

Evidence-based practices (EBPs) are a way to be sure that persons served receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

EBPs are also a way for Saginaw County Community Mental Health Authority (SCCMHA) to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw County communities.

For information about EBPs, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at

**989.272.7372**

You can also visit

<https://www.sccmha.org/resources/evidence-based-practices.html>.

or scan the QR code below.



## Main Facility

500 Hancock St.  
Saginaw, Michigan 48602

## Phone

989.797.3400  
Toll Free: 800.258.8678  
Michigan Relay 711

## 24-Hour Crisis Intervention Services

989.792.9732  
Toll Free: 800.233-0022  
[www.sccmha.org](http://www.sccmha.org)



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# An Overview of Evidence-Based Practices



## What are Evidence-Based Practices?

Evidence-based practices (EBP) are helping models that have been shown through proven research to have good outcomes for people. They work well if the provider follows the specific parts of each method. EBPs provide a framework for helpful service delivery in the mental health field for many needs of persons served.

### Current Evidence-Based Practices

SCCMHA has been using EBPs throughout the entire network to allow all persons served by SCCMHA to be able to be a part of these models.

You can find information on all EBPs on our website - [www.sccmha.org](http://www.sccmha.org).



### Oversight of EBPs

At SCCMHA, EBP management is provided by an EBP Leadership Team and the Best Practices Quality Committee. The teams review information to make sure that the programs using the model are following the fidelity scale or other specific pieces of the EBPs.

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## 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 idea of resilience. Resilience is the ability of a person to get through stresses, both large and small, and to bounce back from trauma; to get on with life after any time or illness or challenge, to learn from bad experiences and change them into positive ones. It includes strengths that work as supportive, protective factors which help the individual to get through difficult times and maintain or restore well-being, and to prevent negative impact and promote health.

The 10 fundamental components of recovery include:

- Self-Direction
- Individualized & Person-Centered
- Empowerment
- Holistic
- Non-Linear
- Strength-Based
- Peer Support
- Respect
- Responsibility
- Hope