



**Thank you for joining us, we will get started in just a few minutes to allow others to call in.**

**Please make sure your line is muted.**

**To receive the slides shared today please email [COProviderRelations@BeaconHealthOptions.com](mailto:COProviderRelations@BeaconHealthOptions.com) or put your email in the chat box.**

# April RAE Roundtable

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April 8<sup>th</sup> 2022

Chapter

# 01

## Welcome and Introductions

**Thank you for joining  
the RAE Roundtable**

# Agenda

**01** Welcome & Introductions

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**02** Mindsource/ Trauma Brain Injury

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**03** Principles of Recovery and Psychiatric Rehab

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**04** Reminders, Questions & Open Discussion

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# What is the RAE?

The RAEs are responsible for the health and cost outcomes for members in their region, as well as:

- Developing a network of Primary Care Medical Providers (PCMPs) to serve as medical home providers for their members,
- Developing a contracted statewide network of behavioral health providers,
- Administering the Department's capitated behavioral health benefit,
- Onboarding and activating members,
- Promoting the enrolled population's health and functioning, and
- Coordinating care across disparate providers, social, educational, justice, and other community agencies to address complex member needs that span multiple agencies and jurisdictions.

# NORTHEAST HEALTH PARTNERS, LLC

FQHCs:



CMHCs:

