

Environmental Factors and Plan

Recovery

1. **Does the state support recovery through any of the following:**
 - a. Training/education on recovery principles and recovery-oriented practice and systems, including the role of peers in care? Yes No
 - b. Required peer accreditation or certification? Yes No
 - c. Block grant funding of recovery support services? Yes No
 - d. Involvement of persons in recovery/peers/family members in planning, implementation, or evaluation of the impact of the state's M/SUD system? Yes No

2. **Does the state measure the impact of your consumer and recovery community outreach activity?** Yes No

3. **Provide a description of the recovery and recovery support services for adults with SMI and children with SED in your state.**

Administrative Rules of South Dakota (ARSD) Article 67:62 Mental Health, requires the implementation of recovery support services and defines recovery as a process of change through which an individual achieves improved health, wellness and quality of life.

Provider contracts also detail the responsibility of providers to implement recovery skills to help individuals cope with and gain mastery over symptoms and disabilities, including those related to co-occurring disorders, in the context of daily living. This may include, but not limited to:

- a. Ongoing assessment of the client's mental illness and co-occurring disorders symptoms and the client's response to treatment;
- b. Assessment of the client's mental illness symptoms and behavior in response to medication and monitoring for medication side effects;
- c. Education, when appropriate, of the client regarding his/her illness, medication prescribed to regulate the illness, and side effects of medications;
- d. Education about the hope of recovery with regard to mental illness and co-occurring issues.
- e. Assistance in developing social skills, skills to help client build relationships with landlords, neighbors, etc, and skills to address co-occurring issues;
- f. Symptom management efforts directed to helping each client identify personal strengths; recognize symptoms or occurrence patterns of his/her mental illness and co-occurring disorders; and develop methods (internal, behavioral, or adaptive) to help lessen the effects; and
- g. Psychological support (both on a planned and "as needed" basis) to help clients accomplish their independent living goals and to cope with the

stresses of day-to-day living.

Also, contract requires that services should be provided in a setting of the client's choosing and not just the office.

In addition, the Behavioral Health Advisory Council (BHAC) includes representation of adults who have a serious mental illness (SMI) and also family members of adults who have a SMI or children who have a serious emotional disturbance (SED). One membership is for a youth (approximately 16 to 21 years of age) with SED and/or SUD or a youth who has a sibling with SED and/or SUD.

To view a current list of BHAC members and Bylaws:

<http://dss.sd.gov/behavioralhealth/services/>.

The Division of Behavioral Health (DBH) also partners with the National Alliance on Mental Illness, South Dakota (NAMI-SD) to provide scholarships to individuals with mental illness who have limited financial resources for attending NAMI-SD's annual education conference. The DBH also provides speakers to keep attendees updated on transformation activities at the state level.

4. Provide a description of recovery and recovery support services for individuals with substance use disorders in your state.

ARSD, Article 67:61 Substance Use Disorders, requires the implementation of recovery support services and defines recovery as a process of change through which an individual achieves improved health, wellness and quality of life. Provider contract requires recovery support services to be provided. Recovery supports are networks of formal and informal services developed and mobilized to sustain long term recovery for individuals and families. Recovery supports may include, but not limited to:

- a. Home visiting;
- b. Linking to community-based programs;
- c. Support participation in medical/psychiatric care;
- d. Child care and advocacy;
- e. Self-help programs;
- f. Peer and faith-based support groups;
- g. Transportation;
- h. Monitoring and outreach;
- i. Parent education and child development; and
- j. Employment services and job training.

The South Dakota Temporary Assistance for Needy Families funds recovery support services for the pregnant and parenting women's program at Behavior Management Systems in Rapid City.

The DBH funds recovery support services within the state's two specialized

methamphetamine treatment programs.

In addition, the BHAC includes representation of adults recovering from substance use.

To view a current list of BHAC members and Bylaws:

<http://dss.sd.gov/behavioralhealth/services/>.

5. Does the state have any activities that it would like to highlight?

In 2016, the DBH with technical assistance from the Substance Abuse and Mental Health Services Administration explored various potential funding and training structures that could support the development and sustainability of peer support services. The DBH continues to assess the feasibility of peer support services within the state as well as determining the funding component needed to support such activities.

In the meantime, in SD, Face It TOGETHER has a peer volunteer program that provides peer support services for people who have addiction issues. Face It TOGETHER: <http://www.faceitsiouxfalls.org/it-s-a-disease>. Also, the National Alliance for the Mentally Ill – SD (NAMI-SD) provides a weekly peer support group for families and individuals with a serious mental illness. NAMI-SD: <http://namisouthdakota.org/>.

In addition, the DBH assists with scholarships for individuals who have a mental illness and have limited financial resources in order to attend the annual educational conference sponsored by NAMI. The DBH, CMHCs and NAMI continue to collaborate in ways that will support recovery efforts and provide education to clients and family members.

Please indicate areas of technical assistance needed related to his section.