

Community Recovery Program

Services Overview

The **Community Recovery Program** provides a variety of welcoming activities, psycho-educational and skill-building workshops, support groups and individual support services for adults with mental illness and their families. All services are delivered by Peer Support Specialists, persons with mental illness who have been trained to utilize their lived experience as a vehicle to assist others in their recovery process.

The Community Recovery Program includes the following services:

- Coffee Break Orientations
- The Recovery Learning Series
- Community Recovery Activities
- Personal Action Toward Health (PATH)
- Young Adult Recovery Group (YARG)
- Should I or Shouldn't I? Workshops
- Youth Education and Support (YES)
- Consumer-Parent Support Groups
- Wellness Recovery Action Planning (WRAP) groups
- Steps to Change Peer Support groups
- Individualized Peer Support Services

The **Recovery Engagement and Outreach Program** conducts outreach activities at a variety of community locations in the Downriver and Monroe areas to identify adults who may have a need for Substance Abuse treatment and/or support services, and assist them in accessing a wide range of community resources to support their recovery and meet their basic needs.

Service Hours

- Coffee Break Orientations** are conducted on Thursday mornings between 9 am and 12 pm at the 13101 Allen Road site (Building 4) as part of the Adult Behavioral Health (ABH) Open Access process.
- The **Recovery Learning Series** is provided at the 13101 Allen Road site (Building 4) on Mondays, Tuesdays, Thursdays and Fridays during the first full week of each month between 12 and 3 pm.
- Community Recovery Activities** at the Aquinas Center/15601 Northline Road site provides open, psycho-educational, skill-building workshops and support groups on Mondays and Wednesdays from 1 to 4 pm.

Service Hours (continued)

- Personal Action Toward Health (PATH)** workshops are provided at the Center for Excellence at 13111 Allen Road site (Building 2) or 13101 Allen Road site (Building 4) on Wednesday afternoons several times during the year based on client interest.



- ❑ **Young Adult Recovery Group (YARG)** workshops are provided at the 13101 Allen Road site (Building 4) on Thursday afternoons several times during the year based on client interest.
- ❑ **Should I or Shouldn't I?** Workshops are provided at the 13101 Allen Road site (Building 4) on Wednesday afternoons several times during the year based on client interest.
- ❑ **Youth Education and Support (YES)** workshops are provided at the Aquinas Center, 15601 Northline Road site on Wednesday afternoons several times during the year based on client interest.
- ❑ **Consumer-Parent Support Groups** program is currently under development. The time, day and location of these workshops are yet to be determined.
- ❑ **Wellness Recovery Action Planning (WRAP) groups** are held at Walter Reuther Psychiatric Hospital as a closed twelve-week series on Tuesday and Thursday mornings from 10-11 am as part of the Peer Support Partnership Project funded by the Michigan Department of Community Health Office of Recipient Rights.
- ❑ **Steps to Change Peer Support groups** are held at Walter Reuther Psychiatric Hospital on Thursday evenings from 6:30-7:30 pm as part of the Peer Support Partnership Project funded by the Michigan Department of Community Health Office of Recipient Rights.
- ❑ **Individualized Peer Support Services** are available to CareLink-enrolled adults with mental illness and/or substance use disorders who are assigned to The Guidance Center for Adult Behavioral Health (ABH) services. Peer Support Specialists (PSS) may provide a variety skill-building, advocacy, direct assistance, and support services that fit within the Medicaid guidelines for peer-delivered services. Dates, times, frequency and duration of services are determined based on the client's individualized Person-Centered Plan.

Emergency Care Service and/or After Hour Emergency Assistance

- ❑ During business hours, call (734) 785-7701.
- ❑ For emergency care services, after business hours call 1-866-690-8257.

Types of Services Provided

The Community Recovery Program services include:

- ❑ **Coffee Break Orientations** are part of the Adult Behavioral Health open access process. Peer Support Specialists (PSS) welcome those clients who are waiting to be seen by a Therapist for their intake, invite them to light refreshments, provide them with information about services available to them, answer questions regarding the intake process, assist them with necessary paperwork, and facilitate phone screenings to determine service eligibility as needed. These



services are available to any adults with mental illness and/or substance use disorders who are involved in the intake process.

