experiences and identify coping strategies and healing processes to promote their own wellness.

10) Hope:

Recovery provides the essential and motivating message of a better future— that people can and do overcome the barriers and obstacles that confront them. Hope is internalized; but can be fostered by peers, families, friends, providers, and others. Hope is the catalyst of the recovery process.

Disabilities was discussed along with other employment incentives. The main point that attendees could take back to their jobs helping others, is this: Not only is it possible to go to work and not *lose* benefits, but most people end up with substantially more money when they go to work.

The event was co- sponsored by the Ohio Department of Mental Health, the Ohio Department of Developmental Disabilities, the Ohio Rehabilitation Services Commission and the Central Ohio Rehabilitation Association.

For more information about Consumer Benefits and Consumer Employment see the ODMH Office of Community Supports and Client Rights web page at: <http://mentalhealth.ohio.gov/what-we-do/promote/consumer-supports/>

Seminar can help you be WISE about work

Work incentives are Social Security's rules that make it possible for people with disabilities receiving disability benefits to explore work options and still receive benefits until they reach their work goals. These disability program rules about work are complicated and can be confusing. To help you understand them, Social Security offers a periodic Work Incentives Seminar Event (WISE) or webinars to discuss these and other concerns of Social Security beneficiaries with disabilities who want to return to work. For information about upcoming training opportunities, please visit www.chooseworkttw.net/.

PATH projects combat homelessness

Projects for Assistance in Transition from Homelessness, or PATH, is a federal program sponsored by the Substance Abuse and Mental Health Services Association (SAMHSA) that allows local mental health systems to provide assertive outreach and engagement services targeting people with a mental illness that are experiencing homelessness, but are not yet connected with mainstream mental health services. The primary goals are to engage these individuals in mental health services and to assist them with obtaining housing and other benefits.

Funds are awarded to states based on a formula. Beginning in SFY 2007, ODMH has awarded PATH funding to local communities based upon need, as directed by SAMSHA. Ohio's PATH Grant from SAMHSA in State Fiscal Year (SFY) 2012 is \$2,210,000, which will fund PATH Projects in communities listed in the chart below.

To increase our effectiveness in working with the military veteran population, Ohio also funded three Veteran Pilot projects via a competitive application process among the existing PATH providers. For SFY 2010, the Veteran Pilots included Cuyahoga, Franklin and Hamilton/Butler collabora-

tion). These pilot projects expand culturally appropriate outreach, engagement, treatment and other services to veterans with mental illnesses who are experiencing homelessness. In State Fiscal Year 2011, these pilots received a flat funding allocation, however in SFY 2012, their funding will decrease 25 percent in anticipation that the pilots will be becoming self-sustaining within the context of the existing PATH projects.

Additionally in SFY 2012, ODMH created a one-time PATH grant of \$50,000 to expand geographically. This mini-grant is designed to address services only directed toward individuals who are currently homeless. It was awarded to Columbiana County.

SAMHSA intends to move the PATH program focus back to its core mission of serving individuals with severe mental illnesses, including those with co-occurring substance use disorders, who are literally homeless (shelter, streets, or homeless camps) versus those individuals who are at imminent risk of becoming homeless as the priority population. To learn more, go to the federal website at:

www.pathprogram.samhsa.gov/

Or visit the ODMH Office of Community Supports and Client Rights web page:

<http://mentalhealth.ohio.gov/what-we-do/promote/consumer-supports/>

ODMH-funded PATH projects

County	P.A.T.H. Provider
Butler	Transitional Living
Cuyahoga	Mental Health Services, Inc.
Franklin	Southeast, Inc.
Hamilton	Greater Cincinnati Behavioral Health Services
Lake	Extended Housing
Lorain	Gathering Hope House, Inc.
Lucas	Neighborhood Properties, Inc.
Mahoning/Trumbull	Help Hotline
Montgomery	Miami Valley Housing Opportunities
Stark	ICAN
Summit	Community Support Services
Columbiana	The Columbiana County Mental Health Clinic



Exercise can lift mood and improve health

Exercise is a powerful antidote to stress, anxiety and depression. As the days stay warm and sunny into the evening, look for small ways to add activity to your day.

