



# Recovery: A Journey, Not a Destination

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# Recovery is...

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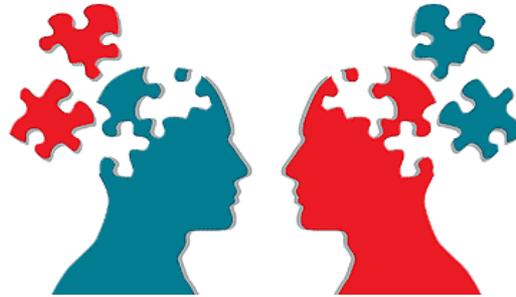
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# Objectives

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- 1) Demonstrate an understanding of the importance of recovery and wellness as they apply to planning for success
- 2) Identify and model 'best practices' for assisting individuals in recovery
- 3) Apply the principles of recovery to integrate service users fully into their communities

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# Emergence of Recovery

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- The idea of using recovery as a concept around which to align support and services for people with mental health problems is fairly new.
- The emergence of recovery in the United States was influenced by the work of user activists among the most noted are Judi Chamberlin and Pat Deegan.





# Milestones



- The movement towards recovery-oriented services in the United States was aided by three events:
  - The US Surgeon General issued a report in 1999
  - The President's New Freedom Commission on Mental Health (2003)
  - In Pennsylvania, A Call for Change: Toward a Recovery-Oriented Mental Health Service System for Adults (2005)





# A Cultural Shift

Non-Recovery Culture	Recovery Culture
Low Expectations	Hopeful with high expectations
Stability and maintenance are the goals	Recovery, a full life, is the goal
No clearly defined exit from services	Clear, attainable exits. Graduates return and share, become workers
Compliance is valued	Self-determination, critical thinking, and independence/interdependence are valued

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# A Cultural Shift

Non-Recovery Culture	Recovery Culture
People are protected from trial and error learning	People take risks and have the "right to fail"
One-size fits most treatment approach	Wide range of programs and non-program options
Consumers live, work and socialize in treatment settings	Emphasis on community linkages and a life outside mental health treatment
Emphasis is on illness, pathology medication is the primary tool	Emphasis is on whole person. Medication is one of several important tools
Peer support is discouraged, lacking, under funded	Peer support is actively encouraged, readily available adequately funded and supported
Once a consumer, always a consumer	Today a consumer, tomorrow a colleague

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# Case Study

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- Bill creates to walk through APA handout

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# Hope Changes Everything

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# A Change in Roles

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- From “do to” to “do with”



- From “in front” to “along side”

- From “instructor” to “Facilitator”





# What is recovery?

"a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential" (2011)



"Recovery is a self-determined and holistic journey that people undertake to heal and grow. Recovery is facilitated by relationships and environment, choices and opportunities that promote people reaching their full potential as individuals and community members." (OMHSAS)



"Recovery is a personal journey... mental disorders CAN be treated and recovery is possible!"



