



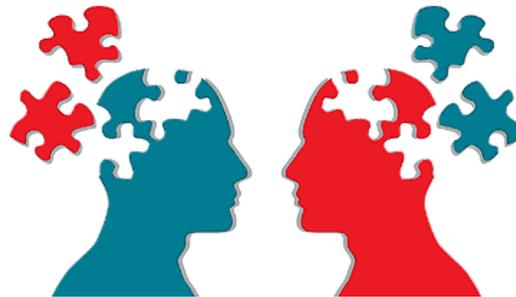
Your Role in Recovery: Hope & Empowerment

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Objectives



- 1) Demonstrate an understanding of the importance of recovery and wellness as they apply to planning for success
- 2) Understand your role and how it applies to assisting individuals in their recovery
- 3) Use recovery tools to assist individuals in recovery

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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!"



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 (self-care)





Emergence of Recovery

- 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	Person-centered, independence and choice are valued

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A Cultural Shift

Non-Recovery Culture	Recovery Culture
Protection from trial and error learning	"Dignity to fail"
One-size fits most treatment	Wide range of programs and options
Exclusively system-dependent	Community linkages, life outside of treatment
Emphasis on illness and medication	Emphasis on wellness tools, resilience, recovery planning
Peer support not recognized, under-utilized	Peer support plays an active role in recovery and treatment

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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





What's missing?

- **Which are two areas of recovery that you think are least addressed?**
- **Why?**

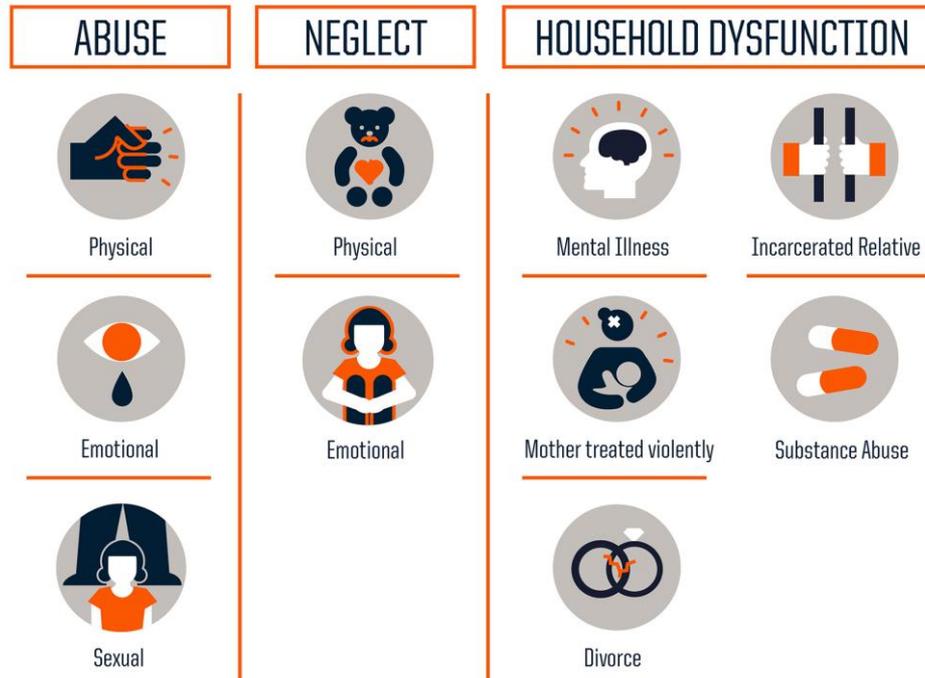


- **Let's talk about trauma for a minute...**



Trauma & ACEs

- ACE: Adverse Childhood Experience
- Over 60% of people have experienced *at least* one of these:

