



The Power and Impact of Recovery-Oriented Perspectives and Approaches (ROPA) in Behavioral Healthcare

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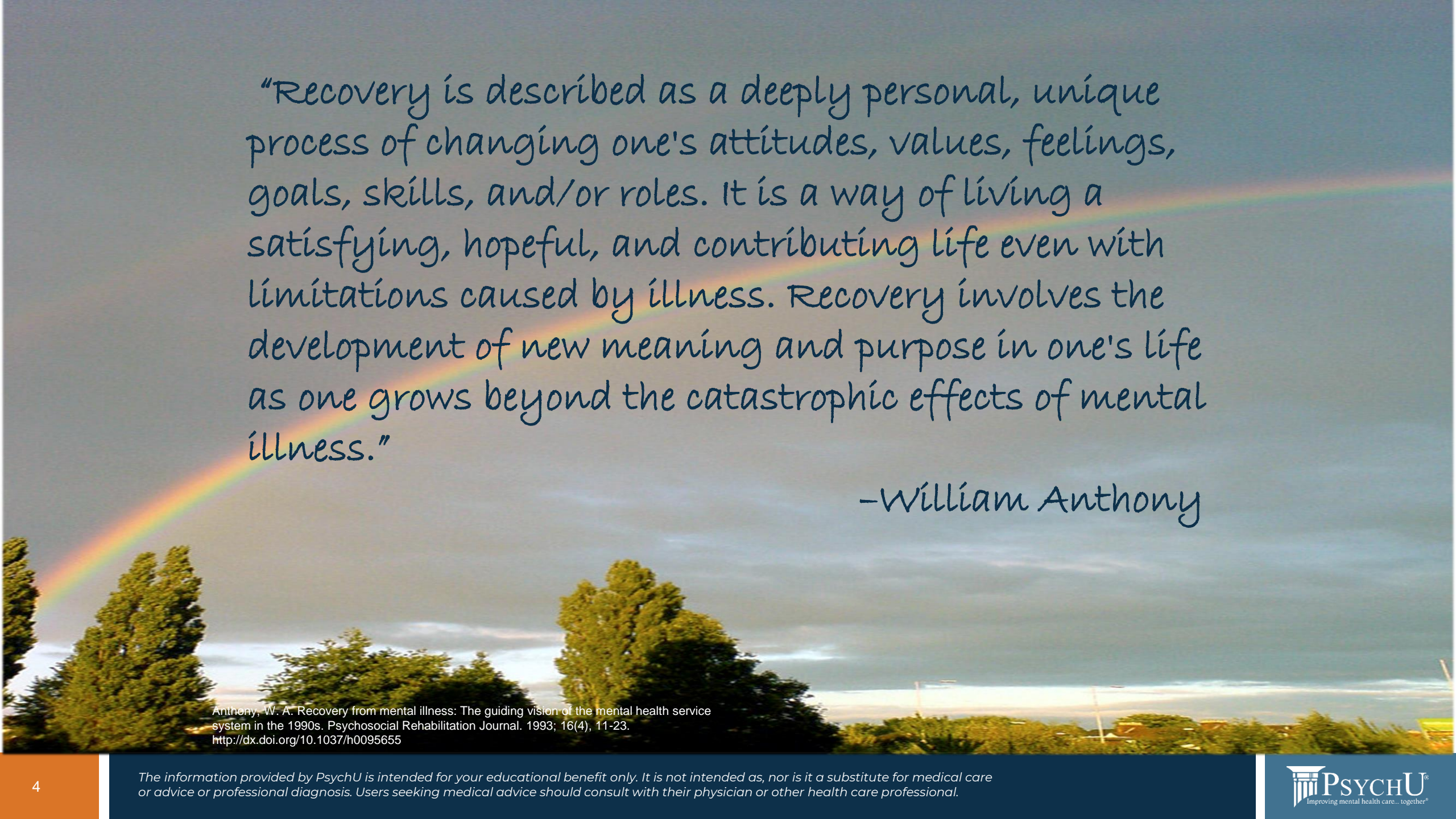
Objectives

Define the recovery concept by highlighting the importance of creating and implementing a recovery vision

Explore how to implement a person-centered approach when supporting individuals to cope with their mental health conditions