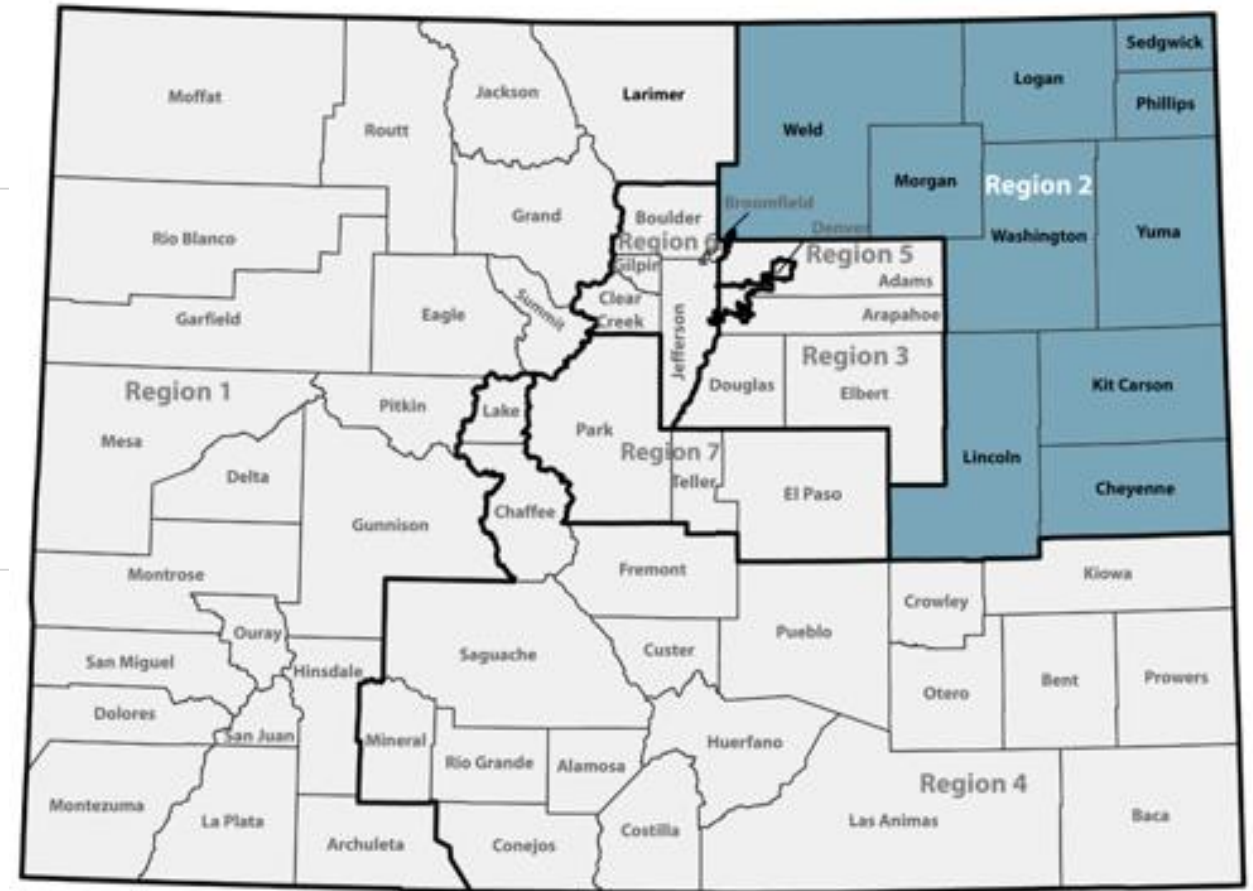


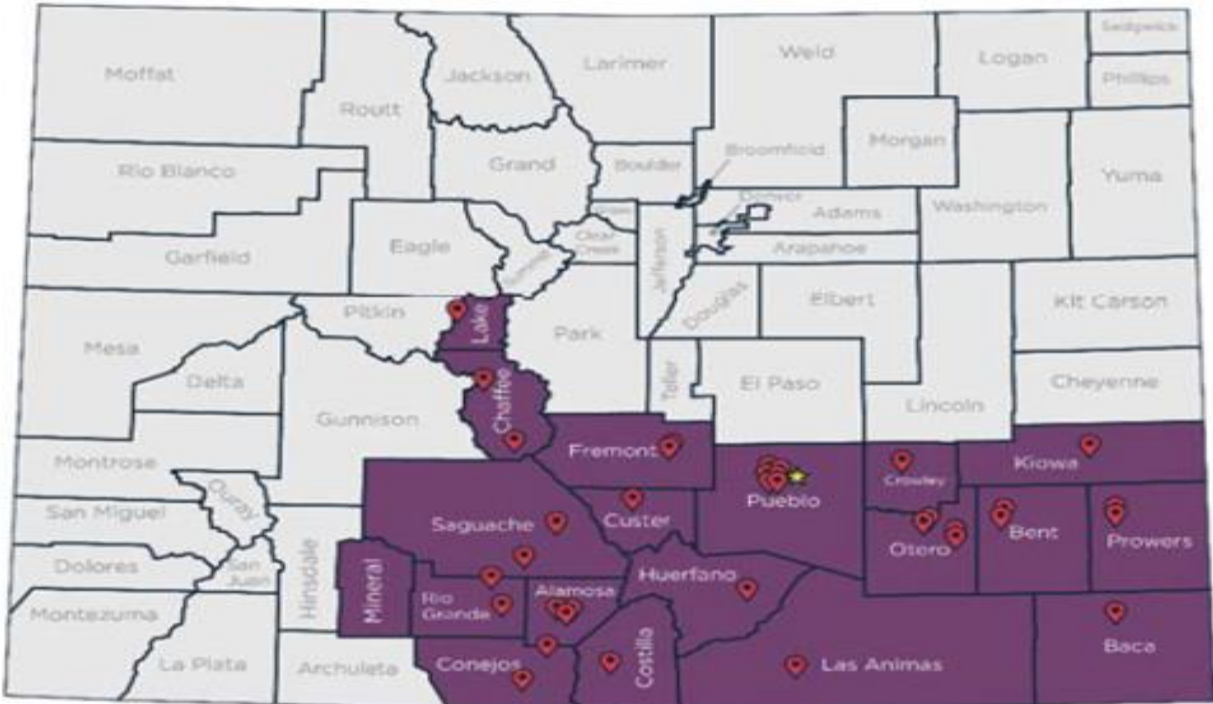
Administrative Service Organization:



April 8th 2022

## Northeast Health Partners





April 8th 2022

## What is a RAE Roundtable?

This is a monthly meeting where we share updates, provide information, training, and welcome your questions and discussion.

Feel free to share this invitation with colleagues who may also have an interest in attending.

