



Recovery Concepts In A CCS Setting

CCS Statewide Conference
Wausau, WI
April 6, 2016

Materials Adapted From:

American Psychiatric Nursing Association: “Recovery to Practice: Acute Care Psychiatric Mental Health Nurses Preparing for Recovery-Oriented Practice”

U.S. Substance Abuse and Mental Health Services Administration: “Care for Mental Health Services, 2014”





Introduction

Donna Riemer-Nurse Consultant

Division of Mental Health and Substance Abuse Services
Madison, Wisconsin

donna.riemer@wisconsin.gov

608-261-8876

Maria Hanson – Certified Peer Specialist

Mendota Mental Health Institute
Madison, Wisconsin



Objectives

Through:

- Experiential discussion
- handouts
- videos

Attendees will increase their understanding of the *knowledge, attitudes, language and skills* required to enhance a Recovery Oriented Culture.



Acknowledgements

- A 4-year partnership between the Substance Abuse Mental Health Services Administration (SAMHSA) and The American Psychiatric Nurses Association (APNA) has resulted in a Recovery To Practice (RTP) curriculum for Behavioral Health Professionals.
- This 2014 RTP curriculum has been specifically modified to focus on the enhancement of recovery knowledge, skills, language, and attitudes consistent with SAMHSA's new strategic plan.
- RTP-APNA Program Developers and Trainers: Mary Moller, Jean Clement, Kris McLoughlin, and Eric Arauz, CPS
- Donna Riemer, RN-PMHN, is an APNA member and Certified RTP Trainer



Knowledge

Activity

Handouts

Video:

1.) What is meant by recovery?

SAMHSA's Working Definition
of Recovery: 10 Guiding
Principles of Recovery

Dan Fisher (person in recovery lens)

(4 min)

https://www.youtube.com/watch?v=R7024Nn_c_c



Discussion:

When you or a loved one were receiving services how could you tell if you were (or were not) in a Recovery Responsive Care Setting?

What does recovery *look* like?

What does recovery *feel* like?

(verbally and in writing)

Consider: How do your professional Standards of Practice address Recovery?





SAMHSA: Recovery Defined

- SAMHSA: Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

- Through the Recovery Support Strategic Initiative, SAMHSA has delineated four major dimensions that support a life in recovery:
 - Health
 - Home
 - Purpose
 - Community

[samhsa.gov](http://www.samhsa.gov)

<http://www.samhsa.gov/newsroom/press-announcements/201112220800>



SAMHSA Strategic Initiatives # 4: Recovery Support

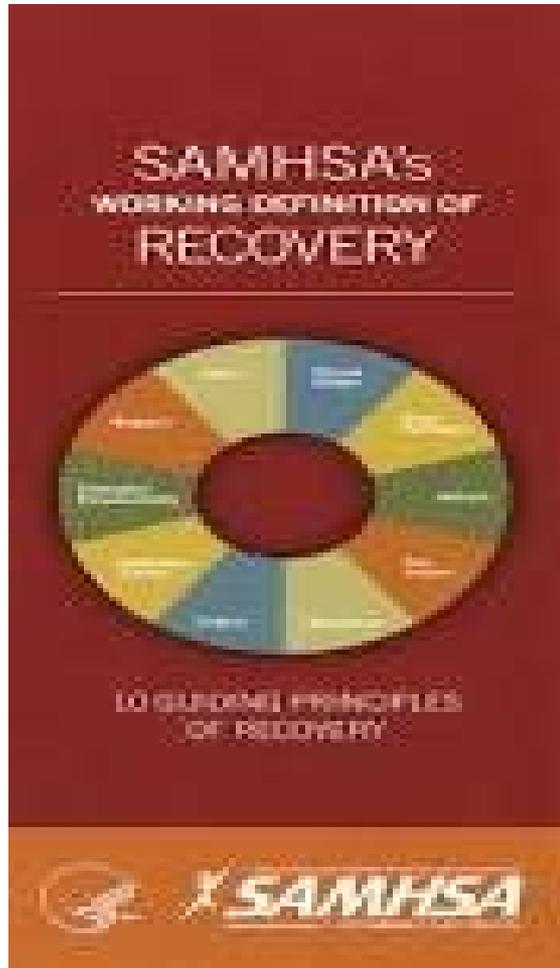
- Leading Change 2.0: Advancing the Behavioral Health of the Nation, 2015-2018 p. 23-26
- Addresses Recovery in all **4 Domains:**
Home, Health, Purpose, Community

samhsa.gov

http://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_4/samhsa_new_strategic_plan/



10 Guiding Principles of Recovery



Refer to handout:

Hope, Person Driven
Holistic Many Pathways
Relational Peer Support
Culture Addresses Trauma
Strength and Responsibility
Respect

Discussion: Which principle do you hold up and the most important? Why?



