COULD I RECOGNIZE A RECOVERY ORIENTED MENTAL HEALTH SERVICE IF I SAW ONE ?

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WHAT HAS CHANGED ? WHAT WAS IT LIKE IN THIS FIELD……?

HOW MANY CHANGES DID WE GO THROUGH TO THE PRESENT DAY?

Historical Service Vision	Service Vision of today
◉ Deinstitutionalization ◉ Community Living ◉ Community Integration	◉ Recovery from serious mental illnesses

THE MOST IMPORTANT CURRENT CHANGE THAT SHAPES OUR THINKING IS…..

- Recovery, a vision that has became known as a fact—rather than just a hope

- Out of the vague confusion that existed in the early ‘90’s about what exactly this recovery thing was, more clarity has emerged…

MODEL OF SERVICE ?

- Defined parameters
- Usually defines staffing, interventions, procedures
- Eg Fountainhouse, Recovery Education Center
- Recovery is *not* a service model

INTERVENTION ?

- Set of specific interchanges between a person helping and a person receiving help with an anticipated defined outcome of a particular kind
- Preferably with Randomized Clinical Trials testing its efficacy
- Eg. Cognitive Behavior Therapy; Social Skills Training, Motivational Interviewing
- Recovery is *not* an intervention

Farkas, 2010

PHILOSOPHY/POLITICAL POSITION ?

- Recovery as an emancipation movement of individuals with lived experience with outcomes strictly related to rights, power, policies

- A way of approaching the “problem” and the solution
- Recovery is not a position but *does* have a philosophical framework for services

Farkas, 2010

MISLABELED PHENOMENON ?

- Some believe that one can only talk about "recovery" if you believe that there is a biological illness that one is recovering from

- Some believe there are other words that more reflect the phenomenon we are struggling with (eg self determination, empowerment, transformation)

- Recovery *may* be mislabeled but we are going with it for now…

THE SIMPLEST WAY TO SEE WHAT RECOVERY IS…

Jean

•I began my formal recovery at the age of 15 in my first of a long line of hospitalizations at an area State Hospital and later in both private and public mental hospitals.

•My history of trauma and long hospitalizations had almost sealed my fate.

- School was the only source of competency I had.
- One day one of the professors invited me to a Recovery- oriented Focus Group.
- Later, he invited me to tell my personal recovery story, and then he asked that I write up my personal recovery story and think about publishing it.

CONT'D …WHAT DOES RECOVERY MEAN?

- From that small step, I developed a career that helped me move from a shame based existence
- Now, at 35, making $45, 000.00 a year-at the precipice of my new life.
- When my feelings and thoughts are being challenged by dissociation and flash backs, work is my lifeline and my support.

- Work, making real friends, literally having a place to live all these have been the great blessings in my life that for me, show me that I have indeed recovered from mental illness-- from internal stigma and the self-fulfilling prophecy of assuming that I had nothing to offer.

WHAT IS CHANGING FROM PERSON'S EXPERIENCE?

- Recovering :
  - Dignity,
  - self esteem,
  - respect of others
  - valued roles, success and satisfaction in these roles
  - connections,
  - sense of purpose,
  - hope,
  - personal power,
  - Well being, physical health,
  - a sense of having a future

Farkas 2008; Farkas & Gagne, 2001

A PERSONAL JOURNEY…WHAT IS THAT? DEFINITION OF RECOVERY

Development of new meaning and purpose as one grows beyond the catastrophic effects of a psychiatric history and experiences of a mental illness.

Adapted from Anthony, 1993

PERSONAL JOURNEY WITH AN ARRAY OF OUTCOMES

- Gaining/regaining a valued role, i.e. student, worker, family member, tenant
- Experiencing increased success and satisfaction in these roles
- Reducing/controlling symptoms
- Increased sense of self-efficacy
- Increased feelings of well being
- Increased number or quality of interpersonal connections
- Increased measures of physical health
- Increased sense of self-esteem

  - Farkas and Gagne, 2001

CULTURAL RELEVANCE OF THESE OUTCOMES?

