



## FAST FACTS *Magellan Behavioral Care of Iowa, Inc.*

### Promoting Wellness and Recovery in Iowa

Supporting resiliency and recovery-focused care, Iowa wellness and recovery programs offer:

- Customized wellness and recovery action plans so consumers can successfully reenter employment.
- Training for Peer Support Specialists to prepare them to work in programs around the state.
- Peer Support services.

These programs subscribe to the philosophy that every individual with mental illness is capable of recovery. They utilize consumers in paid or volunteer positions to assist others who are on their road back to wellness.

#### Program Highlights

Three community mental health centers in Iowa are engaged in consumer wellness and recovery efforts. These efforts support community collaboration as an integral component of the consumer's continued wellness and recovery through:

- **Peer Support Programs**
  - Weekly support group meetings.
  - Client advisory committee that participates in the Iowa Plan Board of Directors meetings.
  - Mental Health Recovery Center that opened in April of 2006 and operates 28 hours a week, improving access to peer support services.
- **Peer Support Training**
  - Curriculum that includes nationally recognized standards of best practices for peer support specialists.
  - Five-day training sessions in which 17 Iowa Plan enrollees in three counties participated.
- **WRAP (Wellness Recovery Action Plan) for Work**
  - Training for consumers on how to develop a plan of action during difficult times, resulting in long-term stability and recovery. Established by consumers with mental health difficulties.
  - Workshops, weekly support groups and individual services in which 24 Iowa Plan enrollees have participated.

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