Recovery Process: 5 Stages

	Impact of the Illness	Life is Limited	Change is Possible	Commitment to Change	Actions for Change
Stage of Recovery	Overwhelmed	Not ready to commit to change	Believes there is more to life	Willing to explore possibilities	Taking responsibility for a new direction

From: Appalachian Consulting Group



Recovery Process: Provider Role

	Impact of the Illness	Life is Limited	Change is Possible	Commitment to Change	Actions for Change
Role of Services	Reduce emotional distress by reducing symptoms	Foster hope and sense of possibility	Help people see they are not so limited by the mental illness	Help people identify their strengths and figure out skills, resources and supports	Help people trust their own decision-making abilities and to take more and more responsibility for their lives

From: Appalachian Consulting Group



The Right Balance

Let person do
what he/she
wants

Get person to
do what I want



Neglect

Control



Attitude Matters

Discussion

- Attitude Defined
- Impact of attitude on one's recovery

Handouts:

SAMHSA's Working Definition of Recovery: 10 Guiding Principles of Recovery



Attitude Defined

Attitudes are:

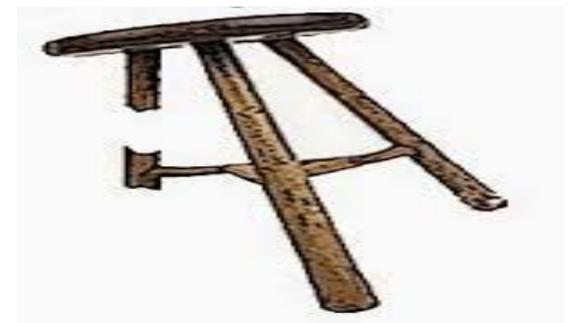
- the learned, verbal, and non-verbal behaviors that reflect ones internal beliefs, values, and emotions about something or someone.
- influenced by cultures, norms, experiences, and judgments we hold.
- positive or negative.
- are learned and can be changed.
- **the essential third leg without which knowledge and skills can fail.**

▪



Attitude

“The attitudes that we display when we are using the knowledge we gain, and the skills we develop, determine how the knowledge and skills are actually received and are used by those we are working with.”



Jean Clement, APNA-RTP, 2014



Judgments

“Judging is an expression of one’s own needs and values.” ...M. Rosenberg, cnvc.org

Discussion:

Judgment vs. Observation

Examples

Why judge?

What is the impact on “the right balance?”





The Right Balance

Let person do
what he/she
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Get person to
do what I want



Neglect

Control



Language Matters

Discuss:

- Words
- Relationships
- Approach
- Empathy
- Self Care
- Skills

Handouts:

SAMHSA's Working Definition of Recovery: 10 Guiding Principles of Recovery

VT Fact Sheet



Recovery Language: Words Matter

Deficit Based Language

- A Schizophrenic, addict, junkie
- Clinical Case Manager
- Front line staff, trenches
- Substance abuse, abuser
- Self-help
- Denial, lack of insight
- Resistant, unmotivated
- Weakness
- Decompensation, relapse, frequent flyer
- Dirty UA

Strength Based Language

- A person diagnosed with., experiencing..
- Recovery Coach, Guide
- Direct care support staff
- A person with addiction
- Recovery Support Groups
- Pre-contemplative stage of recovery
- Has own ideas, not open to...
- Barriers to change
- Re-experiencing symptoms
- Positive UA



Research Shows: Relationships Matter

“The therapeutic relationship accounts for why clients improve (or fail to improve) at least as much as the particular treatment method.”

-American Psychological Association Task Force on Evidence-Based Therapy Relationships, 2011



Dr. Pat Deegan: Her Recovery Experience

<https://www.youtube.com/watch?v=UwL77u-Of4k>



“Mental illness is not a choice, but hope is.”



Social Commitment: Approach Matters

- Empathy before education: Admit the uncomfortable and unbalanced position both are in.
- Education with permission asking: Describe breach of social contract.
- Assist to reframe: Offer the opportunity of a partnership, rebuild trust, and regain power over ones health, wellness, and life.



Empathic Listening

- Listen to hear the observations, feelings, needs & requests
- Avoid advice giving, judging, fixing
- Behind judgments, are unmet needs
- Paraphrase back emotionally charged statements
- Empathy has been received when there is a release of tension and the flow of words comes to a halt

M. Rosenberg, PhD
Nonviolent Communication:
a language of life, 2003
Center for Nonviolent Communication
cnvc.org



Empathy vs. Sympathy

Brenne Brown: Empathy vs. Sympathy Video:

<http://www.youtube.com/watch?v=1Evwgu369Jw>

Rebecca Wiseman: 4 Qualities of Empathy:

- Perspective taking
- Stay out of judgment
- Recognize emotion in others
- Communicating that recognition



Self Compassion Defined

Self Compassion defined:

- It is not judging self positively
- It is relating to ones self kindly
- An embracing of the self, flaws and all.

3 core components of self compassion:

- Self kindness vs. judgments
- Common Humanity (How am I like others?)
- Mindfulness (acceptance of limitations)

K. Neff , Self-Compassion Researcher,

Tedx Talks, 2013

<https://www.youtube.com/watch?v=IvtZBUSplr4>



Self Compassion Research Results

Research indicates: Self-Compassion is linked to mental health and wellness, healthy relationships, healthy lifestyle choices.

Take away: The more compassion we have for the self, the more we can then give to others.

K. Neff , Self-Compassion Researcher,
Tedx Talks, 2013

<https://www.youtube.com/watch?v=IvtZBUSplr4>



Empathy Without Self Care



Reflect on the VT Fact Sheet
Know when to talk to someone



Skills Matter

Activity:

Consider Maria's experience

Discuss: How would you address home, health, purpose, community in a CCS setting?

Handouts:

SAMHSA's Working Definition of Recovery: 10 Guiding Principles of Recovery



Thank You

- *“Hope, like some basic force of nature. Seems to live stubbornly, if barely perceptibly, inside even the most depressed of us, waiting like some sleeping beauty for the faintest glimmer of light, the slightest sympathetic touch, to awaken it. We should cherish it.”*

James Gordon, M. D.