

VIII. Recovery and Resiliency

PRINCIPLES OF RECOVERY/RESILIENCY AND WELLNESS

We believe that people can and do recover from mental illness and/or addiction and can thrive in the process of taking responsibility for their own lives. Further, we believe that children, adolescents, and their families can be safe and hopeful for a future where their goals and aspirations can be met. A key goal of the CT BHP is to integrate recovery and Wellness Recovery Action Plan (WRAP) core values, principles, and language into all aspects of treatment delivery. The expected outcome is a system that will be age and gender appropriate, culturally competent, and will be sensitive to concerns that affect recovery and wellness.

The process of authorizing services must also be done within the framework of the principles of recovery and wellness. Adults, families and children will be directly involved in the treatment and discharge planning processes.

Goals, Beliefs and Approaches of a Recovery-Based System of Care		
Goal	Belief and Approach for Adults	Belief and Approach for Children and their Families
Stability	People have a stable living situation in an environment they choose.	Children are safely maintained in their homes whenever possible, and that home is appropriate to provide permanency and stability.
Safety	People live, work and play in a safe environment.	Children are protected from abuse and neglect and feel safe in their living environment.
Social Outcomes	People develop a satisfying social life with meaning and purpose.	Children learn to make friends and feel connected and important.
Vocational Outcomes	People choose, get, and keep a vocational goal. They use the services and supports available to help them to achieve their chosen goal.	Children choose to participate in school or other learning environments. They use the services and supports to help them succeed in learning.
Hope	People have hope for the future, meaning, and purpose in their lives.	Families have hope that their child will achieve what they want out of life. The child's hopes that they can have a satisfying life is recognized and supported.
Skill Development	People develop new skills for independence.	Children develop skills with peers, school, and family.
Services	The person chooses services that they need to be successful in the community.	Services are wrapped around the child and are provided in the context of the family and community.
Strengths	People have the strengths and resilience they need to achieve their chosen goals.	Families have the strengths and resilience they need to meet their children's needs.

PEER BASED SERVICES

Peers are an important part of the support/care continuum provided via the CT BHP. Studies show talking to a person who has had similar experiences can be helpful to individuals in recovery. Peers are individuals with lived experience, meaning they or someone in their immediate family has experienced a behavioral health and/or substance use disorder. Peers provide education, outreach, and other types of services to HUSKY enrolled individuals and understand that there are multiple paths to recovery.

Peers support engagement in treatment, help navigate the service system, and identify natural supports. They work closely with adults, parents/guardians and children to establish personal goals and communicate them with their treatment team. Peers may also be parents of children who have experience with the children's behavioral health system. The CT BHP implements an extensive training program in coordination

with advocacy agencies to build additional leadership and mentoring skills amongst the Peer staff. The ASO includes Peers in an array of services that are offered directly to, or on behalf of, HUSKY enrolled individuals. Peers are embedded within the CT BHP and ensure recovery, resiliency, and health literacy are not only supported, but also encouraged, from outreach to outcomes.

GOALS OF THE PEER TEAM

- Provide information and assistance to HUSKY enrolled individuals to facilitate health literacy and appropriate access to traditional and non-traditional services
- Improve treatment outcomes by supporting treatment engagement
- Normalize the recovery process for individuals
- Provide support navigating the system
- Support a community of non-traditional services, and lend their voice to the recovery network in Connecticut

THE ROLE OF THE PEER

- Share ways of coping with distressing symptoms that interfere with an individual's goals
- Provide support and encouragement from the perspective of someone who has lived with a similar experience
- Provide educational mentoring
- Promote recovery and resiliency by providing outreach services while serving as a role model / mentor
- Support children and families who need assistance in accessing services or engaging in treatment
- Provide training for HUSKY Health providers, adult HUSKY Health members, families, community collaborative groups, and the ASO staff
- Help promote skill development in key areas to support personal goals
- Encourage and support active participation in the treatment process
- Manage a directory of statewide peer support resources and provide linkages as needed
- Develop and distribute educational materials for HUSKY Health providers, HUSKY enrolled individuals, and the ASO staff
- Coordinate educational efforts for families, schools, faith-based communities, social and medical health care providers, and
- Work with community collaborative groups and advocacy agencies to support family and community- based resources that are culturally competent, and which embrace and promote the principles of recovery and resiliency.