

Mental Health Recovery Overview



Mental Health Recovery is defined as:

A personal process of overcoming the negative impact of a psychiatric disability despite its continued presence.

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Movement through the recovery process is

- Influenced by multiple factors
- Is not linear
- Is consumer directed



GUIDING PRINCIPLES



PRINCIPLE

I

- The consumer directs the recovery process; therefore, consumer input is essential throughout the process.



PRINCIPLE

II

- The mental health system **must** be aware of its tendency to enable and encourage consumer dependency.



PRINCIPLE

III

● Consumers are able to recover more quickly when their:

- **Hope** is encouraged, enhanced, and/or maintained;
- **Life roles** with respect to work and meaningful activities are defined;
- **Spirituality** is considered;
- **Culture** is understood;
- **Educational** needs as well as those of their family/significant others are identified; and
- **Socialization** needs are identified.



PRINCIPLE IV

- Individual differences are considered and valued across the consumer's life span.



PRINCIPLE

V

- Recovery from mental illness is most effective when a holistic approach is considered.



PRINCIPLE VI

- In order to reflect current “best practices,” there is a need to merge all intervention models, including Medical, Psychological, Social, and Recovery



PRINCIPLE VII

- Clinician's initial emphasis on "hope" and the ability to develop trusting relationships influences the consumer's recovery.



PRINCIPLE VIII

- Clinicians operate from a strengths/assets model.



PRINCIPLE IX

- Clinicians and consumers collaboratively develop a **recovery management plan** which focuses on the interventions that will facilitate recovery and the resources that will support the recovery process.



PRINCIPLE

X

- Family involvement may enhance the recovery process. The consumer defines his/her family unit.



PRINCIPLE XI

- Mental health services are most effective when delivery is within the context of the consumer's community.



PRINCIPLE XII

- Community involvement as defined by the consumer is important to the recovery process.



**RECOVERY
IS WHAT CONSUMERS DO**



FACILITATE RECOVERY

IS WHAT WE DO



NINE COMPONENTS OF MENTAL HEALTH RECOVERY

- CLINICAL CARE
- FAMILY SUPPORT
- PEER SUPPORT & RELATIONSHIPS
- WORK / MEANINGFUL ACTIVITY
- POWER & CONTROL
- STIGMA
- COMMUNITY INVOLVEMENT
- ACCESS TO RESOURCES
- EDUCATION



CLINICAL CARE

(Clinical Roles & Relationships)

Receiving and benefiting from mental health services.

Ex.: Q. 19 Feeling fearful

Q. 14 Concerns about my medications...



FAMILY SUPPORT

Giving and receiving emotional support and assistance from family members and/or significant others.

Ex.: Q. 7 The way you and your family act toward each other

Q. 3 How effective is the client's social support network...



PEER SUPPORT & RELATIONSHIPS

Giving and receiving emotional support and assistance from other consumers based on a common understanding of issues and experiences impacting recovery.

**Ex.: Q. 1 ...the amount of friendship in your life?
Q. 29 Feeling lonely**



WORK / MEANINGFUL ACTIVITY

Participating in paid employment and/or other productive activities that provide psychological benefits that positively impact recovery.

Ex.:Q.5 The amount of meaningful activity in your life.



POWER AND CONTROL

Actively engaging in one's own care and personal decision making that promotes recovery.

Ex.: Q. 58 People have a right to make their own decisions, even if they are bad ones.



STIGMA

Overcoming negative perceptions and stereotypes related to mental illnesses that hinder and/or negatively impact recovery.

Ex.: Q. 15 I have been treated with dignity and respect at this agency.

Q. 25 Feeling of worthlessness



COMMUNITY INVOLVEMENT

Interacting with people and organizations in the community for social enjoyment and civic fulfillment.

Ex.: Q. 30 Feeling no interest in things.



ACCESS TO RESOURCES

Interacting with various people and places and gaining use of products, services, and technologies that promote recovery.

Ex.: Q. 2 ...the amount of money you get?

Q. 5 ...forced to move from his/her living arrangements?



EDUCATION

Participating in both informal and formal methods of learning information that results in behavioral change that enhances recovery.

Ex.: Q. 5 ...the amount of meaningful activity in your life?

Q. 14 Concerns about my medications



The Mental Health Recovery Best Practices assists individuals to function at their optimal level...

...particularly during those times when they may be dependent upon clinicians, family/significant others, and the community for support and/or services.



Failure to use **Mental Health Recovery Best Practices** could result in consumers:

- not functioning optimally
- taking longer than necessary to reach their optimal level of functioning or
- having unnecessary relapses



To Learn More About Recovery...

- Call your local CMH/ADAMHS Board
- See “Resources” section in your training notebook!