Chapter

# 02

# Mindsource and Trauma Brain Injury

Presented by Liz Gerdeman

Chapter

# 03

## Principles of Recovery and Psychiatric Rehabilitation

## Definition

Working definition of recovery from mental disorders

and/or substance use disorders:

- “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, 2018)

Recovery is not described as an “end state”, but rather as a “process” (SAMHSA, 2018)

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**Importance of person-first language**

**Learning from perspective of people in recovery**

**Centrality of autonomy, self-determination, and choice**

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**People with mental health and substance use conditions have been- and still are- subject to prejudice and discrimination.**

**Reducing and eliminating prejudice and discrimination is necessary for people to live full, meaningful, and self-determined lives in the communities of their choice.**



**Recovery to Practice Initiative-2011-Originally a Discipline Based Curriculum that focused on integrating recovery oriented principles into behavioral health through multiple disciplines and service settings. Now are moving toward more of an integrated, multidisciplinary practice using diverse applications.**

**(NAADAC**-Association for Addiction Professionals, **CSWE**-Council on Social Work Education, **APA**- American Psychological Association,, **APNA**-American Psychiatric Nurses Association, **AACP**-American Association of Community Psychiatrists, **INAPS**-International Association of Peer Specialists)

Sign up for quarterly newsletters at [RTP@AHPNET.com](mailto:RTP@AHPNET.com)

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Through its *Recovery Support Strategic Initiative*, and Recovery to Practice Initiative the Substance Abuse and Mental Health Services Administration (SAMHSA) has delineated four major dimensions that support a life in recovery:

- Health
- Home
- Purpose
- Community



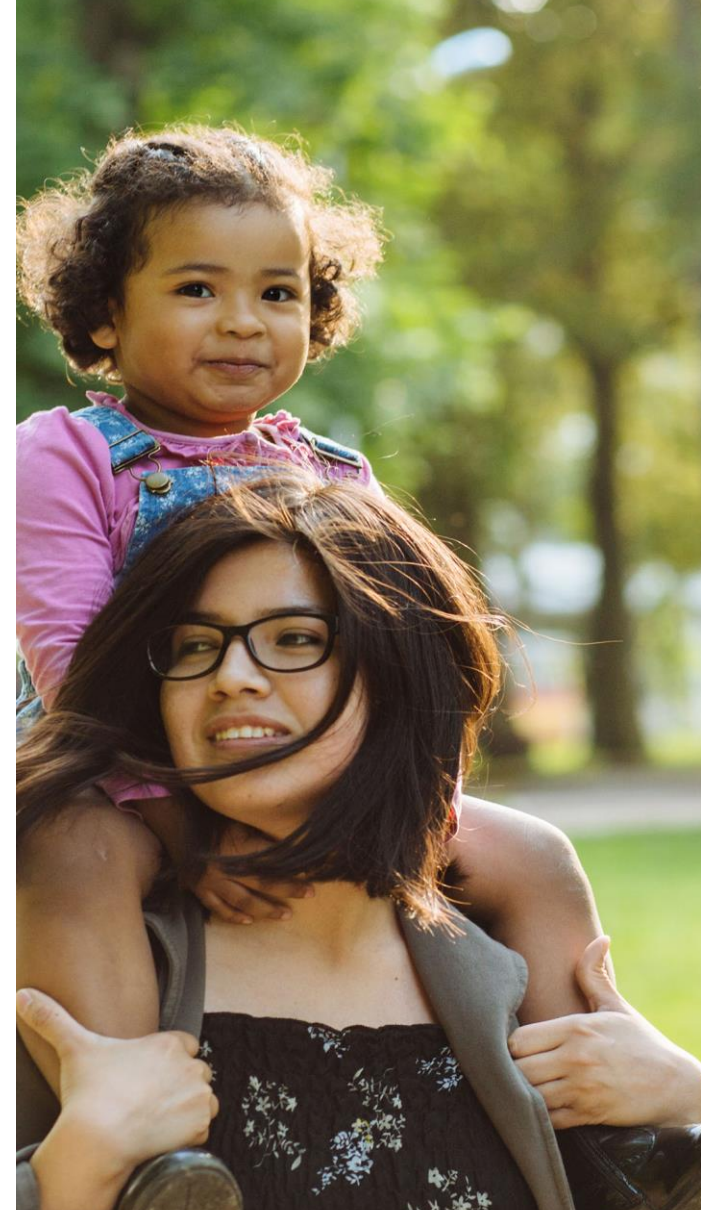
## **Four Major Dimensions**

### **Health**

Overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem— and for everyone in recovery, making informed, healthy choices that support physical and emotional well-being

