Recovery Principles in Mental Health Treatment

Recovery is:

- 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
10 Guiding Principles of Recovery

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

Discussion: How do you address each principle of recovery in your daily practice?

The Source of Strength

- Finding Purpose and Meaning
  - Spirituality
  - Creativity
  - Work/Volunteer/Being of Use
  - Family/Friends

"A tiny, fragile spark of hope appeared and promised that there could be something more than all of this darkness… This is the mystery. This is the grace. This is the birth of hope called forth by the possibility of being loved. All of the polemic and technology of psychiatry, psychology, social work and science cannot account for this phenomenon of hope. But those of us who have recovered know that this grace is real. We lived it…." Pat Deegan

Conceptual Framework of Recovery

- Conditions
  - Hope
  - Healing
  - Empowerment
  - Connection
Hope

“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.

Healing

- Recognition and acceptance of challenges/disability
- Commitment to change
- Focus on strengths
- Recognize and honor small changes
- Discover one’s own values/beliefs
- Determine Priorities
- Optimism

Healing

The Illness

The Person

- The illness
- The person

The Illness

Determine Priorities

The Person

Discover one’s own values/beliefs

Determine Priorities

Optimism
Autonomy

- Belief in one’s ability to act for him/herself
- Risk-taking
- Voice

Empowerment

- Courage
- Responsibility
- Autonomy

- Belief in one’s ability to act for him/herself
- Risk-taking
- Voice
- Self-care
- Decision Making
- Living with consequences of choices
- Do no harm
- Knowledge
- Self-determination
- Choice
- Both the belief that one is able to choose and actually having choices available

"In the past, almost all decisions were made for consumers... For the persons with mental illness, control remained external to them... It is not healthy for a person to have little or no control over his/her life... The consumer learns to be helpless, needing and depending upon others to make decisions and accept responsibility.”

Velma Beale, Tom Lambic, Ohio Department of Mental Health

Connection

- Shifting roles
- Daily Structure and Organization
- Mutual Dignity
- Trust
- Enrichment
- Enjoyment
- Serenity
- Bearing Witness
- Involvement
- Participation
- Contributing
- Helping others
Where to Begin?

Finding Meaning and Direction

Building a Dream

Building Wellness

Taking Responsibility

Taking Positive Risks

Managing Symptoms

Trying out New Coping

Increasing Self Awareness

Dealing with Issues

Experiencing and Learning From Mistakes/Crisis

ANYWHERE You Can!

Recovery Process: Patient Role

<table>
<thead>
<tr>
<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>
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<tbody>
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<td>Role of Services</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>
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From: Appalachian Consulting Group

Recovery and Hope

- The role of the staff is central. It means that we constantly act in ways that communicate the potential every person has for a better life, even when that person cannot believe in themselves.

-Davidson et al, 2005
Recovery Process: Provider Role

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<td>Help people trust their own decision-making abilities and take more and more responsibility for their lives</td>
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From: Appalachian Consulting Group

Recovery Language: Words Do Matter

Deficit Based Language
- A Schizophrenic, addict, junkie
- A 971
- Front line staff, trenches
- Substance abuse, abuser
- Suffering from
- Treatment Team
- High/low functioning
- Acting out
- Self-help
- Denial, lack of insight
- Resistant, unmotivated
- Weakness
- Decompensation, relapse, frequent flyer

Strength Based Language
- A person diagnosed with, experiencing...
- A person charged with a 971
- Direct care support staff
- A person with addiction
- Working to recover from, living with...
- Recovery Team
- A person’s symptoms interfere with life,...
- Alternative coping strategies
- Recovery Support Groups
- Pre-contemplative stage of recovery
- Has own ideas, not open to...
- Barriers to change
- Re-experiencing symptoms

Jean Clement, APNA - RTP, 2014

“Why say the sky’s the limit, when there are footprints on the moon?”

unknown
Do you ask the staff to use the strength based wording before you uncover it?
Recovery-Oriented Practitioners

- We must work to support recovery by cultivating our own personal characteristics that support creativity, flexibility, persistence, empathy and the avoidance of objectifying people.
- Discomfort and anxiety are tools for understanding power and shared responsibility.

Re-thinking the Expert Role

- In order to Teach someone, we must first learn from them. – Gerald Costa

- To intentionally sit with another’s suffering is the greatest gift one will ever receive. – Catherine Maki

The obstacles to recovery are Enormous, but the greatest obstacle is simply that people think one cannot recover.