- The **Recovery Learning Series** is an open, twelve-session series of psycho-educational and skill-building workshops. The purpose of these workshops is to empower clients to take charge of their mental health and recovery, and to provide information about resources available to them in their communities. Clients may participate in as many or as few of these workshops as they prefer.
- **Community Recovery Activities** provides open, psycho-educational, skill-building workshops and support groups. The purpose of these workshops is to empower clients to take charge of their mental health and recovery, and to encourage them to participate in social and recreational opportunities available in their communities. Clients may participate in as many or as few of these workshops as they prefer.
- **Personal Action Toward Health (PATH)** is a closed, six-week series of interactive, skill-building workshops for adults with long-term health conditions who want to feel better, including people with serious mental illness and their family members, caregivers or supporters.
- **Young Adult Recovery Group (YARG)** is a closed, six-week series of interactive, skill-building workshops for adults 18 to 26 years of age with mental illness who want to talk with other young adults about how to manage their recovery.
- **Should I or Shouldn't I?** Workshops are single-session workshops for parents with mental illness who are considering whether and how to talk to their children about their mental illness. The purpose of this workshop is to empower parents to explore the costs and benefits of openly discussing their mental health and recovery with their children.
- **Youth Education and Support (YES)** is a closed, seven-week psycho-education and activities group workshop for children 10 to 15 years of age who have a parent or parents with mental illness. This group co-facilitated by a Peer Support Specialist and a Children's Outpatient Case manager. This group is intended to provide children a safe and fun way to learn and talk about mental health and recovery in a supportive atmosphere.
- **Consumer-Parent Support Groups** is an open, weekly support group for parents with mental illness who want to talk with other consumer-parents about balancing parenting responsibilities with efforts to manage their recovery. The time, day and location of these workshops are yet to be determined.
- **Wellness Recovery Action Planning (WRAP) groups** are held at Walter Reuther Psychiatric Hospital as a closed, twelve-week series is a part of the Peer Support Partnership Project funded by the Michigan Department of Community Health Office of Recipient Rights. Wellness Recovery Action Planning (WRAP) skill-building groups are embedded in the Walter Reuther psychosocial rehabilitation program schedule. The purpose of WRAP is to assist patients in developing a recovery plan that will help them prepare for and manage future relapses or mental health challenges.



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- **Steps to Change Peer Support groups** are also held at Walter Reuther Psychiatric Hospital as part of the Peer Support Partnership Project funded by the Michigan Department of Community Health Office of Recipient Rights. Steps to Change is an open, weekly psycho-education and support group that is available to all patients at Walter Reuther who have clearance to participate in off-ward activities. The purpose of Steps to Change is to provide patients an opportunity to discuss mental health issues and provide them with tools to manage their recovery. Patients may participate in as many or as few of these sessions as they prefer.

- **Individualized Peer Support Services** are available to CareLink-enrolled adults with mental illness and/or substance use disorders who are assigned to The Guidance Center for Adult Behavioral Health (ABH) services. Peer Support Specialists may provide a variety skill-building, advocacy, direct assistance, and support services that fit within the Medicaid guidelines for peer-delivered services. Any Adult Behavioral Health staff may refer clients by sending an e-mail to the Community Recovery Supervisor that includes the specific need to be addressed.

The Recovery Engagement and Outreach Program

- Conducts outreach activities at a variety of community locations in the Downriver and Monroe areas to identify adults who may have a need for Substance Abuse (SA) treatment and/or support services, and assist them in accessing a wide range of community resources to support their recovery and meet their basic needs.

- All services are delivered by Recovery Coaches, persons in recovery from addiction or substance use disorders who have been trained to utilize their lived experience as a vehicle to assist others in their recovery process. These services are available to community members who present a need for Substance Abuse treatment or support services, and who are not already receiving treatment services from a SEMCA provider.

