



The Power and Impact of a Recovery-Oriented Approach in Behavioral Healthcare Delivery (Part I)

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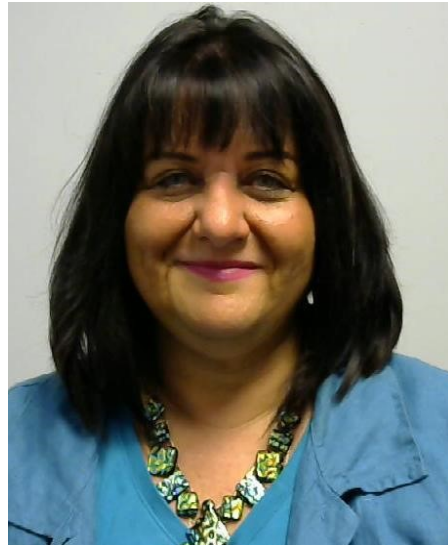
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Today's Featured Speakers



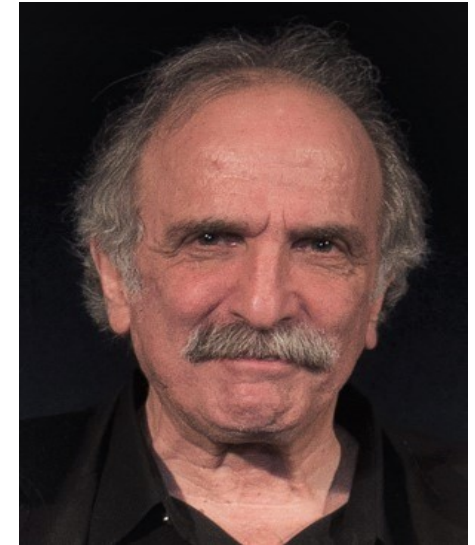
Dwayne Mayes

Program Director of the Recovery Network and Peer Training Program at the Mental Health Association of Westchester, NY and former Board Member of the International Association of Peer Specialists. He is the PsychU Section Advisor for Patient and Caregivers.



Alison A. Carroll, LCSW-R

Senior Vice President of Business Development at The Mental Health Association of Westchester and is a current member and past president of the New York Association of Psychiatric Rehabilitation Services (NYAPRS) Board. She has also served as board member of the New York State Care Management Coalition.



Harvey Rosenthal

CEO of the New York Association of Psychiatric Rehabilitation Services (NYAPRS) and serves on the boards of the Bazelon Center for Mental Health Law and the College for Behavioral Health Leadership and the chair of the Mental Health Self-Direction National Advisory Committee.

Objectives

- Discuss the importance of creating and implementing a recovery vision
- Explore how to implement a person-centered approach when supporting individuals with mental health conditions
- Discuss the importance of a holistic approach to wellness in recovery

Creating a Recovery Vision¹

SAMHSA's Working Definition of Recovery²

Adjustment to disability

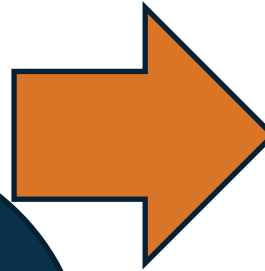
We envision a mental health system in which persons with mental health conditions can receive the help they need and want without having to pay the ultimate price-their dignity.

Empowerment

We envision a mental health system that does not define people by labels but sees them first and foremost as people.

Self-determination

We envision a mental health system that believes that persons with mental health conditions have the same aspirations and goals as anyone else.



