

STATE OF INDIANA

FAMILY SOCIAL SERVICES ADMINISTRATION

DIVISION OF MENTAL HEALTH AND ADDICTION

RECOVERY SUPPORTS TOP FIVE PRIORITY

**MENTAL HEALTH AND ADDICTION PLANNING AND
ADVISORY COUNCIL**

RECOVERY SUPPORTS PRIORITY AREA 2

WORKGROUP

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Recovery Supports Priority- Most Highly Valued

The Priority Area workgroup on Recovery Supports completed two major documents: "Recovery Supports Consensus" (June 2012), and "Recovery Supports Priority Area 2 Statewide Gap Analysis" (November 2012). These reports clearly show which supports are preferred and the current financial support given to them. This paper catalogues the five most favored supports and their current funding as reported by consumers, those who support them, and providers of mental health and addiction services.

At the request of the MHAPAC, the workgroup rated the top five recovery supports. This review will focus on: Personal Support Networks; Peer Support Services; Hobbies and Interest; Prevention and Wellness; and Safe Housing. Definitions of these supports is located in Appendix A of the "Recovery Supports Priority Area 2 Statewide Gap Analysis".

Personal Support Networks

This network of supports consistently scored high ratings in surveys. The most valued network was seen to be persons who have *Hope* for the person receiving care. These networks are supported through volunteer efforts and charitable institutions in communities. This workgroup recommends that an examination of these supports be completed to define clearly the activities that bring *Hope* and how they can be fostered, encouraged and enhanced at each provider agency. Implementation of this recommendation will involve working with each provider agency to assist in identification of community resources and outreach to the community resources to establish paths for success.

Peer Support Services

Peer support for families and support from persons with similar experiences were highly desired by those surveyed. Peer Recovery Services is currently reimbursed through the Medicaid Rehabilitation Option. Peer support for families is not formally supported by any direct funding. Peer support services are proven vitally important to recovery and should be supported in a way that allows for sustained activity. Providers of services report the challenge to deliver these supports is a financial concern. This begs the question; "Is the present funding structure sufficient to ensure continuation of this support?"

Hobbies and Interest

Hobbies and interest were shown to receive a high rating. The gap analysis showed that while highly valued there is no funding stream to support this. The recovery supports workgroup recommends that efforts focus on this area as important to health. Furthermore this group recommends efforts be undertaken to create a mechanism for providing access to these supports for consumers of services.

Some efforts that might be useful include:

- Establish group Recreation Activities programs supported by DMHA targeted funding
- Create flexible funding streams targeted to payment for community-based classes (such as quilting, pottery, and woodworking) or memberships in gyms, YMCA and similar groups.

Prevention and Wellness

There are many Indiana agencies providing supports for prevention and wellness. Focus should remain on expanding and improving access. New efforts should focus on raising awareness that these supports are available. The Priority Area 2- Recovery Supports block grant application for SFY14 and '15 will begin these efforts.

Safe Housing

Consumers reported securing safe housing and access to related supports a priority. Help finding food and household supplies was equally valued to finding safe housing. Many providers are diligent in assisting locating affordable housing. However, in some cases affordable housing does not equal safe housing. As reported in the gap analysis many consumers rely on local charities to help with food budgets. There is limited support available to help find dishes, eating utensils, furniture and cleaning supplies. Most of these community based charities do not have the resources to cover these needs entirely. The workgroup recommends a central fund be created to support safe housing needs.

Employment Supports are Essential

We found employment intrinsically essential throughout each priority. Consumers strive to participate in community and seek activity that provides meaning and purpose. Employment integrates people in ways no other recovery support has the capability to accomplish. The workgroup recommends employment supports be provided liberally, without limitation due to diagnosis and provided as often as needed

without restrictive timeframes (particularly in the area of long term "follow along" services). Funding for this priority should reflect the importance it carries for those needing it.

Employment is the common thread that provides each of us the opportunity to:

- *Expand our personal networks*
- *Create peer supports*
- *Earn money to pursue our hobbies and interest*
- *Access better resources for prevention and wellness*
- *Obtain safe housing in the area we desire*