- Recovery outcomes have proven to be universally valued
- Expression of the outcomes seems to change from one country to the next
- Weight or importance of the outcomes seems to change from one country to the next

Farkas, 2012

WHAT DO WE KNOW FROM RESEARCH? : MAJOR THEMES

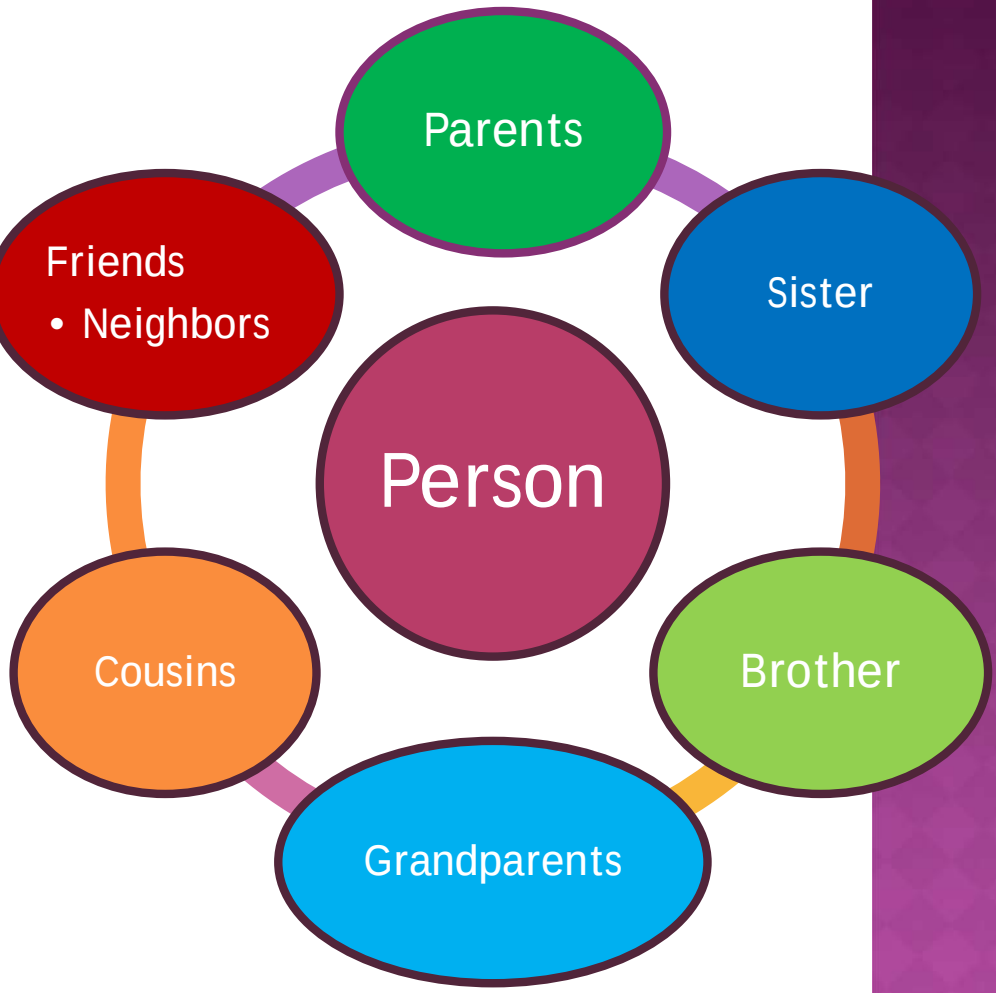
- Recovery is a complex, non-linear and multi-dimensional process and can be described
- Recovery is a highly individualized process with multiple explanatory models used
- The process of recovery means more than believing in the possibilities but cannot be done without that belief
- Recovery happens with and without professional support

Adapted, Anthony, Cohen ,Farkas Gagne 2002

- What does recovery of an individual mean for family members , friends and services who want to support the journey?

