

The Right Door for Hope, Recovery and Wellness

Chapter Title	Section #		Subject #
Clinical	C		311
Subject Title	Adopted	Last Revised	Reviewed
<b>Recovery &amp; Self-Determination</b>	11/22/10	12/6/17	11/22/10; 11/28/11; 1/28/13; 1/27/14; 1/20/15; 1/25/16; 1/23/17; 12/18/17; 12/17/18; 1/27/20; 1/25/21; 2/28/22; 2/28/23; 2/26/24

**POLICY**

**Application**

This policy shall apply to the programmatic supports and services, provided to persons diagnosed with or experiencing symptoms of a mental illness, severe emotional disturbance, or substance use disorder of The Right Door for Hope, Recovery and Wellness.

1. Recovery

1.1. The Right Door for Hope, Recovery and Wellness supports and services shall be developed and delivered to persons diagnosed with, or experiencing symptoms of, a mental illness, including co-occurring conditions in keeping with the values and principles of recovery.

1.2. MDHHS defines recovery as “choosing and reclaiming a life full of meaning, purpose and one’s sense of self. It is an ongoing personal and unique journey of hope, growth, resilience and wellness. In that journey, recovery builds relationships supporting a person’s use of their strengths, talents and passions. Recovery is within each and every individual.” Guiding Principles of Recovery: MDHHS Recovery Council has identified guiding principles of recovery that The Right Door for Hope, Recovery and Wellness adopts as those we strive to promote.

1.2.1. Recovery is a personal journey, and each person can attain and regain their hopes and dreams in their own way. Each journey is grounded in hope and a sense of boundless possibilities. The strengths, talents and abilities of each individual provide an opportunity to reach one’s own goals. Everyone can attain and maintain recovery and move to a place of independence beyond the public mental health system.

1.2.2. Recovery includes all aspects of life and is driven through the services and supports selected and controlled by the individual. Partnerships are

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formed based on trust and respect. Recovery will be attained and maintained with the support of friends, family, peers, advocates and providers.

1.2.3. Recovery is life long and requires ongoing learning. Each individual has the courage to plan for and achieve wellness. Increased personal knowledge builds experience in advocating for services and supports.

1.2.4. Recovery supports health and wellness and is the responsibility of each individual with support from others who provide physical and mental health services. Integrating physical and mental health is essential to wellness. Through self-advocacy and support, the highest attainable quality of life will be achieved. With the integration of mental health and physical health, increased length of life is possible.

1.3. Agency Recovery Practices

1.3.1. The Right Door for Hope, Recovery and Wellness will promote changes in state laws and policies at all levels to establish effective communication between peers, within systems and among service providers.

1.3.2. The Right Door for Hope, Recovery and Wellness will develop policies and procedures that ensure seamless and timely entry and re-entry into services and supports.

1.3.3. The Right Door for Hope, Recovery and Wellness will align policies, procedures and practices to foster and protect individual choice, control and self-determination from the person-centered planning process through the arrangement of supports and services.

1.3.4. The Right Door for Hope, Recovery and Wellness will encourage peer support, including the choice of working with Certified Peer Support

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Specialists (CPSS) as a choice and option for individuals throughout the service array and within the person-centered planning process.

1.3.5. The Right Door for Hope, Recovery and Wellness will address the concerns raised by the National Association of State Mental Health Program Directors' (NASMHPD) report *Morbidity and Mortality in People with Serious Mental Illness* by aligning services and supports to promote and ensure access to quality health care and the integration of mental and physical health care. Specific concerns to address include screening, increased risk assessments, holistic health education, primary prevention, smoking cessation and weight reduction.

1.3.6. The Right Door for Hope, Recovery and Wellness will assess and continually improve recovery promotion, competencies, and the environment in organizations through the service array.

1.3.7. The Right Door for Hope, Recovery and Wellness will provide peer service plans that promote self-efficacy, community connection, quality of life and sustained recovery.

## 2. Self-Determination

The Right Door for Hope, Recovery and Wellness supports and services shall be developed and delivered to persons diagnosed with, or experiencing symptoms of, a mental illness, SED or a developmental disability, including co-occurring conditions, in keeping with the values and principles of self-determination.

MDHHS defines self-determination as “the value that people served by the public mental health system must be supported to have a meaningful life in the community. The components of a meaningful life include work or volunteer activities that are chosen by and meaningful to the person, reciprocal activities with other people in the community, and daily activities that are chosen by the

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individual and support the individual to connect with others and contribute to one's community.”

Person-centered planning (PCP) is a central element of self-determination. PCP is the crucial medium for expressing and transmitting personal needs, wishes, goals and aspirations. As the PCP process unfolds, the approximate mix of paid/non-paid services and supports to assist the individual in realizing/achieving these personally defined goals and aspirations are identified.

### 2.1. Principles of Self-Determination

The principles of self-determination recognize the rights of people supported by the mental health system to have a life with freedom and to access and direct needed supports that assist in the pursuit of their life with responsible citizenship. These supports function best when they build upon natural community experiences and opportunities. The person determines and manages needed supports in close association with chosen friends, family, neighbors and coworkers as part of an ordinary community life.

### 2.2. Goals of Self-Determination

The goals of arrangements that support self-determination on an individual basis:

- 2.2.1. Dissolve the isolation of people with disabilities,
- 2.2.2. Reduce segregation,
- 2.2.3. Promote participation in community life,
- 2.2.4. Realize full citizenship rights.

## References

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MDHHS/CMHSP Managed Mental Health Supports and Services Contract Attachment  
C3.3.5.1 Recovery Policy and Practice Advisory

MDHHS/CMHSP Managed Mental Health Supports and Services Contract Attachment  
C3.3.4 - Self-Determination Policy and Practice Guideline

Nancy Patera, Board Chairperson	Date		