Discuss the importance of a holistic approach to wellness in recovery

Engaging an individual using recovery-oriented approaches

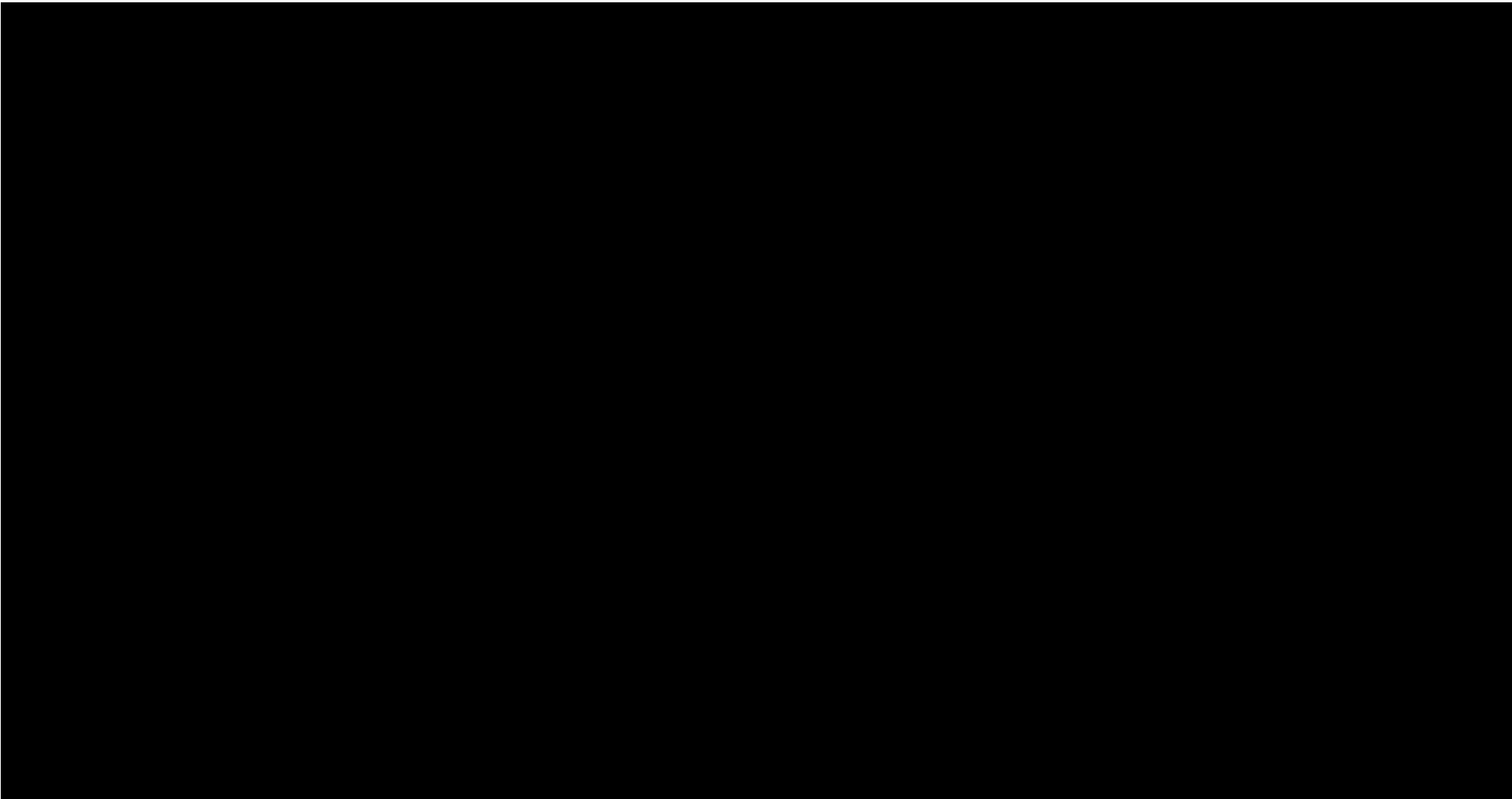


"Recovery is described as a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose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