Services Association

- Reports to the Director of Adult Behavioral Health Department.

Eligibility Requirements

The Community Recovery Program

- **Coffee Break Orientations** - These services are available to any adult with mental illness and/or substance use disorders who are involved in the intake process. No referral is necessary. Clients are not required to register or RSVP. Clients who participate in Coffee Break Orientations and complete the intake process are encouraged to work with their assigned Case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

- **The Recovery Learning Series** - These services are available to CareLink-enrolled adults with mental illness and/or substance use disorders who are assigned to The Guidance Center for Adult Behavioral Health services. Clients may be self-referred or referred by any Adult Behavioral Health (ABH) staff. There is no referral form and clients are not required to register or RSVP. Clients who participate in the Recovery Learning Series are encouraged to work with



their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

- Community Recovery Activities** - These services are available to CareLink-enrolled adults with mental health and/or substance use disorders who are assigned to The Guidance Center for Adult Behavioral Health services and others from the community, as space is available. Clients may be self-referred or referred by any Adult Behavioral Health staff. There is no referral form and clients are not required to register or RSVP. Clients who participate in Community Recovery Activities are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.
- Personal Action Toward Health (PATH)** - These services are available to CareLink-enrolled adults with mental illness and/or substance use disorders who are assigned to The Guidance Center for Adult Behavioral Health services and others from the community, as space is available. Clients may be self-referred or referred by any Adult Behavioral Health staff. There is no referral form, but clients are asked to RSVP to the workshop facilitators. Clients who participate in PATH are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.
- Young Adult Recovery Group (YARG)** - These services are available to CareLink-enrolled adults with mental illness and/or substance use disorders who are assigned to The Guidance Center for Adult Behavioral Health services and others from the community, as space is available. Clients may be self-referred or referred by any Adult Behavioral Health staff. There is no referral form, but clients are asked to RSVP to the workshop facilitators. Clients who participate in YARG are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.
- Should I or Shouldn't I? Workshops** - This service is available to CareLink-enrolled adults with mental illness and/or substance use disorders who are assigned to The Guidance Center for Adult Behavioral Health services and others from the community, as space is available. Clients may be self-referred or referred by any Adult Behavioral Health staff. There is no referral form, but clients are asked to RSVP to the workshop facilitators. Clients who participate in these workshops are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.
- Youth Education and Support (YES)** - These services are available to the children of CareLink-enrolled adults with mental illness and/or substance use disorders who are assigned to The Guidance Center for Adult Behavioral Health services, and CareLink-enrolled children with severe emotional disturbances who are assigned to The Guidance Center and have one or more parents with a diagnosed mental health condition. Clients may be self-referred or referred by any Adult Behavioral Health or Children's Outpatient staff. Adult Behavioral Health or Children's Outpatient staff must complete the "YES" Referral Form and submit it to the workshop facilitators. Clients are also asked to RSVP to the workshop facilitators. Clients who participate in YES are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.



- **Consumer-Parent Support Groups** - These services are available to CareLink-enrolled adults with mental illness and/or substance use disorders who are assigned to The Guidance Center for Adult Behavioral Health services and others from the community, as space is available. Clients may be self-referred or referred by any Adult Behavioral Health staff. There is no referral form, but clients are asked to RSVP to the group facilitators. Clients who participate in support groups are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.
- **Wellness Recovery Action Planning (WRAP) groups** - Eligibility for participation in WRAP groups is determined by the Walter Reuther evaluation team.
- **Steps to Change Peer Support groups** - Steps to Change is an open, weekly psycho-education and support group that is available to all patients at Walter Reuther who have clearance to participate in off-ward activities. Patients may participate in as many or as few of these sessions as they prefer.
- **Individualized Peer Support Services** - Clients may be referred by any Adult Behavioral Health staff by sending an email to the Community Recovery Supervisor that includes the specific need to be addressed. Clients are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

The Recovery Engagement and Outreach Program

- These services are available to community members who present a need for substance abuse treatment or support services, and who are not already receiving treatment services from a SEMCA provider. Clients may be self-referred or referred by family, friends, supporters or community organizations. There is no referral form. Individuals interested in services are invited to contact a male or female Recovery Coach directly at one of the phone numbers listed on the program brochure and flyer. Clients who participate in the Recovery Engagement Outreach Program are encouraged to work with their assigned case manager to develop an individualized plan that incorporates the services they need and desire.