ROLE OF FAMILY, FRIENDS, COMMUNITY

- **Believe in person & possibilities even when person does not**
- **Educate yourself**
- **Be a role model, mentor, support as wanted & needed**



Farkas 2011

TO SUPPORT LOVED ONES HOWEVER, FAMILIES ALSO MAY HAVE TO RECOVER…

Onset of a mental illness for a loved one is traumatic for *everyone* in a family

(Davidson et al., 2005; 2006; Spaniol et al., 2000)

- "Moving from pain to possibility"

(Spaniol, 2010)

PHASES OF FAMILY RECOVERY

- Moving from pain to possibility:

  - Shock, Discovery, Disbelief
  - Recognition, Acceptance
  - Coping
  - Personal and Political Advocacy

(Spaniol, 2010)

ROLE OF SERVICES AND PROVIDERS

- All focus on one Recovery vision or goal
- Believe in person no matter what

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SO ….WHAT ARE RECOVERY ORIENTED SERVICES THEN?

- Services promote the recovery journey (that is reclaiming a meaningful life), by basing services on a set of **values** expressed in the **mission, policies, procedures, record keeping and daily practice of services**

- Services promote the recovery journey through a set of competencies within a partnership that alter the way in which any intervention is delivered

Farkas, 2010

RECOVERY VALUES FOR THE PROVISION OF ANY SUPPORT

- Person
- Choice
- Partnership
- Hope

- not diagnosis
- not coercion
- not compliance
- not helplessness

Farkas, Gagne, Anthony, Chamberlin 2005

Program components can reflect recovery values…or not

- Mission, policies
- Procedures, activities
- Record keeping
- Physical setting, network of settings

Adapted from Anthony, Cohen, Farkas, et al., 2002

EXAMPLE OF PROGRAM COMPONENTS REFLECTING PERSON ORIENTATION

- Physical setting
  - Program treats individuals as whole human beings
    - **Evidence:**
    - Bathrooms are not locked or segregated
- Activities
  - Clients who can and want to teach program classes are encouraged and supported in doing so
    - **Evidence:**
    - A sign up sheet entitled “Things I know well and want to teach others” is prominently displayed in common area

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EXAMPLES OF PROGRAM COMPONENTS REFLECTING CHOICE

- Program networks of settings/options
- People with a range of aspirations are easily served
  - **Evidence** Program activities reflect goals at all levels e.g. going to university, having a family, opening a business, as well as e. g attending skill classes; living with a roommate, doing part time volunteer manual labor)

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Examples of Program Components Reflecting Partnership

- Procedures
  - "Nothing About Us without Us"
  - **Evidence**
  - People with lived experience participate in decision making for the service; in identifying program evaluation measures; in hiring staff; in delivering services

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EXAMPLE OF PROGRAM COMPONENTS REFLECTING HOPE

- Staff Training

- Rather than focusing mostly on issues of relapse, non-compliance and risk assessment, focus is on possibilities, future options

- **Evidence:** Staff training includes interaction and interviews with individuals who are living beyond their disability/have recovered

