

Behavioral Health: Developing A Better Understanding

TREATMENT + RECOVERY SUPPORTS = A HEALTHY OHIO

The recovery processes for individuals with mental illnesses and addictions are complex. The process usually begins with treatment services. Treatment services for mental illnesses and addictions occur in the forms of counseling, psychotherapy, and medication management in both in-patient and out-patient settings. Treatment can vary based upon the disease and its severity. The difference between these diseases and many other chronic conditions is that in order for these treatment services to be as successful as possible, they must be paired with recovery support services such as housing, consumer operated services, education and peer support. These services that can be “wrapped around” an individual receiving treatment services are often what ultimately leads to achieving recovery. Wrapping services around individuals means providing treatment and recovery support services to an individual in a coordinated and consistent manner so that the individual receives the greatest benefit of the package of services and supports designed to facilitate his/her recovery.

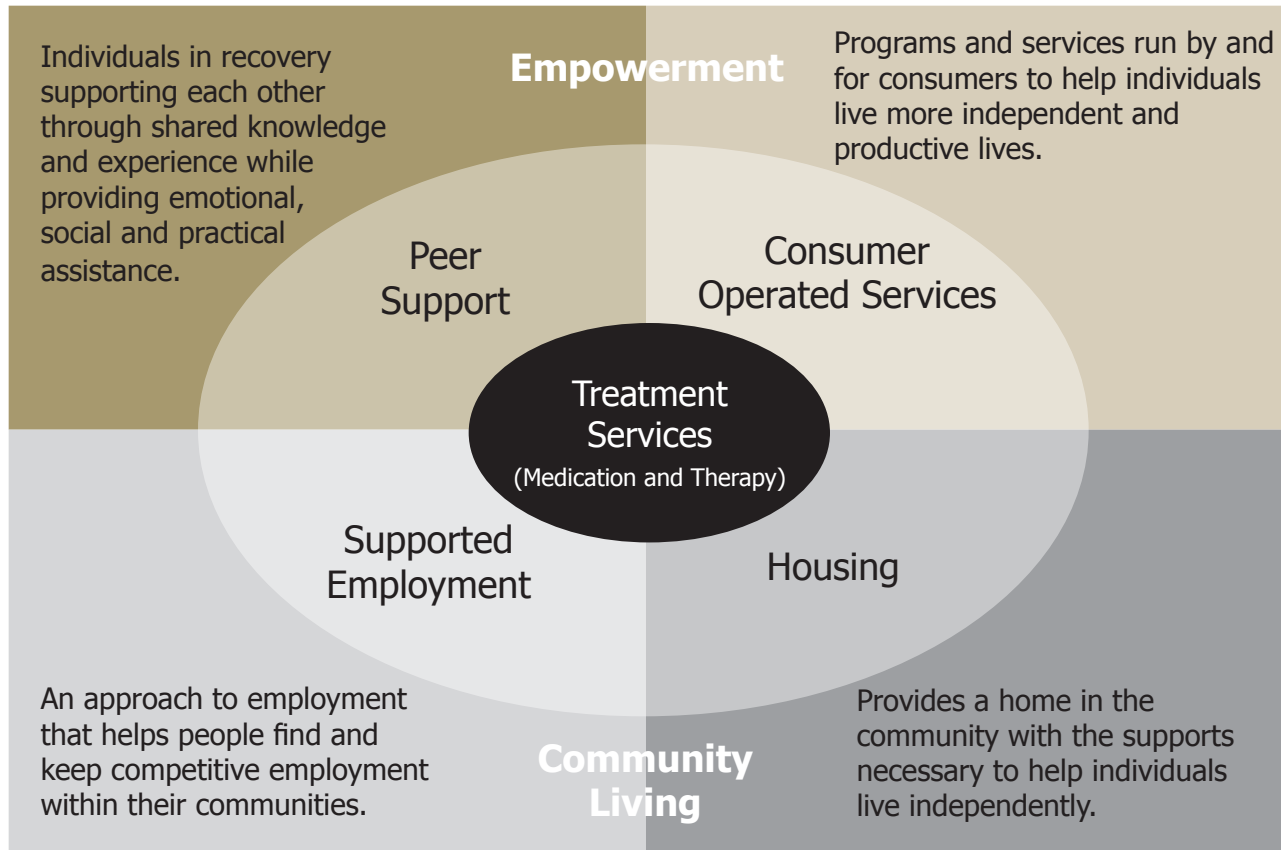
It is important to understand that treatment services are a key component of the continuum of care for individuals with mental illnesses and addictions; however, they are not the only component. In order to achieve the greatest success for Ohioans with mental illnesses and addictions there must be access to core treatment services, medications, education, information and recovery supports as needed.

Treatment Services

Ohio’s Medicaid program identifies the primary behavioral health treatment services utilized in the state. The following services are the named Medicaid alcohol and other drug (AoD) and mental health (MH) services provided by the Ohio Department of Job and Family Services (ODJFS), the Ohio Department of Mental Health (ODMH) and the Ohio Department of Alcohol and Drug Addiction Services (ODADAS).

ODJFS Administered – Managed Care and Fee For Service	ODMH Administered	ODADAS Administered
<ul style="list-style-type: none">• Psychiatric hospitalization in general hospitals for all ages• MH/AoD physician/psychiatrist services• MH/AoD psychology services• Psychiatric general hospital outpatient services• MH/AoD outpatient clinic services• Inpatient detoxification• General hospital outpatient AoD services	<ul style="list-style-type: none">• Group & individual behavioral health counseling & therapy• Community psychiatric support treatment services• Crisis intervention mental health services• Mental health assessment services• Partial hospitalization services• Pharmacologic management services• Inpatient psychiatric care in free-standing psychiatric hospitals	<ul style="list-style-type: none">• AoD laboratory urinalysis• Assessment• Case management• Group counseling• Individual counseling• Crisis intervention• Intensive outpatient• Methadone administration• Ambulatory detoxification• Medical/somatic

Recovery Support Services



Treatment services and, when necessary, medications provide the core of treating people with mental illnesses and addictions, but often they are not able to overcome the barriers in the path to recovery. Imagine how hard it is to receive the full benefit of these treatment services if you are homeless, hungry, or alone. Many of these barriers are overcome by recovery support services that help a person find appropriate housing, education, employment, social connectedness and peer support.

Recovery support services contribute to an improved quality of life for an individual by facilitating social connections, community supports, education, and empowerment. These supports, often provided by and for consumers, allow a person to better understand their illness and focus on their recovery. As shown above, recovery supports come in various packages. Depending on the need presented by the individual, the package may include housing, supported employment, programs at consumer operated services and peer support. The combination of these supports helps to empower individuals to take charge of their own recovery, with support in their communities.

What is Recovery?

Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life. For others, recovery implies the reduction or complete remission of symptoms.

“Care must focus on increasing consumers’ ability to successfully cope with life’s challenges, on facilitating recovery, and on building resilience, not just on managing symptoms.”

~ Achieving the Promise: Transforming Mental Health Care in America

Sources: Achieving the Promise: Transforming Mental Health Care in America
 Campaign for Mental Health Recovery
 Ohio Department of Job and Family Services
 Center for Substance Abuse Treatment
 Substance Abuse and Mental Health Services Administration