Although all people have ups and downs in their moods, it has been shown that regular exercise can improve your emotional health.

According to a recent study in the Journal of Environmental Science & Technology, only five minutes of exercising in a green space will provide both mental and physical benefits. To begin your program, start small and take the stairs instead of the elevator or go on a short walk. To get the most mental health benefits, aim for 30 minutes or more of exercise per day.

Exercise has many benefits. It gives a boost to self-confidence and provides a healthy diversion away from problems and issues in everyday life. It distracts the mind, gives it a chance to unwind and helps you think of more pleasant thoughts. Those who are physically fit also sleep better than those who do not.

Ohio garners awards

Southeast Inc. gets federal grant to expand health care access

On Aug. 9, U.S. Department of Health and Human Services (HHS) Secretary Kathleen Sebelius announced awards of \$28.8 million to 67 community health center programs across the country. The Health Center New Access Point grants will help to establish new health service delivery sites. Two grantees were in Ohio: Southeast, Inc., and Lower Light Christian Health Center, Inc., both in Columbus.

These awardees join the 1,100 current health center grantees that provide affordable community-based primary and preventive health care to more than 19 million people across the country. By maximizing the availability, access and continuity of primary care services to the nation's neediest populations, these sites will play a critical role in improving the health care status of medically underserved and vulnerable populations and decreasing health disparities throughout the United States.

The federal grant will help Southeast, Inc. address health care for people who are mentally ill and homeless in Columbus and Franklin County. The program runs from Aug. 1 of this year through May 31, 2013. It will cost \$2.2 million per year, with 25 percent coming from the HHS grant and the remainder from the agency. Funding will be the same for the second year.

The award means Southeast is a Federally Qualified Health Center, allowing it to provide healthcare for the homeless. Southeast serves more than 12,000 people annually, providing mental health, substance abuse, health care and other services. The agency, in operation since 1978, has offices in six central Ohio counties.



Ashland County's Pat Risser with ODMH Director Tracy Plouck

Ohioan travels to Hollywood for Voice Award recognition

This month, Ohio resident Pat Risser will receive a SAMHSA Voice Award in Los Angeles. This year's awards are in recognition of consumer/peer leaders who have done exemplary work promoting the social inclusion of individuals with behavioral health problems. Consideration was given to those leaders who have successfully advocated for the rights of trauma survivors and promoted the importance of trauma-informed care.

Risser, of Ashland is active with ODMH's Community Support Planning Council, a federally mandated body that monitors, reviews and evaluates Ohio's block grant application. The Planning Council works to enhance the recovery process and to improve the quality of life of people with mental illness in Ohio.

Risser has also been active on various SAMHSA committees and with the [Mental Health and Recovery Board of Ashland County](#) where he is instrumental in organizing its Fourth Annual RSVP Conference, scheduled Sept. 28 at Ashland University Convocation Center.

The Voice Awards will also recognize TV and film writers and producers that incorporate dignified, respectful and accurate portrayals of individuals with behavioral health problems into their productions, especially as they portray the experience of trauma, healing and recovery.

Suicide prevention grant to help at-risk youth throughout state

The [Ohio Suicide Prevention Foundation](#) (OSPF) received notification recently that it received a SAMHSA Garrett Lee Smith Youth Suicide Prevention Grant which builds on 78 local coalitions. The application was for \$1,440,000 over three years to expand suicide prevention services for at-risk youth. It will provide funds to:

- mobilize 78 coalitions in 88 counties and target 25 at-risk counties;
- implement Kognito's At-Risk online simulation-based training for high school and military family gatekeepers (people who may come into contact with an individual who may be feeling suicidal);
- provide assessment and suicide-risk training to 438 professionals;
- implement TeenScreen and Signs of Suicide in at-risk counties to screen 8,000 youth;
- engage and mentor local mental health services in suicide prevention for at-risk youth to result in more youth being referred for continuing treatment; and
- actively promote the National Suicide Prevention Lifeline.

"We are extremely excited as well as appreciative to SAMHSA and ODMH for the tremendous support they have provided OSPF for the past six years and look forward to implementing Ohio's Campaign for Hope," said OSPF Executive Director Carolyn Givens in a letter to ODMH Director Tracy Plouck.

Ohio

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