### **Home**

A stable and safe place to live



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## **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

## **Community**

Relationships and social networks that provide support, friendship, love, and hope

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## Ten Guiding Principles of Recovery

Hope

Person-Driven

Many Pathways

Holistic

Peer Support

Relational

Culture

Addresses Trauma

Strengths/Responsibilities

Respect





## **Recovery emerges from hope**

The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them. Hope is internalized and can be fostered by peers, families, providers, allies, and others. Hope is the catalyst of the recovery process.



## **Recovery is person-driven**

Self-determination and self-direction are the foundations for recovery as people define their own life goals and design their unique path(s) towards those goals. People optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience. In so doing, they are empowered and provided the resources to make informed decisions, initiate recovery, build on their strengths, and gain or regain control over their lives.



## **Recovery occurs via many pathways**

People are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds—including trauma experience—that affect and determine their pathway(s) to recovery. Recovery is built on the multiple capacities, strengths, talents, coping abilities, resources, and inherent value of each individual. Recovery pathways are highly personalized. They may include professional clinical treatment; use of medications; support from families and in schools; faith-based approaches; peer support; and other approaches.



## **Recovery occurs via many pathways (cont.)**

Recovery is non-linear, characterized by continual growth and improved functioning that may involve setbacks. Because setbacks are a natural, though not inevitable, part of the recovery process, it is essential to foster resilience for all individuals and families.

Abstinence from the use of alcohol, illicit drugs, and non-prescribed medications is the goal for those with addictions. Use of tobacco and non-prescribed or illicit drugs is not safe for anyone. In some cases, recovery pathways can be enabled by creating a supportive environment. This is especially true for children, who may not have the legal or developmental capacity to set their own course.



## **Recovery is holistic**

Recovery encompasses a person's whole life, including mind, body, spirit, and community. This includes addressing: self-care practices, family, housing, employment, transportation, education, clinical treatment for mental disorders and substance use disorders, services and supports, primary health care, dental care, complementary and alternative services, faith, spirituality, creativity, social networks, and community participation. The array of services and supports available should be integrated and coordinated.



## **Recovery is supported by peers and allies**

Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery. Peers encourage and engage other peers and provide each other with a vital sense of belonging, supportive relationships, valued roles, and community. Through helping others and giving back to the community, one helps one's self. Peer-operated supports and services provide important resources to assist people along their journeys of recovery and wellness.



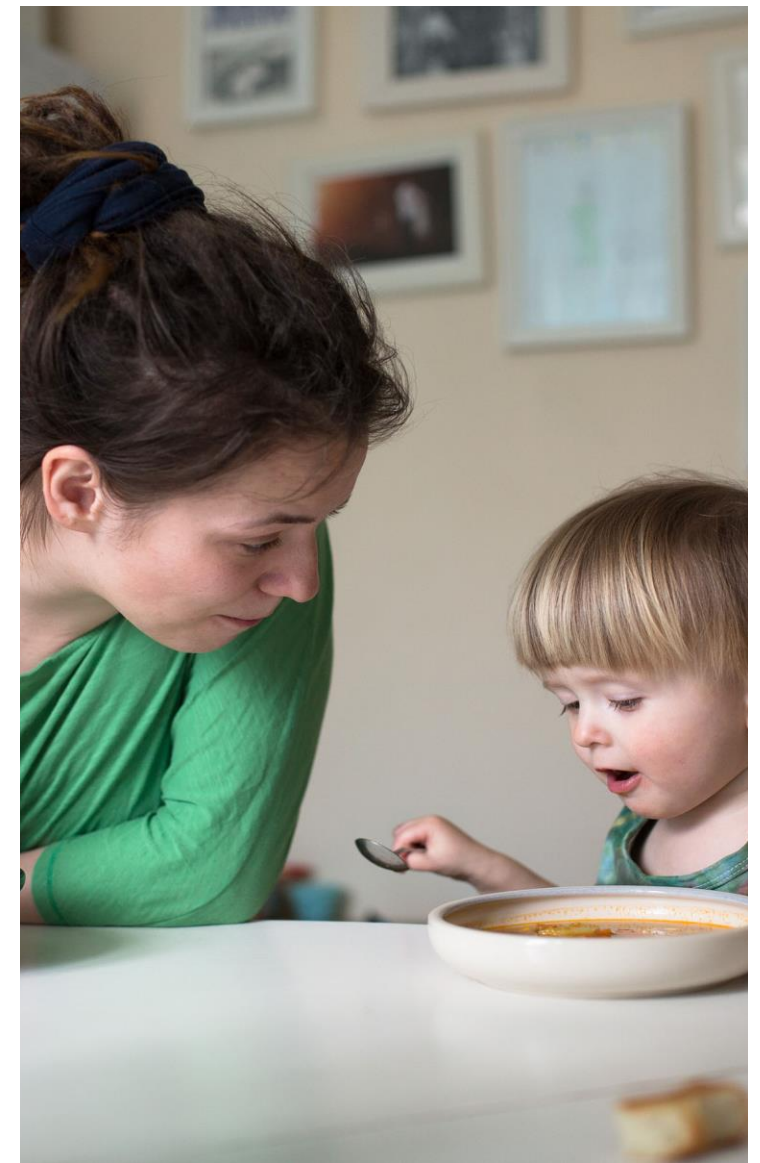
## **Recovery is supported by peers and allies (cont.)**

