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

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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
Video:

1.) What is meant by recovery?

Handouts

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 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

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

<table>
<thead>
<tr>
<th>Stage of Recovery</th>
<th>Impact of the Illness</th>
<th>Life is Limited</th>
<th>Change is Possible</th>
<th>Commitment to Change</th>
<th>Actions for Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overwhelmed</td>
<td>Not ready to commit to change</td>
<td>Believes there is more to life</td>
<td>Willing to explore possibilities</td>
<td>Taking responsibility for a new direction</td>
<td></td>
</tr>
</tbody>
</table>

From: Appalachian Consulting Group
## Recovery Process: Provider Role

<table>
<thead>
<tr>
<th>Role of Services</th>
<th>Impact of the Illness</th>
<th>Life is Limited</th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Reduce emotional distress by reducing symptoms</td>
<td>Foster hope and sense of possibility</td>
<td>Help people see they are not so limited by the mental illness</td>
<td>Help people identify their strengths and figure out skills, resources and supports</td>
<td>Help people trust their own decision-making abilities and to take more and more responsibility for their lives</td>
</tr>
</tbody>
</table>

From: Appalachian Consulting Group
The Right Balance

Let person do what he/she wants

Get person to do what I want

Neglect

Control

Neal Adams, MD, MPH., Person Centered Recovery Plans and Medical Necessity, 2010
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 one's 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.

Jean Clement, APNA-RTP, 2014
“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 wants

Get person to do what I want

Neglect

Control

Neal Adams, MD, MPH., Person Centered Recovery Plans and Medical Necessity, 2010
Language Matters

Discuss:

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

Handouts:

SAHMA’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

Jean Clement, APNA-RTP, 2014
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
Center for Nonviolent Communication
cnvc.org
Empathy vs. Sympathy

Brene 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 oneself 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
Activity:

Consider Maria’s experience

Handouts:

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

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