

# “Environment Is the Key to Recovery-Oriented Transformation

## Presenter:

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# Disclosures

Remi Kyek, MA, M.F.T., has served as a Mental Health Connecticut's Chief Experience Officer



## **Creating a Safe and Engaging Environment through Person Centered Planning**

This workshop will help you set the stage for recovery-oriented transformation by outlining what's needed to establish an environment where the condition of being human is priority number one and the evidence-based practice of Person Centered Planning is activated across the system of care.

# Person Centered Planning

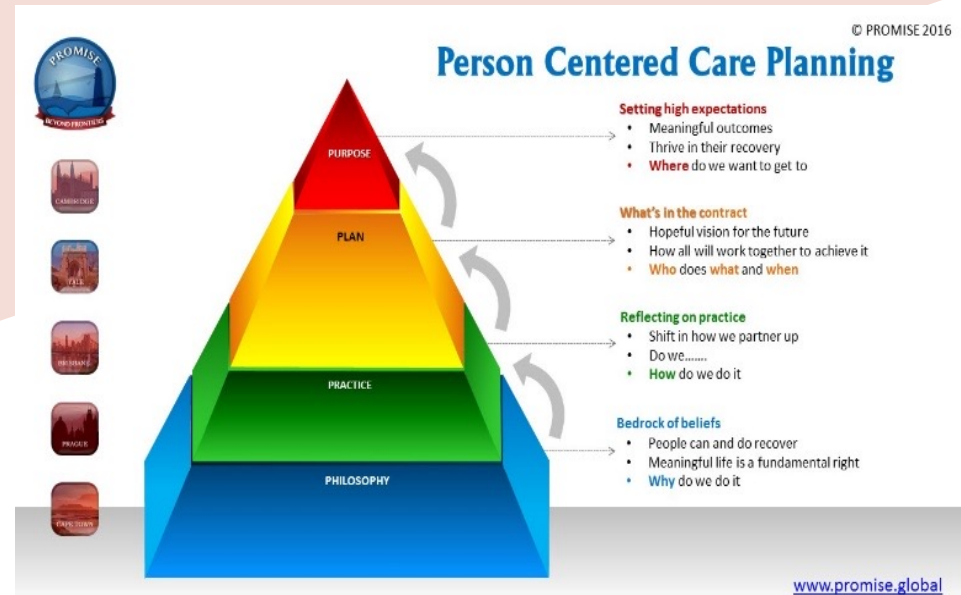
- No single definition of person-centered practice.
- Common themes that have emerged in the literature over many years

## Core Principles:

- Development of respectful relationships between practitioners and people experiencing mental illness
- Involvement of the person in identifying personal goals or outcomes, which relate to his or her whole life rather than being restricted to service-led treatment options

# Core Principles:

- The importance of including personal, family, and community-based resources to achieve those outcomes;
- Recognition of responsible risk-taking as a necessary part of growth and recovery
- Focus on acknowledging the strengths and capacities of the person as an essential step to recovery.




\*Miller, E. Stanhope, V. Restrepo-Toro, M. Tondora, J. (2017) Person-centered planning in mental health: A transatlantic collaboration to tackle implementation barriers. [Abstract]. *Am J Psychiatr Rehabil*, 20, 251-267. Abstract retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6800658/>





# Initiatives


## Why it's challenging to “keep them alive and well”

- System of care-accepted at the policy level but interwoven in system that is underpinned by biomedical view of health –makes putting concept into practices sticky
  - Financial and Legal Constraints
  - The majority of services for people with severe mental illnesses are funded by Medicaid, which requires that all services meet “medical necessity” criteria.
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# Initiatives

## Why it's challenging to “keep them alive and well”

- The documentation of care, particularly the required demonstration of “medical necessity,” often leads practitioners to view the collection of information as an administrative rather than a person-centered process.
  - Healthcare reform drives outcome focused agendas
  - Biggest challenge= buy-in and sustainability
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# Agency

- Leadership Support
  - Top Down and Bottom Up Communication
  - Messaging
- Survey-current use of PCP
- Fidelity-Person Centered Care Questionnaire (Tandora et al., 2014)
- Knowledge-Recovery Knowledge Inventory (Meehan & Glover, 2009)
- Organizational
  - Perception of Leadership-Bass' Multilevel Leadership Quality Scale (Avolio, Bass, Walumbra, & Zhu, 2004)
  - Organizational Readiness Climate Scale (Glisson & Shoenwald, 2005)
  - Self Assessment- Recovery Self-Assessment Scale (O'Connell, Tandora, Croog, Evans & Davidson, 2005)





# Questions

**Thank you!**





# MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

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