Condition of Services

The Community Recovery Program

- **Coffee Break Orientations** - Clients who participate in Coffee Break Orientations and complete the intake process are encouraged to work with their assigned Case manager to develop a Person-Centered Plan that incorporates the services they need and desire.
- **The Recovery Learning Series** - Clients may participate in as many or as few of these workshops as they prefer. At least three clients must participate in each session for the workshops to be held.



- Community Recovery Activities** - Clients may participate in as many or as few of these workshops as they prefer. At least three clients must participate in each session for the workshops to be held.
- Personal Action Toward Health (PATH)** - At least ten clients must participate in the first session of each series in order for the workshops to continue according to program fidelity standards. At least three clients must participate in each of the following sessions for the workshops to be held. Clients are encouraged to participate in all six sessions of the series.
- Young Adult Recovery Group (YARG)** - At least five clients must participate in the first session of each series in order for the workshops to continue. At least three clients must participate in each of the following sessions for the workshops to be held. Clients are encouraged to participate in all six sessions of the series.
- Should I or Shouldn't I Workshops** – N/A
- Youth Education and Support (YES)** – At least five clients must participate in the first session of each series in order for the workshops to continue. At least three clients must participate in each of the following sessions for the workshops to be held. Clients are encouraged to participate in all seven sessions of the series.
- Consumer-Parent Support Groups** – Clients may attend as many or as few sessions as they prefer, but are encouraged to maintain regular participation as long as the group serves as a valuable source of support for them. At least three clients must participate in each session for the workshops to be held.
- Wellness Recovery Action Planning (WRAP) groups** – N/A
- Steps to Change Peer Support groups** – N/A
- Individualized Peer Support Services**– N/A

The Recovery Engagement and Outreach Program

- Services are terminated after the client's immediate needs have been met or after he or she is linked to a responsible Case manager.

Fee for Service Payment & Insurance Coverage Structure

The Community Recovery Program:

- Coffee Break Orientations – N/A**
- Services Available to CareLink-Enrolled Adults**
 - The Recovery Learning Series
 - Community Recovery Activities
 - Personal Action Toward Health (PATH)
 - Young Adults Recovery Group (YARG)
 - Should I or Shouldn't I? Workshops
 - Consumer-Parent Support Groups
 - Individualized Peer Support Services
- Services Available to CareLink-Enrolled Children**
 - Youth Education and Support (YES)
- Services Funded by the Michigan Department of Community Health Office of Recipient Rights**
 - Wellness Recovery Action Planning (WRAP) groups
 - Steps to Change Peer Support Groups

The Recovery Engagement and Outreach Program

- These services are free to any Wayne or Monroe County resident with the exception of those living in a Detroit zip code.

Referral Process & Requirements

The Community Recovery Program

Coffee Break Orientations

- No referral is necessary. Clients are not required to register or RSVP.
- Clients who participate in Coffee Break Orientations and complete the intake process are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

The Recovery Learning Series

- Clients may be self-referred or referred by any Adult Behavioral Health staff. However, participation in the Recovery Learning Series must be documented in the client's Person-Centered Plan.
- Clients who participate in the Recovery Learning Series are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

Community Recovery Activities

- Clients may be self-referred or referred by any Adult Behavioral Health staff. However, for those CareLink-enrolled clients who are assigned to The Guidance Center for Adult Behavioral Health services, participation in Community Recovery Activities must be documented in the client's Person-Centered Plan.
- Clients who participate in Community Recovery Activities are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

Personal Action Toward Health (PATH)