Professionals can also play an important role in the recovery process by providing clinical treatment and other services that support individuals in their chosen recovery paths. While peers and allies play an important role for many in recovery, their role for children and youth may be slightly different. Peer supports for families are very important for children with behavioral health problems and can also play a supportive role for youth in recovery.



## **Recovery is supported through relationship & social networks**

An important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change. Family members, peers, providers, faith groups, community members, and other allies form vital support networks. Through these relationships, people leave unhealthy and/or unfulfilling life roles behind and engage in new roles (e.g., partner, caregiver, friend, student, employee) that lead to a greater sense of belonging, personhood, empowerment, autonomy, social inclusion, and community participation.



## **Recovery is culturally-based and influenced**

Culture and cultural background in all of its diverse representations—including values, traditions, and beliefs—are keys in determining a person's journey and unique pathway to recovery.

Services should be culturally grounded, attuned, sensitive, congruent, and competent, as well as personalized to meet each person's unique needs.

## **Recovery is supported by addressing trauma**

The experience of trauma (such as physical or sexual abuse, domestic violence, war, disaster, and others) is often a precursor to or associated with alcohol and drug use, mental health problems, and related issues. Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration.



## **Recovery involves individual, family, and community strengths and responsibility**

People, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, people have a personal responsibility for their own self-care and journeys of recovery. People should be supported in speaking for themselves. Families and significant others have responsibilities to support their loved ones, especially for children and youth in recovery. Communities have responsibilities to provide opportunities and resources to address discrimination and to foster social inclusion and recovery. People in recovery also have a social responsibility and should have the ability to join with peers to speak collectively about their strengths, needs, wants, desires, and aspirations.

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## **Recovery is based on respect**

Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems—including protecting their rights and eliminating discrimination—are crucial in achieving recovery. There is a need to acknowledge that taking steps towards recovery may require great courage. Self-acceptance, developing a positive and meaningful sense of identity, and regaining belief in one's self are particularly important.

# Special Considerations for Children and Adolescents



## **Values and Principles for a Recovery-Oriented System of Care for Youth**

- **It is family focused**
- **Employs a broad definition of family**
- **Is age appropriate**
- **Reflects the developmental stages of youth**
- **Acknowledges the nonlinear nature of recovery**
- **Promotes resilience**
- **Is strengths-based**

## **Priorities for Youth Services and Supports**

- **Ensure ongoing family involvement**
- **Provide linkages to necessary services;**
- **Assure that the range of services and supports address multiple domains in a young person's life;**
- **Include services that foster social connectedness;**
- **Provide specialized recovery supports; and,**
- **Provide therapeutic/clinical interventions.**



Go to  
[www.samhsa.gov/recovery](https://www.samhsa.gov/recovery)  
for more information on this  
topic or to  
read SAMHSA's Support  
Initiative.

