

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



## SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

### Main Facility

500 Hancock, Saginaw, Michigan 48602

### Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

### 24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

[www.sccmha.org](http://www.sccmha.org)

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SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# An Overview of Evidence-Based Practices (EBP)

## Oversight of EBPs

### What are Evidence-Based Practices?

Evidence-based practices (EBP) are treatment models that have been shown through valid research to have positive outcomes for individuals if the provider adheres to the prescribed elements of each model. EBPs provide a framework for effective service delivery for mental health practitioners for a variety of consumer needs.

### Current Evidence-Based Practices

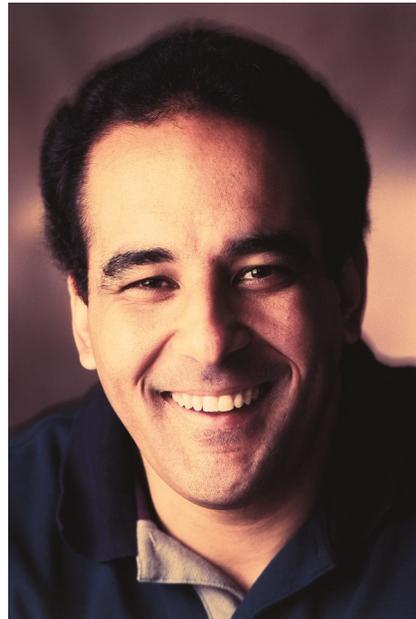
SCCMHA has implemented EBPs throughout the entire network to enable all consumers of SCCMHA to benefit from these models. The volume of EBPs doesn't allow us to print them in this brochure. More information can be found on our website as described on the back panel.



At SCCMHA, EBP oversight is provided by an EBP Leadership Team. The team reviews information to ensure that the programs implementing the model are adhering to the fidelity scale or other complete elements of the evidence-based practice.

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## “Shaping Mental Health Services Towards Recovery”

### What is Recovery?\*

Recovery may mean different things to different people. It may be very individualized.

As defined in the National Consensus Statement on Mental Health Recovery, “recovery is a journey of healing and transformation that enables a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.”

Recovery involves the concept of resilience. Resilience is the ability of a person to weather stresses, both large and small, and to bounce back from trauma; to get on with life after any episode of illness or challenge, to learn from negative experiences and translate them into positive ones. It encompasses strengths that function as supportive, protective factors which help the individual to withstand adversity and maintain or restore well being, and to prevent negative impact and promote health.

The ten fundamental components of recovery include: Self-Direction; Individualized & Person-Centered; Empowerment; Holistic; Non-Linear; Strength-Based; Peer Support; Respect; Responsibility; and Hope.

\*Source: The Substance Abuse & Mental Health Services Administration (SAMHSA)