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receive regular updates on the topic from various federal and state secondary sources," she said.

Training for co-occurring disorders is needed for both providers of addiction rehabilitation and mental health clinicians, said Davis. "The mental health providers are usually not cognizant enough about addictions to think to screen for them or to know

what questions to ask," she said. "At the same time, addiction rehabilitation providers rarely have training in psychiatric disorders and do not know how to screen for them."

Davis added, "Therefore if an individual who had dual diagnoses seeks help from one or the other provider, he/she will not get help for both. Separating which symptoms are a result of which disorder

can be very challenging since several symptoms are common across psychiatric disabilities and addictions. In many cases, unless the clinician takes a very thorough history, this very important information may not come to light."

The new website also includes tools and resources for providers. For more information about co-occurring disorders, visit www.co-occurringdisordersnys.org. •

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ices were provided in May.

"The ultimate goal is to promote recovery in consumers by allowing them to make decisions about their own care," Russell Petrella, Ph.D., chief operating officer for Magellan's public sector solutions team, told *MHW*. "Self-determination is the key concept."

Petrella cited the president's New Freedom Commission on Mental Health report, which envisions a system with consumers at the center and recovery as the ultimate goal and with participants developing and designing systems of care in which they are involved.

"It's an idea that has been embraced by the President's mental health commission that consumers and family members have to be in the middle of all programs, designed for them and around them," he said.

Although both Florida and Oregon have embarked on similar types of recovery-based pilot programs, this is the first time a managed care company has put together a program like this, he said. "In my view, this approach is something we would like to see all over the country," said Petrella.

"We're certainly excited about the program," Scott Witte, director of client services at Hope Haven, told *MHW*. "It's consistent with Hope Haven's vision and mission for people. We're equipping them to direct their own care, to be able to be in the driver's seat when it comes to their life."

Identifying life goals

Through the program, participants will meet with an intensive psychiatric rehabilitation (IPR) practitioner who serves as the independent or "life" coach for the self-directed care project, said The IPR practitioner assists and encourages

"We have a firm belief that persons with mental illness should be active participants in their own recovery; it's our mission."

Joan Discher

the participants as they prepare their goals, said Witte.

To impact and support their ability and progress, participants of the Self-Directed Care program will also have access to up to \$2,000 — a one-time credit that they can use to purchase approved goods and services that support their identified recovery plan. They can use the money in nontraditional ways outside normal mental health services, for mentoring services, transportation, and respite services, message or art therapies, or towards rent, said Witte.

"The \$2,000 funding for consumers does not pay for outpatient

services or medications, but rather for essentials like a weight loss program, a one-time rental deposit, or even clothing in preparation for a job interview — things that allow participants to become more active in their community," said Magellan's Petrella.

Consumers identify changes that are most meaningful to them, changes, which are linked back to appropriate goals — i.e., living independently, or obtaining employment, Petrella said. The consumers decide and Magellan maintains some oversight to ensure the decisions are appropriate, he added.

To date, six participants have purchased plans that have been approved through the program, said Witte. "Anecdotally, people are very appreciative and have increased self-esteem and self-confidence as they work toward realizing their goals," he said. The aim of the program is to serve about 20 to 25 participants throughout the course of 12 to 18 months, said Witte.

"Just knowing someone out there cares, raised my self-esteem and self-confidence," said Kim Bailey, a participant in the program, whose recovery goals include living independently. The Self-Directed Care program assisted Bailey's move by providing a rent deposit and some furnishings.

Expanding MH services

Magellan has had a successful history of providing and expanding its array of mental health-related