Hope
Person-Driven
Many Pathways
Holistic
Peer Support
Relational
Culture
Addresses Trauma
Strengths/Responsibility
Respect

*SAMHSA-Substance Abuse and Mental Health Services

1. Anthony, W. A. Recovery from mental illness: The guiding vision of the mental health service system in the 1990s. *Psychosocial Rehabilitation Journal*. 1993; 16(4), 11-23. <http://dx.doi.org/10.1037/h0095655>

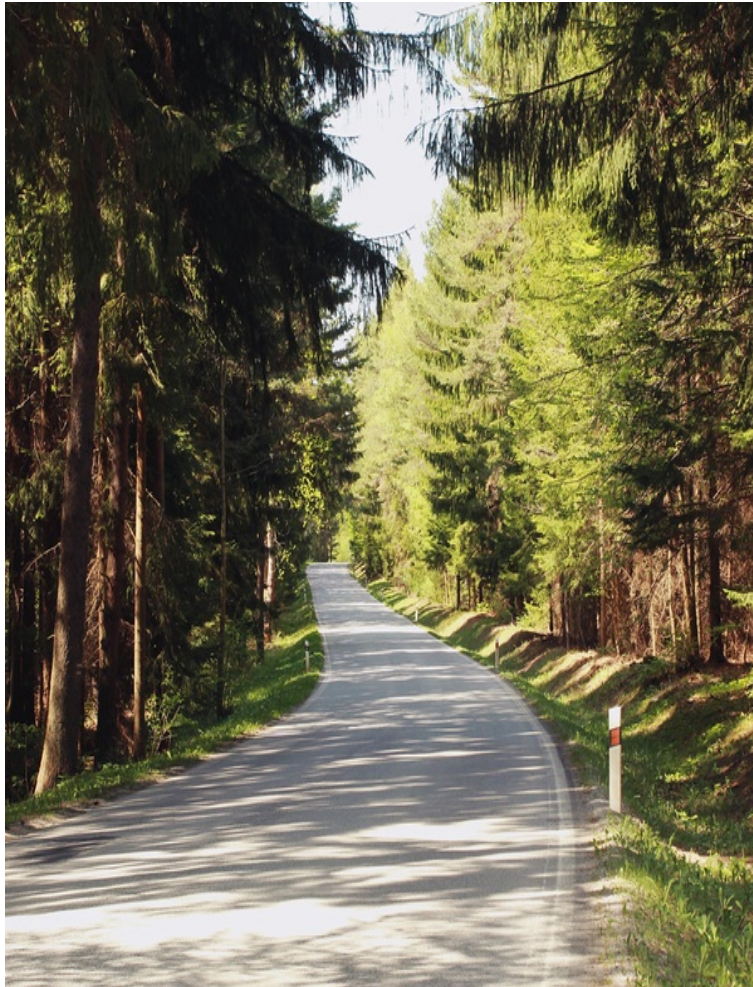
2. Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA Working Definition of Recover. Available at: <https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf> . Accessed on July 2020.

Basic Principles Through the “Recovery Lens”

- ❖ Recovery is possible.
- ❖ Recovery can occur without professional intervention.
- ❖ Recovery occurs in the presence of someone who believes in and stands by the person.
- ❖ Recovery involves more than symptom reduction and can occur even though symptoms re-occur.
- ❖ Recovery is a highly individualized process.
- ❖ Recovery from the consequences of the illness is sometimes more difficult than recovering from the illness itself.

Anthony, W. A. Recovery from mental illness: The guiding vision of the mental health service system in the 1990s. *Psychosocial Rehabilitation Journal*. 1993; 16(4), 11-23.
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Where We Have Been



