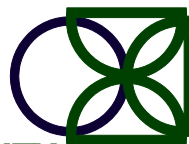


Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for 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 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)

CS approved– April 2024



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

# An Overview of Evidence-Based Practices (EBP)

## 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 consumer needs.

## Current Evidence-Based Practices

SCCMHA has been using EBPs throughout the entire network to allow all consumers of SCCMHA to be able to be a part of these models. The large number 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 of this brochure.



## Oversight of EBPs

At SCCMHA, EBP management is provided by an EBP Leadership Team. The team reviews information to make sure that the programs using the model are following the fidelity scale or other specific pieces of the evidence-based practice.

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

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

## 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 of 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 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)