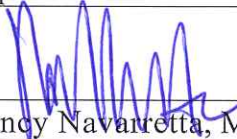




STATE OF CONNECTICUT
Department of Mental Health & Addiction Services
Commissioner's Policy Statement and Implementing Procedures



SUBJECT/POLICY NAME:	Promoting a Recovery-Oriented Service System
POLICY CHAPTER:	Chapter 6
APPROVED BY:	 Nancy Navaretta, MA, LPC, NCC Date <u>1/18/22</u>
EFFECTIVE DATE:	07/09/2010, Replaced Commissioner's Policy Statement No. 83
LAST REVISED DATE :	01/07/2022
POLICY OWNER:	Office of the Commissioner, Office of Recovery and Community Affairs

STATEMENT OF PURPOSE: The purpose of this policy is to formally designate the concept of "recovery" as the overarching goal of the service system operated and funded by the Department of Mental Health and Addiction Services (DMHAS). This action is consistent with the fact that DMHAS is a healthcare service agency. Thus, it is most appropriate that one should hope and expect that, as a result of active involvement with this healthcare system, they will be better able to manage their behavioral health condition and improve the quality of their life.

POLICY: The concept of recovery shall be the guiding principle and operational framework for the system of care provided by the partnership of state and private agencies and peer-run services that comprise the DMHAS healthcare system. Services within this system shall identify and build upon each recovering individual's strengths and areas of health and competence in addressing their needs. The environment for this system shall encourage hope and emphasize individual dignity and respect. As one of its foremost priorities, DMHAS shall promote recovery for persons at risk of, or who have, psychiatric or substance use disorders by creating a recovery-oriented service system.

Recovery Principles

Recovery is best understood as a process rather than as an event. Thus, the service system shall address the needs of people over time and across different levels of health, illness, and disability. Recovery principles shall be applied to the full range of engagement, intervention, treatment, rehabilitative and supportive services that a person may need. Recovery principles shall also be applied to health promotion and prevention services for those at risk of mental illness or of substance use disorders, especially those for whom selected or indicated prevention strategies are appropriate.

The concept of recovery is embodied in the Recovery Core Values articulated by the substance use,

addiction, and mental health recovery communities in Connecticut. In keeping with this vision, and in partnership with the recovery communities, DMHAS shall create new and make necessary revisions to existing policies, procedures, programs, and services, and shall ensure that all new initiatives are consistent with a recovery-oriented service system. Finally, DMHAS shall ensure that future strategic planning and resource development efforts build upon existing strengths and create new ways for service recipients to become engaged in improving and enhancing the department in the direction of promoting recovery as the guiding concept. In so doing, DMHAS shall firmly embed the language, spirit, and culture of recovery throughout the system of services, in our interactions with one another, and with those persons and families who entrust us with their care.

The recovery-oriented service system shall be notable for its quality. It will be marked by a high degree of accessibility and effectiveness in engaging and retaining persons in care so that they can achieve their highest degree of stability and recovery, and its effects shall be sustained rather than solely crisis-oriented or short-lived. To attain this level of quality, the recovery-oriented service system shall be age and gender appropriate, culturally responsive, attend to trauma and other factors known to impact on one's recovery and wellness, and have a focus on connecting people to their communities. Whenever possible, services shall be provided within the person's own community setting, using the person's natural supports. The service system shall help the person to achieve an improved sense of mastery over his or her condition and assist the person to regain a meaningful, constructive sense of membership in the community.

"Recovery" is a process of restoring or developing a positive and meaningful sense of identity apart from one's condition and rebuilding one's life despite, or within the limitations imposed by, that condition. Recovery-oriented care is a person-centered approach and thus may vary from person to person and within the mental health, substance use, and addiction communities. Just a few examples of recovery include:

- Returning to a healthy state evidenced by improving one's mood and outlook on life following an episode of depression;
- Continuing education in support of career development;
- Managing one's illness such that the person can live independently and have meaningful and competitive employment and healthy social relationships;
- Reducing the painful effects of trauma through a process of healing;
- Attaining or restoring a desired state such as achieving sustained sobriety;
- Building on personal strengths to offset the adverse effects of a disability;
- Connecting and re-connecting with family, friends, and community;
- Pursuit of spiritual activities to the extent of the person's interest;

The Department of Mental Health and Addiction Services is educating staff in Person-Centered Care Planning as a tool to be utilized in promotion of a recovery-oriented system of care. A specific policy addressing family and significant other participation in this process has been developed.

REFERENCES:

- Family and Significant Other Participation policy