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Chapter

# 04

## Reminders, Questions, & Open Discussion

# Stay Up To Date

Every 2 weeks we provide a Newsletter including upcoming webinars, events, updates, and resources.

Be sure to check out the Inspire Wellness newsletter!!

It's easy to join our mailing list!

Just send your email address by text message:

Text  
**BEACONHEALTH**  
to **22828** to get started.



Message and data rates may apply.

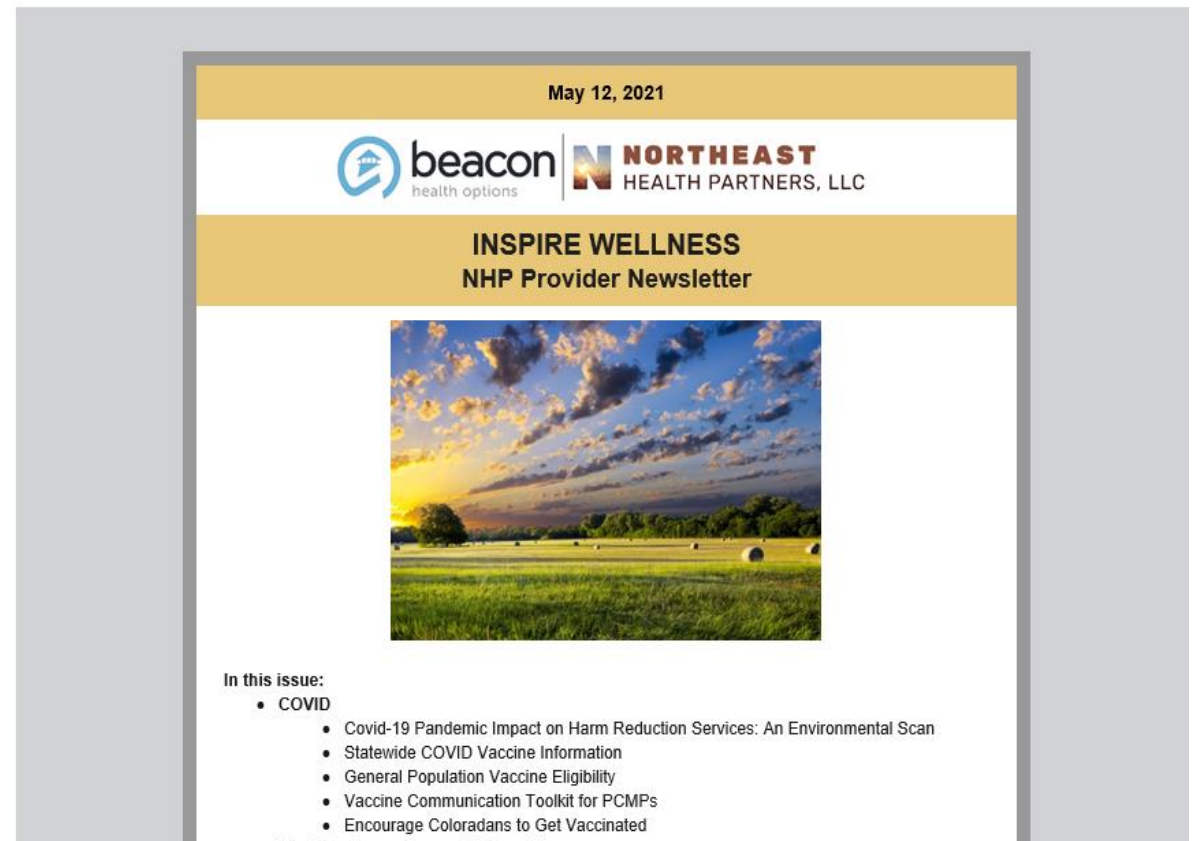


April 8th 2022

Wed 5/12/2021 7:02 AM

Beacon Health Options Provider Relations <coproviderrelations@beaconhealthoptions.com>

NHP Provider Newsletter 5.12.2021



# Upcoming Trainings


**The Next RAE Roundtable:  
Friday, May 13<sup>th</sup> @11am**

# Thank You

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## Contact Us




 888-502-4189

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