

## DEPARTMENT OF MENTAL HEALTH

# STRATEGIC PLAN HIGHLIGHTS

FY 16 Second Quarter

## DMH and MHASM Partner for WRAP training

### Goal 1 - Objective 1.1 - Strategy 1.1.3

#### Utilize Wellness Recovery Action Plans (WRAP) at three of the six behavioral health programs by the end of FY16

The Mental Health Association of South Mississippi (MHASM) and the Mississippi Department of Mental Health (DMH) partnered to offer Wellness Recovery Action Plan (WRAP) trainings at the three DMH Behavioral Health Programs during the second quarter of FY16.

In the FY16 – FY18 DMH Strategic Plan, the agency included an objective to utilize WRAP at three of the Behavioral Health Programs by the end of FY16 and expand to the other three programs in FY17. Each program will employ Certified Peer Support Specialists to conduct WRAPs as part of the transition process, providing people with an optional self-directed wellness tool upon discharge. In addition, CMHCs in those catchment areas will be educated on the use of WRAP, an evidence-based program, and integration of WRAP into supporting self-directed recovery.

These three trainings were the first step in a strategy to help reduce readmissions to DMH programs and provide a more seamless transition to the community. In addition, MHASM is currently working to provide WRAP Facilitator Seminar II training to the programs and for Peer Bridgers to help DMH meet another objective in the FY16 – FY18 DMH Strategic Plan.

North Mississippi State Hospital, Communicare, LifeCore, and Timber Hills Mental Health Services are part of the Peer Bridger Pilot Project, which is also an objective in the DMH Strategic Plan. The

purpose is to improve the transition process and decrease the number of readmissions by employing Peer Bridgers. By utilizing this initiative, Mississippi will decrease individuals' need for readmissions and increase the number of individuals who attend follow-up appointments by offering intensive peer support services through the use of Peer Bridgers.

The services offered by Peer Bridgers will help individuals transition back into their communities and avert future potential crisis by utilizing WRAP along with Personal Outcome Measures (POM), Whole Health Action Management (WHAM) and Community Asset Mapping.

The three WRAP trainings held in the second quarter of FY 16 were:

- October 1-2, 2015 at North Mississippi State Hospital with 15 attendees
- October 22-23, 2015 at SMSH with 18 attendees, including eight from local CMHCs
- November 12-13, 2015 at CMRC with 31 attendees, including 11 from local CMHCs

“We were happy to host this training and would love to host another one when there is an opportunity,” said South Mississippi State Hospital Director Clint Ashley.

“We believe the training was beneficial and that WRAP is another step toward improving the services we offer the people of our area and this state.”



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Kim Cooper, a Certified Mental Health Therapist at Central Mississippi Residential Center, said she found the training very beneficial and was interested in learning how to become a trainer for the CMRC campus.

“It is wonderful to have an actual written plan where

the individual is the author. I have shared this plan with my close friends and family because I know it works. I am constantly encouraging individuals who have been introduced to WRAP at CMRC to continue to work on their WRAPs to gain and maintain a whole and healthy life,” she said.

## ID/DD Waiver Enrollment Increases by 99 in FY 16

Enrollment in Mississippi’s Home and Community-Based Intellectual Disability/Developmental Disability Waiver has grown by 20 percent since Fiscal Year 2012.

In the first half of FY 2016, a total of 99 people have been added to the Waiver, with 50 of transitioning from an ICF/IID program and 49 transferring from the planning list.

In Fiscal Year 2015, DMH added a total of 201 people to the Waiver, 105 of those transitioning from ICF/IID programs and another 96 people transferring from the planning list. In all, there were 2,296 people enrolled in the ID/DD Home and Community-Based Waiver at the end of FY 2015, compared to 1,831 enrolled only three years prior.

The Waiver provides individualized supports to people with intellectual or developmental disabilities to assist them in living successfully at home and in the community. Funded through Medicaid, these supports provide people the opportunity for meaningful participation in activities of their own choosing.

DMH uses the principles of Person-Centered Planning to tailor supports for each person in order for them to enjoy a successful life. Person-Centered Planning is a

best practice approach to planning for persons who require lifelong services and supports. Person-Centered Planning discovers and acts on what is important to and for each person. The person and his or her team develop individually-tailored outcomes that are then molded into activities designed to assist people in having meaningful days doing what they choose to do.

The Waiver provides 19 Person-Centered services. These include, but are not limited to:

- Home and Community Supports
- Day Services
- Support Employment
- Community Living

Don and Charlotte Myers are the parents of Claire, who began

receiving services through the Waiver program 18 years ago. They said the program has meant a great deal to them through the years.

“Claire requires total care, and the program has been a life saver for her. It has allowed her to lead a more fulfilling and independent life at home and in the community, and it is truly difficult to express how much it has meant to us - her parents,” they said.

**Goal 1 - Objective 2.2**  
**Outcome: Increase number of people accessing community support services and ID/DD Waiver**



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