Farkas, et al. 2005

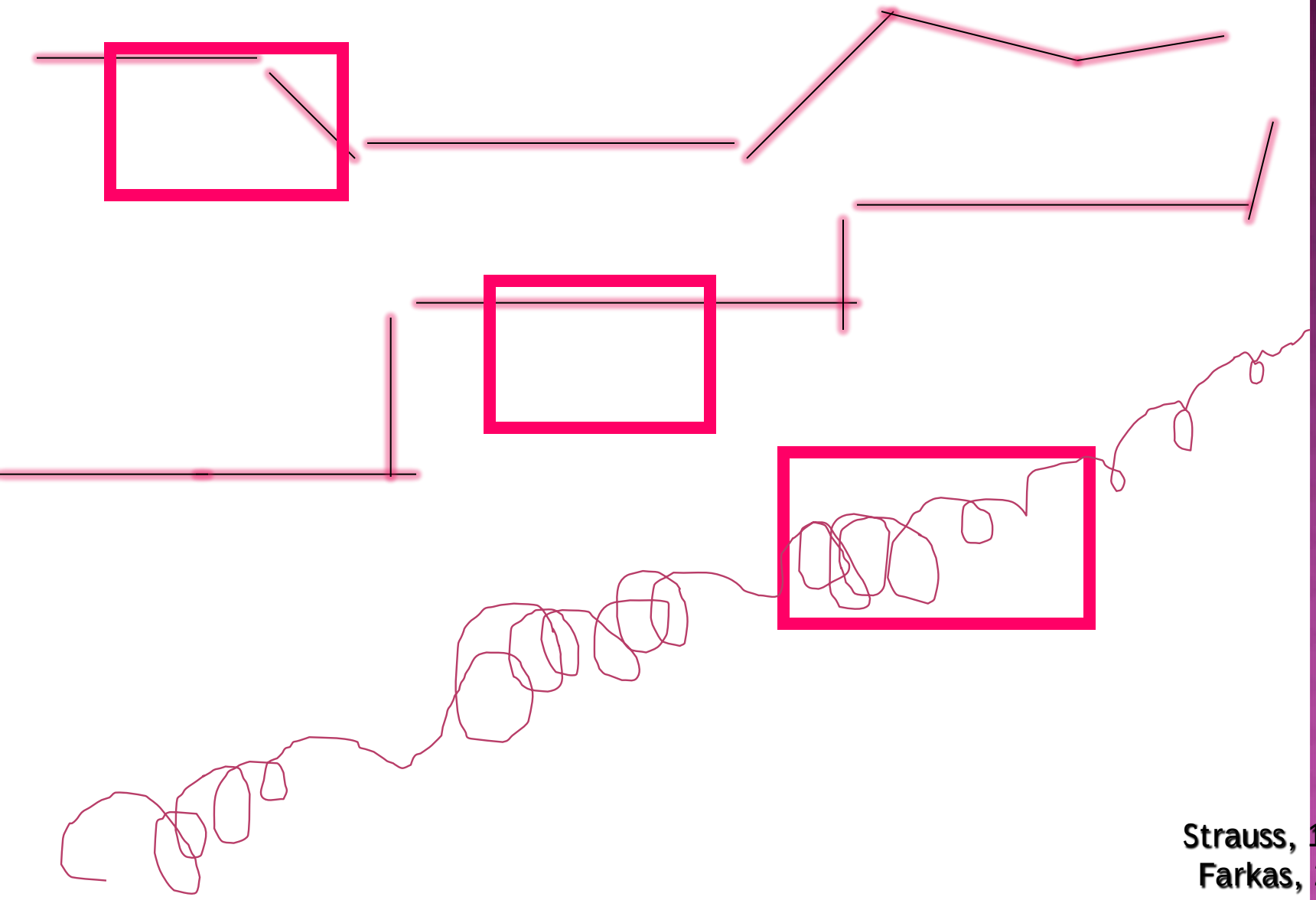
WHAT CHANGES CLINICALLY?

- Provider becomes more of a coach/consultant than the person who is in charge of the action

- Outcomes are identified in terms of the person's own vision of a meaningful life

WHY IS IT SO HARD TO SEE RECOVERY IN DAILY PRACTICE?

3 examples of recovery journeys



Strauss, 1974;
Farkas, 2007

LACK OF KNOWLEDGE AND UNDERSTANDING

- Recovery literature is more than 30 years old however it has only begun to be taken seriously in practice over the last 10 years.

- People think they are thinking- when they are merely rearranging their prejudices”
  - William James
    - The « I already do that » syndrome

Farkas 2010

WHAT CHANGES?: PROVIDER CENTERED VS RECOVERY CENTERED

Provider Centered

- Power over people
- Control oriented
- Risk and fear based
- Individual adapts
- Increases disabilities

Recovery Centered

- Awaken people's power
- Oriented to Choice
- Based on hopes & dreams
- Provider adapts
- Increases abilities and meaningful life

SUMMARY: HOW DO I RECOGNIZE ONE IF I SEE ONE?

- All services/programs are centered around the person's long term recovery vision
- All natural supports are centered around the person's long term recovery vision
- People with lived experience help to design, implementation, delivery, evaluation of services
- Services include the basic recovery values throughout the infrastructure (mission, policies, procedures, record keeping, activities, physical setting) in concrete measurable ways

FINAL THOUGHT

"Be the change you mean to make"

M Gandi