

CHAPTER 1 INTRODUCTION

Section 1: Overview

NorthCare is responsible for adopting, implementing and evaluating regional practice guidelines. (See the Balanced Budget Act (BBA), subpart D, section 438.236 and the Michigan Department of Community Health Master Contract Attachment P 6.7.1.1, X.) The BBA allows the adoption of practice guidelines either from a nationally recognized expert body or a consensus of healthcare workers in a particular field. The federal agency charged with providing guidance in our field is the Substance Abuse & Mental Health Services Administration (SAMHSA). They offer the following definitions of Practice Guidelines (PG) and Evidence Based Practices (EBP):

Practice Guidelines (PG)--*Systematically developed statements to standardize care and to assist in practitioner and patient decisions about the appropriate health care for specific circumstances. Practice guidelines are usually developed through a process that combines scientific evidence of effectiveness with expert opinion. Practice guidelines are also referred to as clinical criteria, protocols, algorithms, review criteria, and guidelines. (SAMHSA)*

Evidence Based Practices(EBP) --*In the health care field, evidence-based practices generally refer to approaches to prevention or treatment that are validated by some form of documented scientific evidence. What counts as "evidence" varies. Evidence often is defined as findings established through scientific research, such as controlled clinical studies, but other methods of establishing evidence are considered valid as well. Evidence-based practice stands in contrast to approaches that are based on tradition, convention, belief, or anecdotal evidence. (SAMHSA)*

The clinical context for utilization of a specific practice is whether as a treatment it supports a Recovery –Oriented System of Care. The components of a recovery oriented environment are those that:

- Encourage individuality;
- Promote accurate and positive portrayals of psychiatric disability while fighting discrimination;
- Focus on strengths;
- Use a language of hope and possibility;
- Offer a variety of options for treatment, rehabilitation, and support;
- Support risk-taking, even when failure is a possibility;
- Actively involve service users, family members, and other natural supports in the development and implementation of programs and services;
- Encourage user participation in advocacy activities;
- Help develop connections with communities; and
- Help people develop valued social roles, interests and hobbies, and other meaningful activities.

For a summary of the research that supports basing treatment in a Recovery-Oriented System of Care review the SAMHSA guide listed in the Table of Contents. Also attached are the Michigan Department of Community Mental Health Recovery Policy and NorthCare's Recovery Policy to assure regional support for a recovery based system of care.