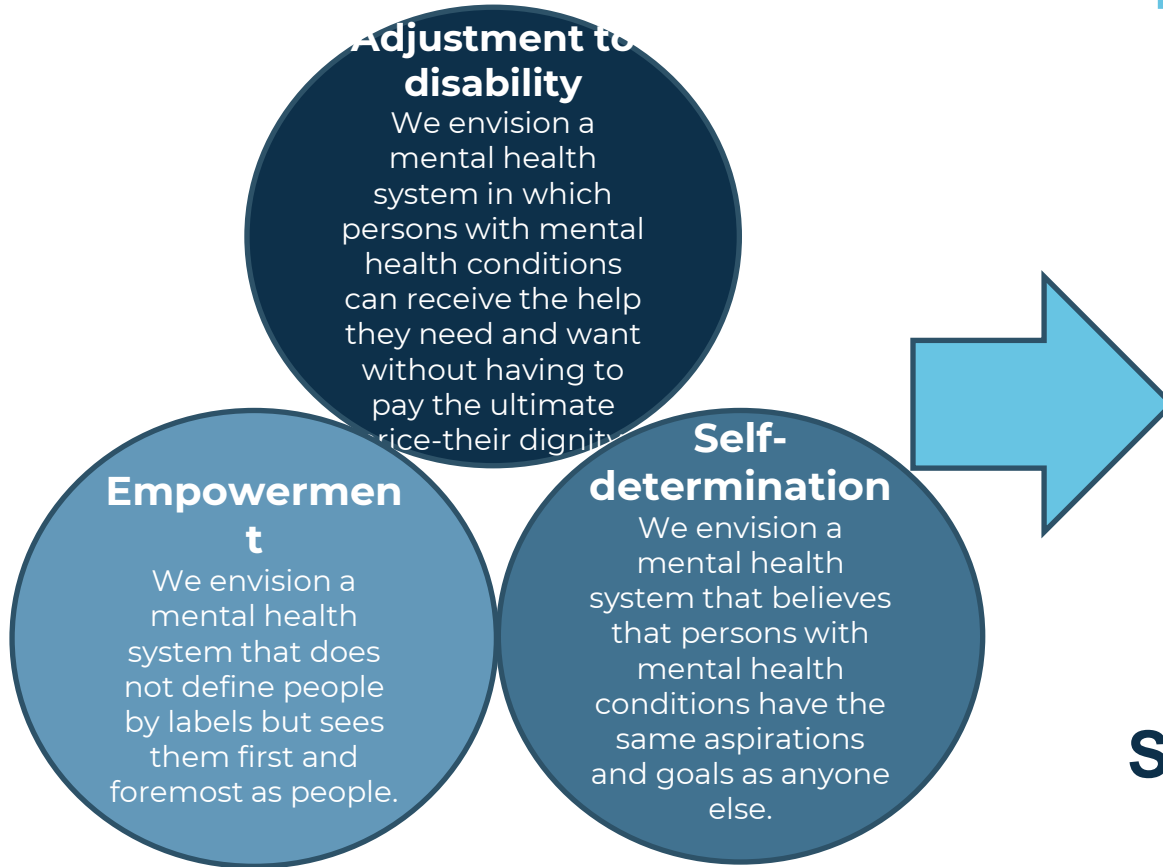
-William Anthony

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.
<http://dx.doi.org/10.1037/h0095655>

Perspectives from a Clinician on Defining Recovery



Creating a Recovery Vision¹



SAMHSA's Working Definition of Recovery²

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 reoccur.
- ❖ 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. <http://dx.doi.org/10.1037/h0095655>

