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## North Sound Behavioral Health Organization

### Section 1500 – Clinical: Outpatient Recovery and Resiliency Plans/Individual Service Plans

Authorizing Source: DBHR/North Sound BHO Contracts; WAC 388-877-0620; WAC 388-877A-0135; WAC 388-877B

Cancels:

See Also: North Sound BHO Policies #1002.00; 1520.00

Providers must comply with this policy & may develop individualized implementation guidelines as needed

Responsible Staff: Deputy Director

Approved by: Executive Director

Signature:

Date: 10/3/2017

#### **POLICY# 1551.00**

#### **SUBJECT: OUTPATIENT RECOVERY AND RESILIENCY PLANS / INDIVIDUAL SERVICE PLANS**

#### **PURPOSE**

To ensure development of the Recovery and Resiliency Plan (RRP), also referred to as an Individual Service Plan (ISP), is a collaborative effort between the individual, or individual's parent or legal representative, if applicable, and Behavioral Health Provider (BHP) that results in an individual-centered, strength-based plan that meets the individual's unique behavioral health needs.

#### **POLICY**

RRP reflects the North Sound BHO focus on integrating the fundamentals of recovery as found in the Substance Abuse Mental Health Services Administration (SAMHSA) Working Definition of Recovery. The term ISP is terminology utilized in the Washington Administrative Code (WAC). It is acceptable to use this terminology and North Sound BHO encourages Behavioral Health Agencies (BHA) to use the term RRP or similar terminology (e.g., Individual Recovery Plan or Cross-System Care Plan).

RRP/ISP shall reflect the principles and fundamentals found in the North Sound BHO Clinical Practice Guidelines:

[http://northsoundbho.org/Assets/PDFs/Clinical\\_Guidelines/Clinical\\_Guidelines\\_Manual.pdf](http://northsoundbho.org/Assets/PDFs/Clinical_Guidelines/Clinical_Guidelines_Manual.pdf)

Recovery and Resiliency planning is an ongoing, dynamic process that begins at the initial assessment and/or the initial intake. A clearly articulated RRP/ISP provides the following benefits to the individual and the service team:

1. Serves as a roadmap for the individual and the service team, providing direction and allowing the team and the individual to evaluate progress toward recovery/resiliency goals, desired outcomes and the effectiveness of interventions;
2. Supports the individual as he/she works through his/her personal recovery/resiliency process; and
3. Documents both individual and the BHA responsibilities towards recovery/resiliency.

RRP/ISP reflect:

1. Goals that address individual needs identified at the initial assessment and/or initial intake and throughout the services. This may include, but is not limited to:
  - a. Behavioral health needs (i.e., related to diagnosis) necessitating current services;
  - b. For substance use disorder (SUD) services, include each substance used needing treatment, including tobacco, as appropriate;
  - c. Non-behavioral health needs requiring referral and/or support;
  - d. Risk; and
  - e. Rationale for deferring services/referral of a need.
2. Individual's stated recovery and resiliency goals and desired outcomes (discharge criteria/level of care change criteria).
3. Interventions and services that are recovery and resiliency oriented and can reasonably be expected to assist the individual in achieving his/her goals.

#### **PROCEDURE**

The Outpatient Behavioral Health RRP/ISP must:

1. Be completed within:
  - a. For mental health services, 30 days from the date of the first session following the initial assessment (MH); and
  - b. For SUD services, before treatment services are provided.
2. Document the BHP collaborating on the plan is:
  - a. For mental health services, a Mental Health Professional (MHP) and/or the plan has been reviewed by a MHP (i.e., signature of MHP on the plan); and
  - b. For SUD services, a Chemical Dependency Professional (CDP)/Chemical Dependency Professional Trainee (CDPT) and/or the plan has been reviewed by a CDP (i.e., signature of CDP on the plan).
3. Address the provision of information and education about the individual's behavioral health diagnosis;
4. Address the individual's unique needs including, but not limited to:
  - a. Age, gender, cultural and/or disability, strengths or issues as identified by the individual or their parent or other legal representative, if applicable, as relevant to services.
  - b. Identified needs beyond behavioral health needs, such as, physical health care and daily activity needs, such as, living arrangements, employment and education.

5. Identify and incorporate specific strengths and resources in a way that actively supports the individual in recovery/resiliency.
6. Include recovery/resiliency objectives that are measurable and allow the BHP and individual to evaluate progress.
7. Identify medically necessary service modalities, mutually agreed upon by the individual and BHP for services.
8. Participation must include family or significant others as requested by the individual or as applicable for individuals younger than 13 years or who have a legal representative.
9. Demonstrate the individual's participation in the development of the plan in the following ways:
  - a. The RRP/ISP includes at least one (1) goal/objective identified by the individual which is identified by quotes;
  - b. The RRP/ISP includes the individual's signature; and
  - c. The RRP/ISP is in language and terminology that is understandable to the individual.
10. Include coordination goals/objectives with other systems or organizations when required or the individual identifies as being relevant to his/her recovery with the individual's consent or their parent or other legal representative, if applicable. This includes, but is not limited to:
  - a. Coordination with any Individualized Family Service Plan (IFSP) when serving children less than three (3) years of age;
  - b. Education and/or employment system;
  - c. Children's Administration;
  - d. Medical Care Physician(s) and other health care providers;
  - e. Other behavioral health care providers; and/or
  - f. Legal systems (e.g., Department of Corrections, Mental Health Court, Drug Court and Deferred Prosecution).

Violation of a court order or lack of participation in treatment must be reported to the assigned authority as required by WAC.

11. Include documentation the individual's plan was reviewed and revised to reflect any changes in the individual's needs or as requested by the individual, or their parent, or other legal representative, if applicable.
12. Progress notes shall clearly reflect provision of services consistent with the RRP/ISP.

The services proposed and provided are consistent with North Sound BHO Clinical Practice Guidelines. In the absence of a North Sound BHO Clinical Practice Guideline, service follows generally accepted clinical practice for the individual's diagnosis.

#### **ATTACHMENTS**

None