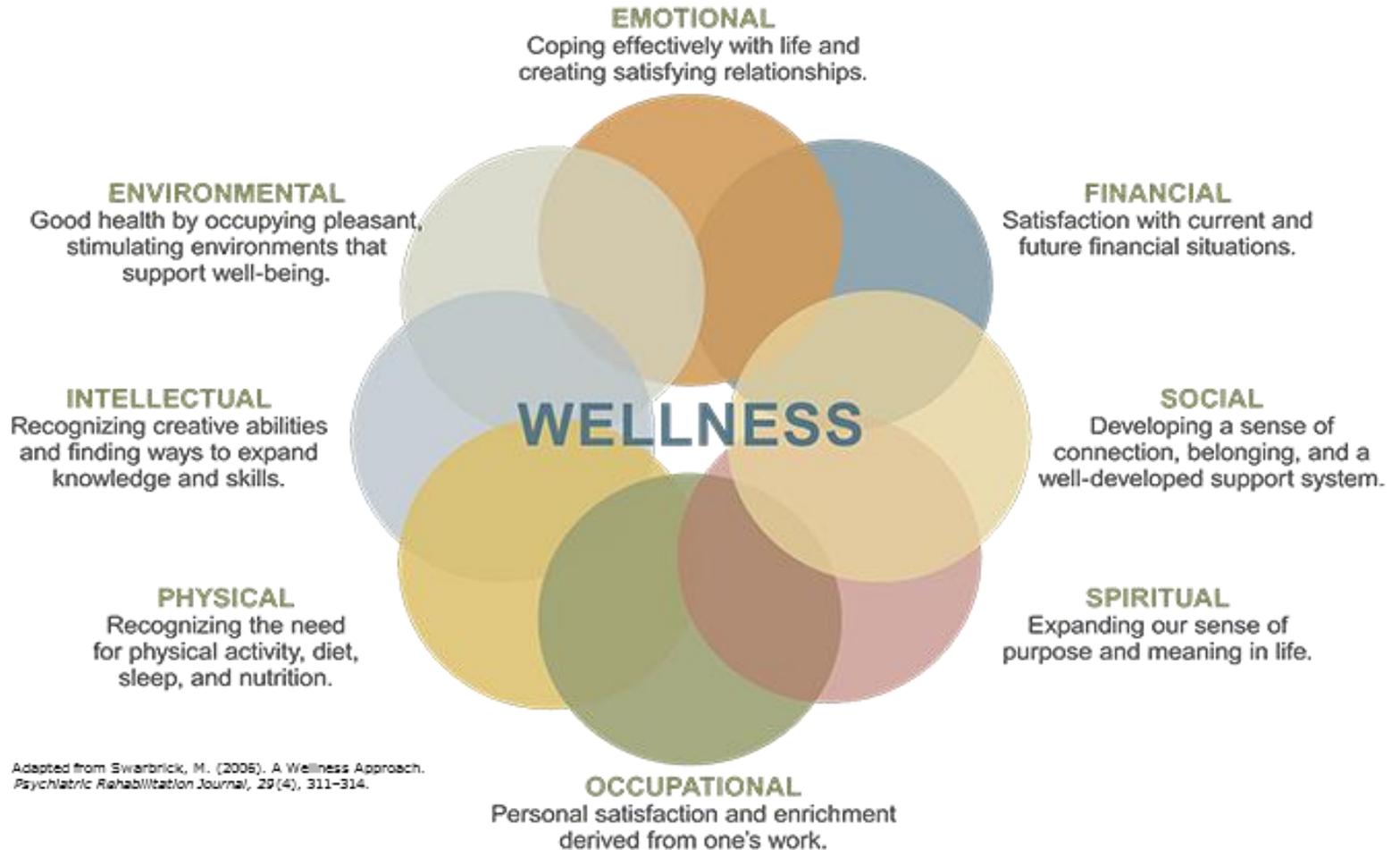


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Wellness in Recovery

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



What is your role?

**WHAT IS
MENTAL HEALTH
RECOVERY ?**

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The Power of Words

Would you rather...



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Recovery Language

- **John refused/John resisted**
- John declined/John repeatedly said no

- **Nancy believes that**
- Nancy stated that

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Recovery Language

- **Sarah is delusional**
- She is experiencing delusional thoughts
- **We have watched Tim decompensate**
- Tim is experiencing increased symptoms

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- **Sam is manipulative**
 - Sam is seeking alternative methods of meeting his needs

 - **Francine is noncompliant**
 - She is not in agreement with the treatment/having difficulty following treatment recommendations

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WORDS MATTER!

Do's	Don'ts
Use person-first language	Use labels/generalizations
Use objective language	Use subjective language
Figure out what works for that individual (they're the expert)	Don't assume you know what's best (you're the expert)
Emphasize abilities	Emphasize limitations
Focus on hope and empowerment	Be condescending/patronizing

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Things to remember...



- **HOPE** is the central message
- **Empowerment** is YOUR role
- Recovery is more than just mental health services-**holistic wellness** (focus on the *whole person*)





Follow-up

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