# What is mental health recovery?

**WHAT IS  
MENTAL HEALTH  
RECOVERY ?**

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# Guiding Principles

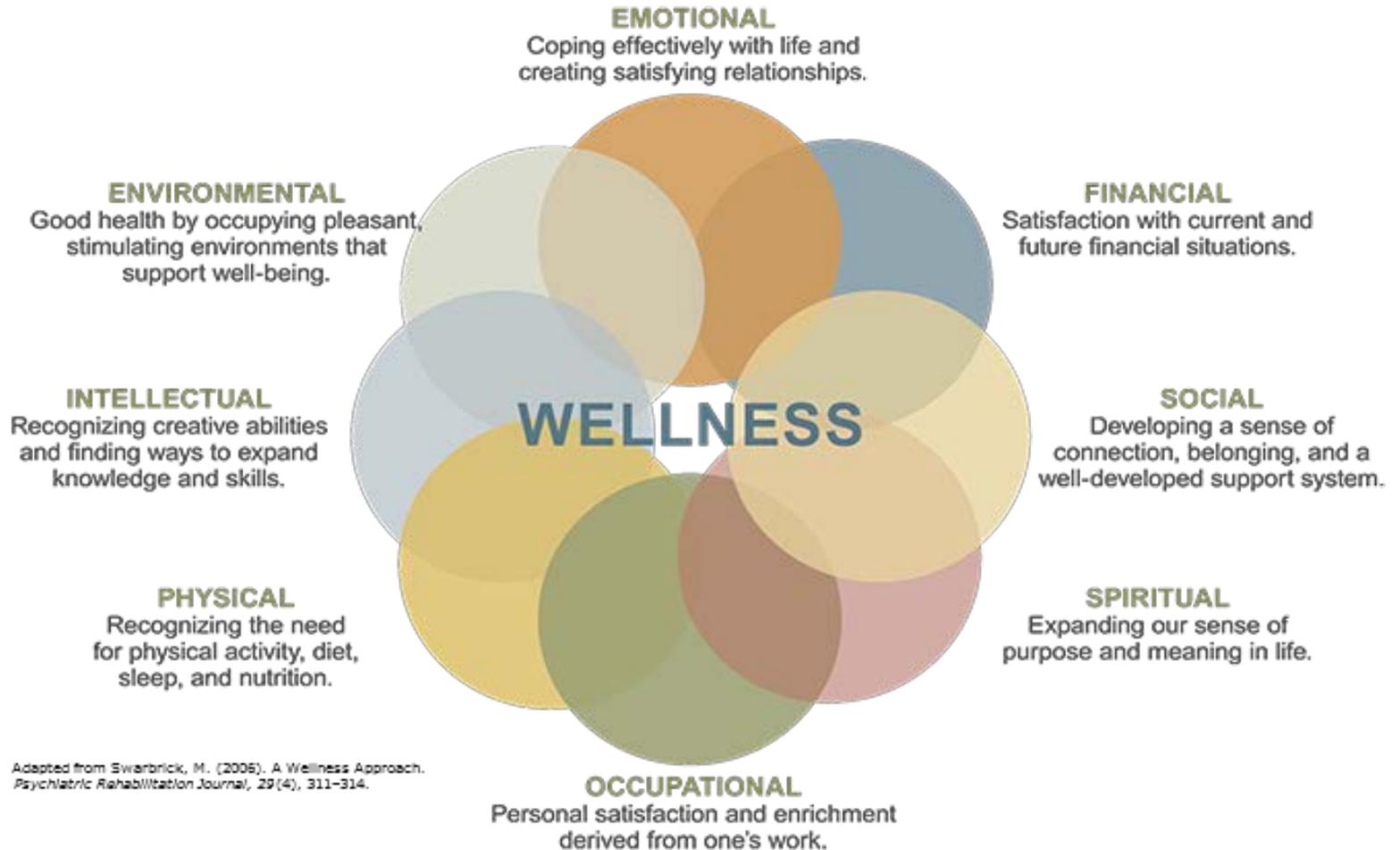


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# Wellness in Recovery

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Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.



# Personal Experience

- Your consumers are just like YOU!
- We all want to...
  - Have personal confidence & hope
  - Be able to ask for help
  - Have goals and achieve success
  - Have healthy relationships
  - Avoid negative symptoms/experiences
- What if YOU were defined largely by ONE attribute/part of yourself—a part you really struggle with—maybe an illness, maybe a difficult experience in your life. What if that was what others focused on most all the time? What would that be like?
- **Partner scavenger hunt**





# Partner Scavenger Hunt

- Band-aid: To heal when you're hurt (addresses trauma)
- Marble: To keep you rolling along (resiliency/hope)
- Rubber band: To stretch beyond your limits (goals)
- Candle: To light up the darkness (HOPE)
- Toothpick: To pick out the good in others AND yourself (strengths-based, respect)
- String: To tie up loose ends (holistic)
- Lifesaver: For the times others need your help & you need theirs (peer support)
- Paper clip: To hold everything together when it feels like it's falling apart (resiliency)
- Kiss: To remind you that someone cares about you (relationships)
- Tea bag: To remember to take care of yourself (selfcare)





# Recovery Model Today

- What should the recovery model look like in today's world?
- How can we implement this?
- 3 things:
  - Person-centered, not illness-centered (holistic)
  - Client-driven, not professional-driven
  - Strengths-based, not deficit-based

[https://youtu.be/\\_2SDbSuX3kQ?t=1m15s](https://youtu.be/_2SDbSuX3kQ?t=1m15s)



Dr. Mark Ragins, NAMI



# Role of Mental Health Workers



- Facilitate, not instruct
  - Work *with* consumer to reach his/her self-defined goals
  - Provide resource & support
  - People can and do recover. How can I help get you there?



- Inspire HOPE
  - MOST important!
  - Propels us forward
  - Self-discovery/finding purpose



# Consider Hope

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• Hope-inspiring relationships involve the following:

- valuing the person for who they are
- believing in the person's worth
- seeing and having confidence in the person's skills, abilities and potentials
- listening to and heeding what is said
- believing in the authenticity of the person's experience accepting and actively exploring the person's experiences
- tolerating uncertainty about the future seeing problems and setbacks as part of the recovery process and helping the person to learn from and build on these.



