



# 2018 Via Hope Person-Centered Recovery Planning Application Supplement

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## About the Via Hope Recovery Institute

The Via Hope Recovery Institute aims to promote mental health system transformation by helping organizations develop practices that support and expect recovery, and by promoting the voices of people with lived experience, youth, and family members. Recovery Institute initiatives are designed to support the implementation of new practices, shift organizational culture, promote innovation, and increase collaboration within and among teams. Person-Centered Recovery Planning is a specific program within the Recovery Institute. The experiences and skills available through this program are necessary preparation for organizations to meet the challenges and opportunities arising in our rapidly changing environment. In this document, you will find information about Via Hope's 2018 Person Centered Recovery Planning Program, including purpose, program description, expectations for participants, and requirements.

## Person-Centered Recovery Planning Implementation

Person-Centered Recovery Planning (PCRP) has been recognized as a promising tool for transforming the current behavioral health system and restoring certain elementary freedoms to individuals receiving services and their loved ones (Institute of Medicine, 2001). PCRP has been described as "a collaborative process resulting in a recovery oriented [care] plan; is directed by consumers and produced in partnership with care providers and natural supporters for treatment and recovery; supports consumer preferences and a recovery orientation" (Adams & Grieder, 2005).

In 2012, Via Hope launched a pilot phase of PCRP implementation in Texas behavioral health agencies, working in close coordination with Texas Department of State Health Services Mental Health and Substance Abuse Division and the participating pilot sites. Since then, Via Hope has continued to provide on-site consultation and skills workshops in support of PCRP implementation across Texas. Last year, Via Hope distributed a survey to past PCRP workshop participants to gather information about the successes, challenges, and emerging needs of the field related to PCRP implementation. Via Hope staff also conducted interviews with organizational leaders to garner feedback that would shape program design for 2018. Survey responses and interviews indicated an emerging need for increased PCRP training capacity at service provider organizations across the state.

## 2018 PCRP Learning Community

For the 2018 Person Centered Recovery Planning (PCRP) program, Via Hope will offer a learning community focused on capacity building for site-based PCRP training. The learning community will be comprised of teams of individuals from organizations that intend to provide PCRP training, using curriculum developed by Via Hope. The program is designed to support trainers as they elevate their knowledge of the practice of PCRP and their skills as trainers and facilitators.



The first several months of the 2018 PCRCP Learning Community will be anchored by preparation for, and participation in, a three-day in-person learning event where participants will become deeply familiar with the core PCRCP training curriculum. Following this gathering, Via Hope will host monthly consultation calls to support teams as they integrate the new training modules into their existing training programs and develop their skills and knowledge of the content. In the fall, each trainer team will receive in-person observation, feedback, and coaching from Via Hope. The program will end with another in-person gathering, which will take place in December 2018. The gathering will serve as an opportunity to celebrate successes, learn from challenges, and share lessons learned as a community of trainers.

**Over the course of the program, selected teams of trainers can expect to...**

- Develop skill and knowledge of PCRCP training content,
- Expand facilitation skills and knowledge of participatory learning methods,
- Become equipped to teach PCRCP,
- Effectively train staff within their organization on PCRCP,
- Promote the role of peer support in care planning, and
- Understand the importance of internal person-centered practices and how to support staff experiencing compassion fatigue, secondary trauma, and/or burnout.

**Additional Benefits to Program Participants:**

- Belong to a community of trainers within and across organizations,
- On-demand tools and resources only available to program participants,
- Access to subject matter experts,
- Individualized coaching,
- On-site consultation,
- Supportive feedback, and
- Professional development (at least 20 hours CEUs).

**Requirements to Apply for the Person-Centered Recovery Planning Program:**

- Review all of the program activities in order to determine whether 1) this program is a fit for your organization's needs and 2) your organization can fully commit to the program requirements.
- Complete and submit online application, in its entirety, by the February 28, 2018 5 pm CST deadline.
- Include a letter of support from an Executive Sponsor.
- Compose a PCRCP training team that meets the following criteria:
  - a) The team must include between two and six individuals.
  - b) Each trainer on the team must have attended the Via Hope PCRCP public workshop in the last two years. There will be a PCRCP public workshop on **March 28-29th** to help potential participants meet this criterion. If planning to attend the March workshop, register as soon as possible, at <https://centralizedtraining.com/>.
  - c) At least one person on the team should have training experience; we recommend someone who possesses confidence as a trainer and has at least 6 months of experience in a training role.
  - d) At least one person on the team should have experience developing PCRCP plans; we recommend at least 6 months experience in a service planning role.



- e) Consider identifying 1-2 additional individuals who will not be PCRCP trainers in this program, but will act as a team member for other strategic reasons. For example, they may have been involved with past recovery efforts within the organization and can link efforts within this program to others. Please note that because this person is not a trainer, they may not attend some of the major activities, which center on training.

**Participating Team Responsibilities:**

Participating teams will be asked to...

- Complete all of the required activities in timeline (see application preview).
- Commit to independent learning activities.
- Deliver PCRCP training at least once at your organization during summer (June, July, August) before Via Hope on-site observation and feedback session in the fall.
- Provide peer observation and coaching to other trainers within team, using the feedback framework provided by Via Hope.
- Host Via Hope on-site in fall 2018.
- Complete evaluation activities (e.g. distribute surveys at end of workshops hosted at organization, as requested by Via Hope).
- Collaborate and communicate with other staff involved in PCRCP implementation, such as quality management and clinical leaders.

