

Profiles of Integrated Care: Wellness Management and Recovery

Description

Wellness Management and Recovery (WMR) is a 10-week group program in which participants collectively learn about good health and recovery and support and empower each other. In WMR, individuals identify and achieve personal goals; develop informed, collaborative approaches to selecting and managing effective treatment; and achieve an overall healthier lifestyle. Participants also develop assertive communication, decision-making, and problem-solving skills which support individual choice and informed decisions about personal wellness. The curriculum and learning process is inclusive of cultural competence, dual diagnosis, and co-occurring health problems.

Operational Resources

WMR groups are led by a two-person team: one professional who provides mental health services in the community and one person who is receiving mental health services. The facilitation design emphasizes the importance of partnership and collaboration in the coordination of care.

The WMR Coordinating Center of Excellence (CCOE) provides training, technical assistance, consultation, and evaluation activities to support the organizations who want to implement WMR. The WMR CCOE staff have considerable expertise in mental health recovery, group process, and multicultural competency.

Financial Resources

The Ohio Department of Mental Health funded the initial state-wide pilot project for WMR. Organizations who have implemented WMR have funded it in a variety of ways, including Medicaid billing, grant funding, and in collaboration with local mental health boards.

Program Type



Direct clinical service



Psychosocial/psychoeducational



Agency practice



Workforce development



Other

Location



Mental health or substance abuse treatment agency



Community



Primary care provider office



Hospital

Provider



Primary care



Mental health or substance abuse treatment



Consumer



Trainer/consultant



Other

The scales below are meant to be at-a-glance graphic descriptions of this provider's perspectives of issues related to integration projects. For more information, please contact the provider or the Ohio Coordinating Center for Integrating Care.

Cost



Staffing



Ease of Implementation



Contact information

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