- Clients may be self-referred or referred by any Adult Behavioral Health staff. There is no referral form, but clients are asked to RSVP to the workshop facilitators.
- For those CareLink-enrolled clients who are assigned to The Guidance Center for Adult Behavioral Health services, participation in PATH must be documented in the client's Person-Centered Plan.
- Clients who participate in PATH are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

Young Adult Recovery Group (YARG)

- Clients may be self-referred or referred by any Adult Behavioral Health staff. There is no referral form, but clients are asked to RSVP to the workshop facilitators.
- For those CareLink-enrolled clients who are assigned to The Guidance Center for Adult Behavioral Health services, participation in YARG must be documented in the client's Person-Centered Plan.
- Clients who participate in YARG are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

Should I or Shouldn't I? Workshops

- Clients may be self-referred or referred by any Adult Behavioral Health staff. There is no referral form, but clients are asked to RSVP to the workshop facilitators.



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- For those CareLink-enrolled clients who are assigned to The Guidance Center for Adult Behavioral Health services, participation in Should I or Shouldn't I? Workshops must be documented in the client's Person-Centered Plan.
- Clients who participate in these workshops are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

Youth Education and Support (YES)

- Parents are required to attend the first and last session of the series, and children are encouraged to participate in all seven sessions.
- Clients may be self-referred or referred by any Adult Behavioral Health or Children's Outpatient staff. Adult Behavioral Health or Children's Outpatient staff must complete the YES Referral Form and submit it to the workshop facilitators. Clients are asked to RSVP to the workshop facilitators.
- For those CareLink-enrolled clients who are assigned to The Guidance Center for Adult Behavioral Health services, participation in YES must be documented in the client's Person-Centered Plan.
- Clients who participate in YES are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

Consumer-Parent Support Groups

- Clients may attend as many or as few sessions as they prefer, but are encouraged to maintain regular participation as long as the group serves as a valuable source of support for them.
- Clients may be self-referred or referred by any Adult Behavioral Health staff. There is no referral form, but clients are asked to RSVP to the group facilitators.
- For those CareLink-enrolled clients, who are assigned to The Guidance Center for Adult Behavioral Health services, participation in Consumer-Parent Support Groups must be documented in the client's Person-Centered Plan. Clients who participate in support groups are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

Wellness Recovery Action Planning (WRAP) groups

- The Walter Reuther evaluation team determines eligibility for participation in WRAP groups.

Steps to Change Peer Support groups

- Patients may participate in as many or as few of these sessions as they prefer.

Individualized Peer Support Services

- Any Adult Behavioral Health staff may refer clients by sending an email to the Community Recovery Supervisor that includes the specific need to be addressed.
- The delivery of Peer Support Services must be documented in the client's Person-Centered Plan.
- Clients are encouraged to work with their assigned case manager to develop a Person-Centered Plan that incorporates the services they need and desire.

The Recovery Engagement and Outreach Program

- Clients may be self-referred or referred by family, friends, supporters or community organizations. There is no referral form.
- Individuals interested in services are invited to contact a male or female Recovery Coach directly at one of the phone numbers listed on the program brochure and flyer.

Process after Client Has Received Services

- The services are ongoing and except for the Recovery Engagement and Outreach Program.
- The client can terminate their participation at any time, if desired.

Acronyms

- ABH** - Adult Behavioral Health
- CCAR** - Connecticut Community for Addiction Recovery
- CPSS** - Certified Peer Support Specialist
- CR** - Community Recovery
- PATH** - Personal Action Toward Health
- PSS** - Peer Support Specialist
- RC** - Recovery Coach
- RLS** - Recovery Learning Series
- ROSC** - Recovery Oriented System of Care
- SA** - Substance Abuse
- SEMCA** - Southeast Michigan Community Alliance
- STC** - Steps to Change
- WRAP** - Wellness Recovery Action Planning
- YARG** - Young Adult Recovery Group
- YES** - Youth Education and Support

Forms

- YES Referral form

Note: No business flow chart provided at this time.