Where We Have Been



Deinstitutionalization¹



Community Support System¹



Psychiatric Rehabilitation¹



Recovery-Based Services²

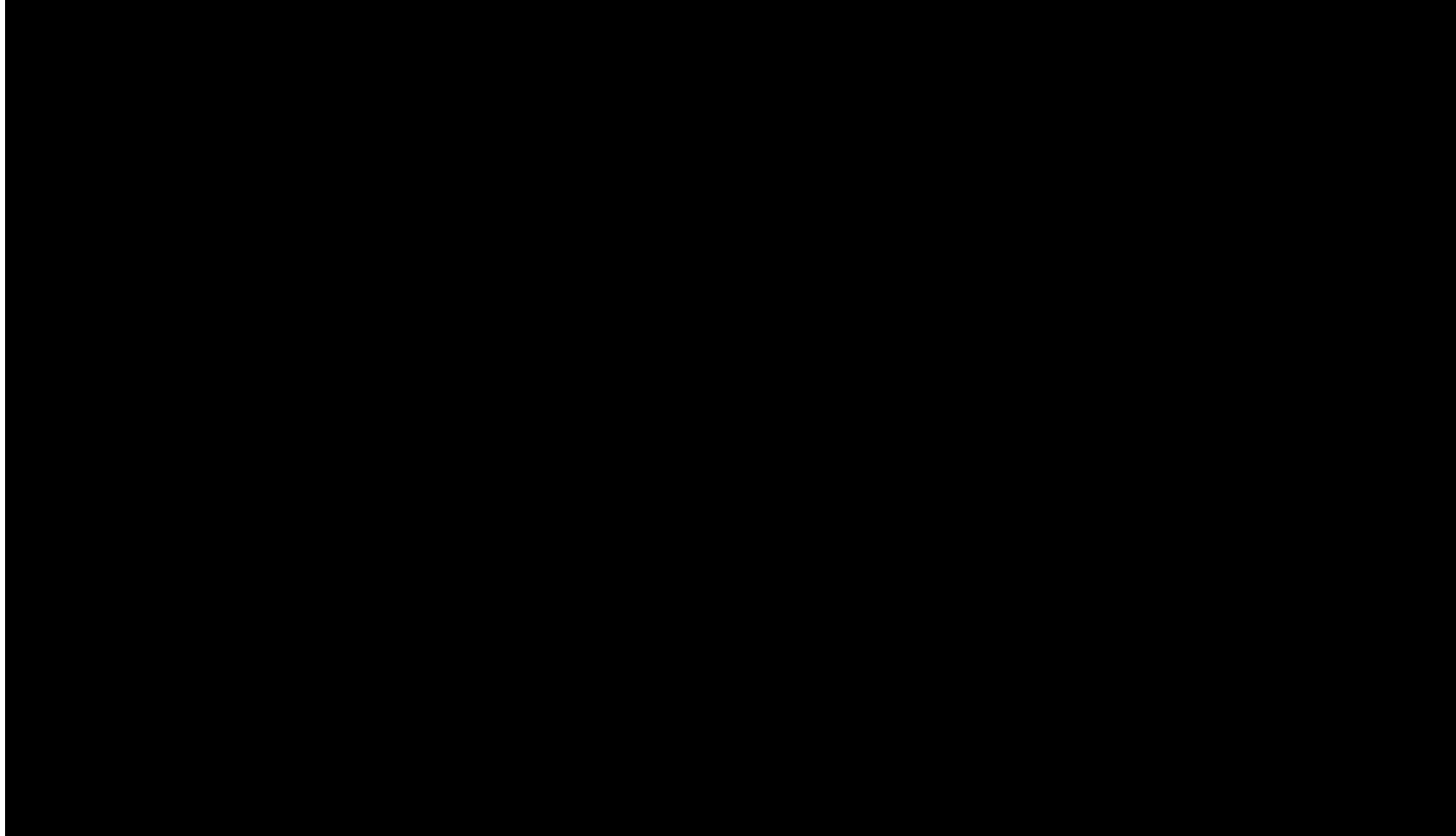


Person-Centered Services²

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.

Perspectives from a Clinician and a Peer Specialist on Recovery Model Challenges



The Four Principles of Person-Centered Care

- ❖ Affording people dignity, compassion, and respect
- ❖ Offering coordinated care, support, and/or treatment
- ❖ Offering personalized care, support, and/or treatment
- ❖ Supporting people to recognize and develop their own strengths and abilities, enabling them to live independent and fulfilling lives

Miller E et al. Person-centered planning in mental health: A transatlantic collaboration to tackle implementation barrier. Am J Psychiatr Rehabil . 2017 ; 20(3): 251-267. doi:10.1080/15487768.2017.1338045.

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.



Engaging Individuals Using Recovery- Oriented Approaches

Recovery Oriented Language Glossary¹

Language that is outdated and does not reflect a recovery model

Language that reflects hope, respect and recovery

Jim is not normal	Jim has a mental health condition
Sally is schizophrenic/bipolar/borderline	Sally has schizophrenia/bipolar/borderline
Wendy has a chronic mental illness/severely mentally ill	Wendy has experienced her mental health condition for a long time/Wendy has been working toward recovery for some time
Bill is a drug addict Clean/dirty lab result	Bill was diagnosed with substance use disorder Positive/negative lab results
Jim is decompensating	Jim is experiencing... Jim is having a rough time Jim is experiencing...
Sally is low/high functioning	Sally's having a harder time with... Sally's excelling at... Sally's strengths include...
Sally is non-compliant/treatment resistant	Sally is having a hard time with her treatment plan Sally is unsure about/would rather...
Bill is compliant	Bill is working on the goals we created together
Jim is being manipulating and unreasonable	Jim is trying to get his needs met
Sally is difficult	I find it challenging to work with Sally when...
Bill committed suicide	Bill died by suicide Bill took his own life

Reference: 1. https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf Accessed on 6.15.2020

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