Deinstitutionalization¹



Community Support System¹



Psychiatric Rehabilitation¹



Recovery-Based Services²

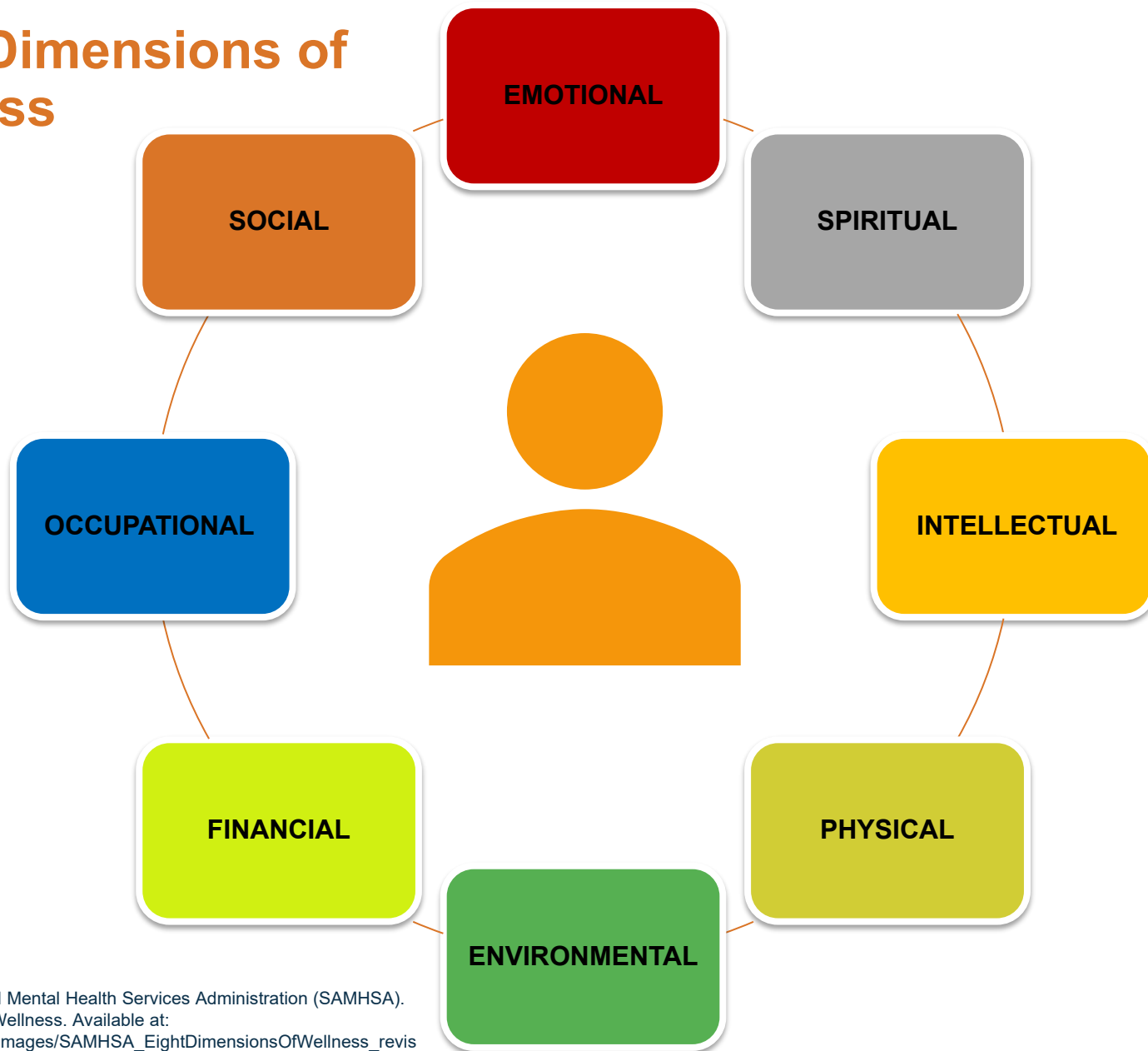


Person-Centered Services²

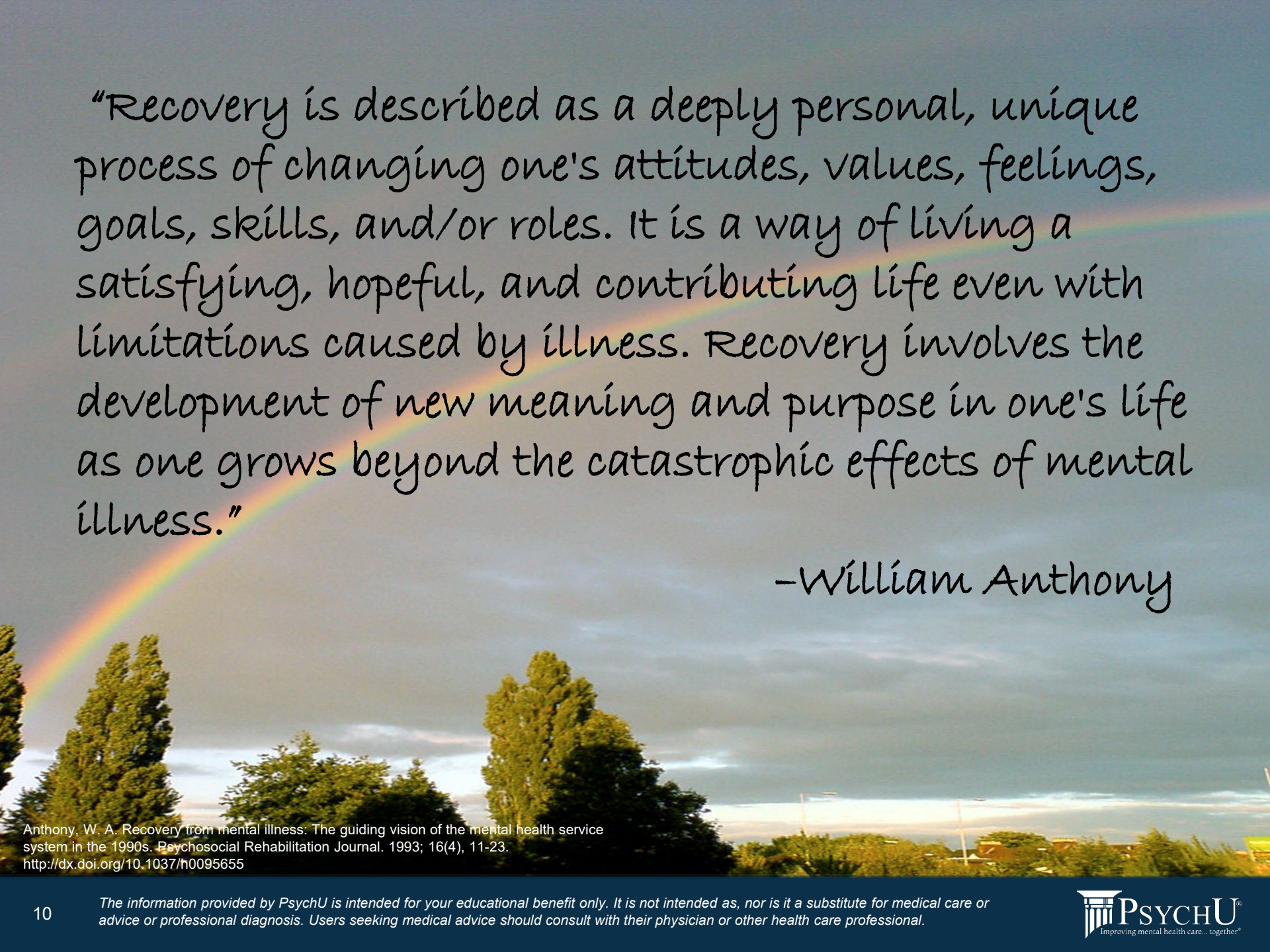
1. Anthony, W. Psychiatric Rehabilitation: Key Issues And Future Policy. Health Affairs. 1992; 164-171.

2. Farkas, M. The vision of recovery today: what it is and what it means for services. World Psychiatry. 2007;6:68-74.

The 8 Dimensions of Wellness



Substance Abuse and Mental Health Services Administration (SAMHSA).
Eight Dimensions of Wellness. Available at:
http://www.ncdsv.org/images/SAMHSA_EightDimensionsOfWellness_revised2012.pdf. Accessed May 2020.



“Recovery is described as a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.”

-William Anthony

Anthony, W. A. Recovery from mental illness: The guiding vision of the mental health service system in the 1990s. *Psychosocial Rehabilitation Journal*. 1993; 16(4), 11-23.
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Closing



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