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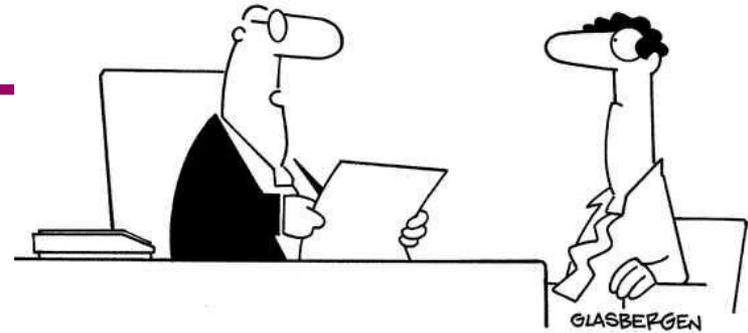
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# Your Role

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**"You participate with enthusiasm during staff meetings and never hesitate to offer a creative suggestion or opinion. That has to stop."**

- Baader-Meinhof Phenomenon

Imagine that you have just had an annual appraisal with your supervisor. In the course of the meeting, your supervisor has given you feedback that includes the following.

1. You have excellent report-writing skills.
2. You are very observant.
3. You could make more of an effort to get along with other team members.
4. You use your initiative well.

If you were given this feedback, which of the above statements do you think you would be most likely to remember afterwards?



# WORDS MATTER!

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- Utilize Person-First language (brochure)
- Avoid labels, generalizations \*STIGMA\*
- Avoid negative/sensational descriptions
  - I.e. 'suffers from,' 'afflicted with,' etc.
- Refer to service users as they want to be referred to
  - NOT patient, customer
  - Maybe client
  - Service-user/person-served
  - Member (clubhouse model)
- Growing movement focusing on changing the language from 'mental illness' to 'mental health condition'





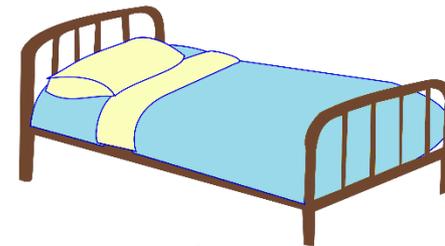
# Your Role

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## Words Matter

- Mental health services users are no different!
- In addition...
- Some negative messages may be conveyed unwittingly in mental health settings.
- Take, for example, the following phrase: “We’ve always got a bed here for you”.



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# Your Role (cont'd)



- Connect People & Communities
  - Importance of relationships in recovery
  - Participation in meaningful activities promotes quality of life (career/volunteer opportunities, supported employment); Drive for Five plan
  - Inclusion creates empowerment and leads to self-determination
  - Emphasis on peer supports (CSP program)
- Recovery-Oriented Service Planning brochure



# Recovery in Action

- **Case Study: Molly Williams**
- Molly Williams is 69 years old and has lived in sheltered accommodation since the death of her husband three years ago. Molly was initially very depressed when her husband died, but appeared to respond to antidepressant medication. She is able to wash and dress herself but needs some assistance with her medication and appears to be confused at times. She uses a walker when she goes out.
- She chooses to have her meals in the communal dining room as she enjoys the company of some of the other women and they often stay in the dining room and play card games in the evening. When she is in her room, Molly listens to music and likes to watch soap operas on television.
- She attends a local history group in the community center on Tuesdays. Molly's family visit regularly and she enjoys these visits, especially when her grandchildren come.





# Molly Williams (cont'd)

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- Based on the information you have been given, would you describe Molly as “in recovery”?
- What aspects of Molly’s life led you to give your answer?
- What do you think recovery might mean for someone over the age of 65? Is that different to what it means for a younger person?

# Recovery in Action



- **Case Study: Jamila Kureishi**
- Jamila Kureishi is a former suburban school teacher who has been unable to work for over two years after she separated from her husband and her family disowned her. Jamila lives in a local housing authority apartment which is in the inner city. She knows no one in the area. Jamila frequently visits her local GP who considers her to be “mildly depressed”.
- Jamila feels that her depression and anxiety are very disabling and she is frightened to leave her home because she feels she stands out as not being from the area and that the local children laugh at her.





# Recovery in Action



- **Case Study: Jake McGinn**
- Jake McGinn is a computer programmer with an international IT company. He has worked with the company for three years. Jake sometimes hears voices but feels that the medication he takes, combined with attending a voice-hearing group, enables him to cope with the voices most of the time.
- Six months ago, Jake met a man at a club and although their relationship is a very happy one, Jake hasn't been able to tell his partner about his diagnosis of schizophrenia as he is frightened about how he might react.

# Jake McGinn (cont'd)



- What impact do you think decisions about disclosing or not disclosing mental health issues has on an individual's recovery journey?
- What tools does Jake have in his recovery?
- How could you support Jake?



# Things to remember...



- Recovery is an ongoing journey, not a destination
- Recovery means different things to different people
- Mental Health workers need to be alongside the people they support
- Hope is central to recovery-we must ensure that we give positive & optimistic messages
- Recovery is relevant to everyone
- Recovery is more than mental health services
  - Leading a full & satisfying life involves more than any mental health service offers
  - We must all work together to promote recovery & wellness
  - Importance of relationships & peer supports

- PEOPLE CAN AND DO RECOVER!





# Follow-up

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