**Preview of Curriculum for Site-Based Training**

- Set of training modules totaling up to 3 days of on-site learning
- Balance of interactive, didactic, and application elements
  - Highly interactive—trainers can expect to learn a variety of participatory tools and methods
  - Didactic- Via Hope will provide recorded didactic clips to ensure training consistency and to solidify key concepts
  - Application-focused: the curriculum will include space for application to your specific organization and service planning processes.
- Although based off of the framework of the PCRCP public workshop, the PCRCP for Trainers Curriculum is **not** the same curriculum.

**Evaluation Activities:**

As noted above, all participating organizations will be asked to participate in program evaluation activities. Via Hope may employ a variety of evaluation elements, such as training participant feedback forms, feedback discussions (i.e. focus groups, interviews), and pre-and-post-program surveys.

**Estimated Timeline of Activities**

January 24, 2018	Informational Webinar on the 2018 PCRCP Learning Community To view materials from the webinar, follow this link: <a href="https://www.viahope.org/resources/2018-pcrp-program-announcement-and-implementation-booster/">https://www.viahope.org/resources/2018-pcrp-program-announcement-and-implementation-booster/</a>
February 1, 2018 9:00 am CST	Application Opens! Application Preview link: <a href="https://www.viahope.org/resources/application-preview-2018-pcrp-program/">https://www.viahope.org/resources/application-preview-2018-pcrp-program/</a>



	Online Application link: <a href="https://www.surveymonkey.com/r/8XCTKDW">https://www.surveymonkey.com/r/8XCTKDW</a>
February 28, 2018 5:00 pm CST	Application Closes
By March 9, 2018	Applicants will be notified of acceptance.
April, 2018	-Orientation call/webinar -Teams orient/familiarize to curriculum, ongoing -Content clarification webinar -Teams work on homework, ongoing
May, 2018	3-Day Training for Trainers in Austin
June to August, 2018	Individual team calls, all-team webinars, teams practice on-site (training, observing and giving/receiving feedback), remote consultation with Via Hope and Dr. Janis Tondora,
September to November, 2018	Via Hope conducts on-site observation and feedback of trainings, exact dates TBD
December, 2018	Closing cross-site gathering

## Application Process

As part of the 2018 PCRP Learning Community application process, applicants will complete an online application. A preview of the application will be posted when the application opens so that applicants can review items prior to submitting their applications. Information about the application process can be found on the Via Hope website. Learn more: [www.viahope.org/programs/recovery-institute/person-centered-recovery-planning-implementation](http://www.viahope.org/programs/recovery-institute/person-centered-recovery-planning-implementation)

## Application Timeline

January 24, 2018 12 – 2pm CST	Via Hope hosted an informational webinar on the upcoming program. To view the webinar materials, click here: <a href="https://www.viahope.org/resources/2018-pcrp-program-announcement-and-implementation-booster/">https://www.viahope.org/resources/2018-pcrp-program-announcement-and-implementation-booster/</a>
February 1, 2018 at 9:00 am	The online application will open.
February 28, 5 pm CST	The online application will close. All applications must be submitted by close of business to be considered.
By March 9, 2018	Applicants will be notified about their application status.



April, 2018	Orientation for program initiatives will begin.
April to December, 2018	Program activities will take place.

## Maximizing Participant Success

Several factors have increased the success of organizations participating in past Recovery Institute programs. These include:

- **Significant Executive Sponsor<sup>1</sup> involvement**, including clear and consistent communications about promoting recovery and resiliency, and about involvement in the Recovery Institute.
- Use of Recovery Institute efforts to **support other initiatives** (e.g. related grants, such as trauma-informed care implementation; organization-wide strategic planning and development).
- Recovery Institute involvement is viewed as **complementary** to other, recovery-oriented initiatives that focus on **supporting the leadership development of people with lived experience**.
- Identification of **recovery-oriented change champions** that comprise a leadership team that represents a variety of perspectives and roles, including people with lived experience.
- Develop the **leadership of a variety of staff** to lead recovery change at all levels of the organization.
- **Continued involvement** in recovery-oriented transformation initiatives over time.

## Application Review

A review committee will screen applications to ensure applicants have committed to all required activities and essential elements of the application have been submitted. Following this step, all eligible applications will be reviewed and considered for the 2018 PCRP Learning Community.

Prioritization will be based on such factors as:

- Demonstrated commitment to and engagement to promote recovery and resiliency-oriented organizational change.
- Current and anticipated dynamics of change within the organization.
- Leadership commitment to removing barriers for participating team.
- Organizational match with program focus.

## Conclusion

### Registration Fees

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<sup>1</sup> For the purposes of the Recovery Institute, Via Hope has defined Executive Sponsor as an individual within your organization that has formal authority to support change from the top and has committed to support change from that position. The Executive Director or Superintendent must indicate support for the application but your agency's Executive Sponsor can also be the Director of Mental Health Services or someone in a similar role. Because of the importance of executive sponsorship to the success of these initiatives, the Recovery Institute application process has been designed for completion by the Executive Sponsor.



The 2018 PCRP Learning Community will be offered at no cost to participating organizations. However, participating organizations will invest significant staff time and energy into the program. Organizations that prioritize these programs are able to take full advantage of what is offered and make more progress than those that cannot commit fully to the process. The cost of the 2018 PCRP Learning Community is covered by a grant from the Medical and Social Services Division of Texas Health and Human Services Commission and The Hogg Foundation for Mental Health. While Via Hope is not currently required to charge organizations for participation in these initiatives, in future projects we do anticipate charging a registration fee. Such fees are already required for individual trainings that are provided outside of Recovery Institute projects, (e.g. Emotional CPR, Intentional Peer Support).

## Questions?

If individuals have other questions, they may inquire with Via Hope Recovery Institute Manager, Amanda Bowman at [amanda.bowman@viahope.org](mailto:amanda.bowman@viahope.org) and (512) 953-8160 or (toll free) (844) 300-2196.

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