



Massachusetts Behavioral Health Partnership Consumer-led Programs for Recovery and Rehabilitation

The Massachusetts Behavioral Health Partnership (MBHP) is committed to providing consumers, people with serious mental health conditions or co-occurring mental illness and addictions, with the best consumer-led recovery and rehabilitation services and support options. The following is a sample of some recovery-oriented programs available to our Members:

The Dual Recovery Anonymous (DRA) Initiative: Supporting those with mental illness and an addictions

Facing two disabling conditions is a challenge. MBHP has supported the development of Dual Recovery Anonymous (DRA) meetings for people who face both mental health and addiction challenges. The meeting follows a 12-step program format and is led by trained consumers.

The Massachusetts Leadership Academy (MLA) Initiative: Training consumers to lead; teaching providers about recovery

MBHP recognizes that consumers are the experts on the recovery process. As a result MBHP has contracted with M-POWER, a consumer advocacy group, to create the Massachusetts Leadership Academy (MLA). The MLA program teaches consumers leadership skills for serving on boards of directors and advisory councils, presentation skills, and how to use their own stories to educate providers about recovery concepts and practices.

The Peer Educators Project (PEP): Consumers teach consumer how to recover

The Peer Educators Project (PEP) trains consumers who have made progress on their own recovery to lead three kinds of peer meetings: Recovery Groups, where participants read, discuss, plan, and take recovery steps; Mental Illness Anonymous groups, where people with co-occurring mental illness and addictions use a 12-step format to address their recovery; and Therapeutic Education groups, where people use self-expression and artistic media such as writing and painting as means to recovery. MBHP and Vinfen Corp., a not-for-profit provider of mental health and mental retardation services, sponsor the program.

Consumer Quality Initiatives (CQI): Giving a voice to consumers

Consumer Quality Initiatives, (CQI) Inc., was set up initially through MBHP funding to ensure that the consumer voice about the quality of care is heard. The company trains staff to interview other consumers about the quality of inpatient care they received. CQI develops detailed reports from this data. The reports help providers and managed care organizations understand which programs work and which improvements will have the greatest impact in improving inpatient care. CQI staff are consumers or family members of consumers.

Peer Support in Aftercare: Continued support on the road to recovery

Continued care after hospitalization can help recovery plans work. Trained peer educators in the Peer Support in Aftercare program visit consumers both in the hospital and in their community after they have been hospitalized. They offer consumers information about their conditions, personal support, and links to community programs. Studies show individuals who receive visits from a peer educator are able to stay in the community longer.

These programs are only a sample of the many innovative programs sponsored by the Massachusetts Behavioral Health Partnership. To learn more about any of these peer programs, please call Amy Considine at (617) 790-5602.

The Massachusetts Behavioral Health Partnership manages mental health and addiction treatment services for about 300,000 MassHealth enrollees in the PCC Plan and provides profiling and quality management services for the PCC Plan's primary care physicians.

Please note that you can call MBHP to have this document read to you or if you want to have a Spanish version sent to you. All written materials sent to Members are also available in Spanish, and can also be read to you by a Community Relations Representative. For copies of materials in English, Spanish, or for oral interpretations into other languages or to have written materials read to you, please call the **MBHP Community Relations Line at 1-800-495-0086 (press 1 for the English menu, then 4, then 1 to skip prompts)**, Monday through Thursday, 8 a.m. – 5 p.m., and Friday, 9:30 a.m. – 5 p.m. (English and other languages). To find a mental health provider, call the **MBHP Clinical Access Line at 1-800-495-0086 (press 1 for the English menu, then 4, then 2 to skip prompts)**, 24 hours a day, 365 days a year.

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