

Recovery:

What? How? When?

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Recovery Issues and Challenges for New York State

- What is mental health recovery and how has our understanding evolved?
- What are current questions about recovery?
- What is the best emerging thinking about recovery?
- (For all of us) What are the critical action issues in making New York State more recovery-focused?

Our Understanding of “Mental Illness” and Recovery is Evolving

- We were a field dominated by pessimistic and deterministic illness models
- But we have an emerging recognition that pessimism is wrong...
 - Public understanding is slowly evolving...
“A Beautiful Mind”...”The Soloist”
 - The long term follow-up studies of people with schizophrenia shape our understanding

The Evidence from Research:

Study	Sample Size	Follow-Up (in years)	% Significantly Recovered
Bleuler (1972)	208	23	
Huber et al. (1979)	502	22	
Ciampi & Muller (1976)	289	37	
Tsuang et al. (1979)	186	35	
Harding et al. (1987)	269	32	

1. Bleuler (1978). The Schizophrenic Disorders. New Haven, Yale Press
 2. Huber et al (1975). Long-term follow-up...Acta Psychiatrica Scand. 53:49-57.
 3. Ciampi & Muller (1976). Lebensweg und alter...Berlin. Verlag Springer.
 4. Harding et al. (1987). Vermont longitudinal study...Am. J. of Psychiatry 144: 718-735.
 5. Tsuang, M. et al (1979). Long-term outcome...Arch. Gen. Psych. 36:1295-1301
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Our Understanding of “Mental Illness” and Recovery is Evolving—Where are we Now?

- Pessimistic and deterministic illness models
- A recognition that many people “get better”...
the long term follow-up studies of outcomes
for people with schizophrenia
- Professional views of recovery remain
oriented to symptoms and “outcomes”
 - Liberman, Koplewicz et al., definition 2002:
 - Little or no psychopathology
 - At least half time work or school, independence, socialization
 - Sustained for two+ years
- But the field overall is moving faster

Uncommon Wisdom:
Rosalyn Carter to The President's New
Freedom Commission on Mental Health, 2003:

“The biggest change in mental health
from 1978 to today is that...

...we now know that recovery is
possible for any individual with a
mental illness”

Our Best Understanding of Recovery Does Not Emphasize Outcome...But Focus

- “Recovery is a way of living a satisfying, hopeful, and contributing life even with the 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.” (Anthony, 1993).
- “A personal process of overcoming the negative impact of a psychiatric disability despite its continued presence.” (Ohio Department of Mental Health, 1999)
- “Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her potential.” (SAMHSA, 2006)

Recovery Questions and Challenges for New York State

- What is mental health recovery and how has our understanding evolved?
- What are our questions about recovery today?
- Some people do recover without mental health services...but services:
 - *Are usually a key to recovery?*
 - *Can expedite and enhance recovery?*
 - *Which services, delivered how?*

Emerging Best Practices in Mental Health Recovery:
Key Components
(Ohio DMH, 1999; NHS, 2004)

- 1. Clinical Care
- 2. Family Support
- 3. Peer Support and Relationships
- 4. Work/Meaningful Activity
- 5. Power and Control
- 6. Stigma
- 7. Community Involvement
- 8. Access to Resources
- 9. Education

The 10 Fundamental Components of Recovery
(SAMHSA's National Consensus Definition)
Does Not Include Treatment As a Component

- **Self-Direction**
- **Individualized and Person-Centered**
- **Empowerment**
- **Holistic**
- **Non-Linear**
- **Strengths-Based**
- **Peer Support**
- **Respect**
- **Responsibility**
- **Hope**

Recovery Questions for Today

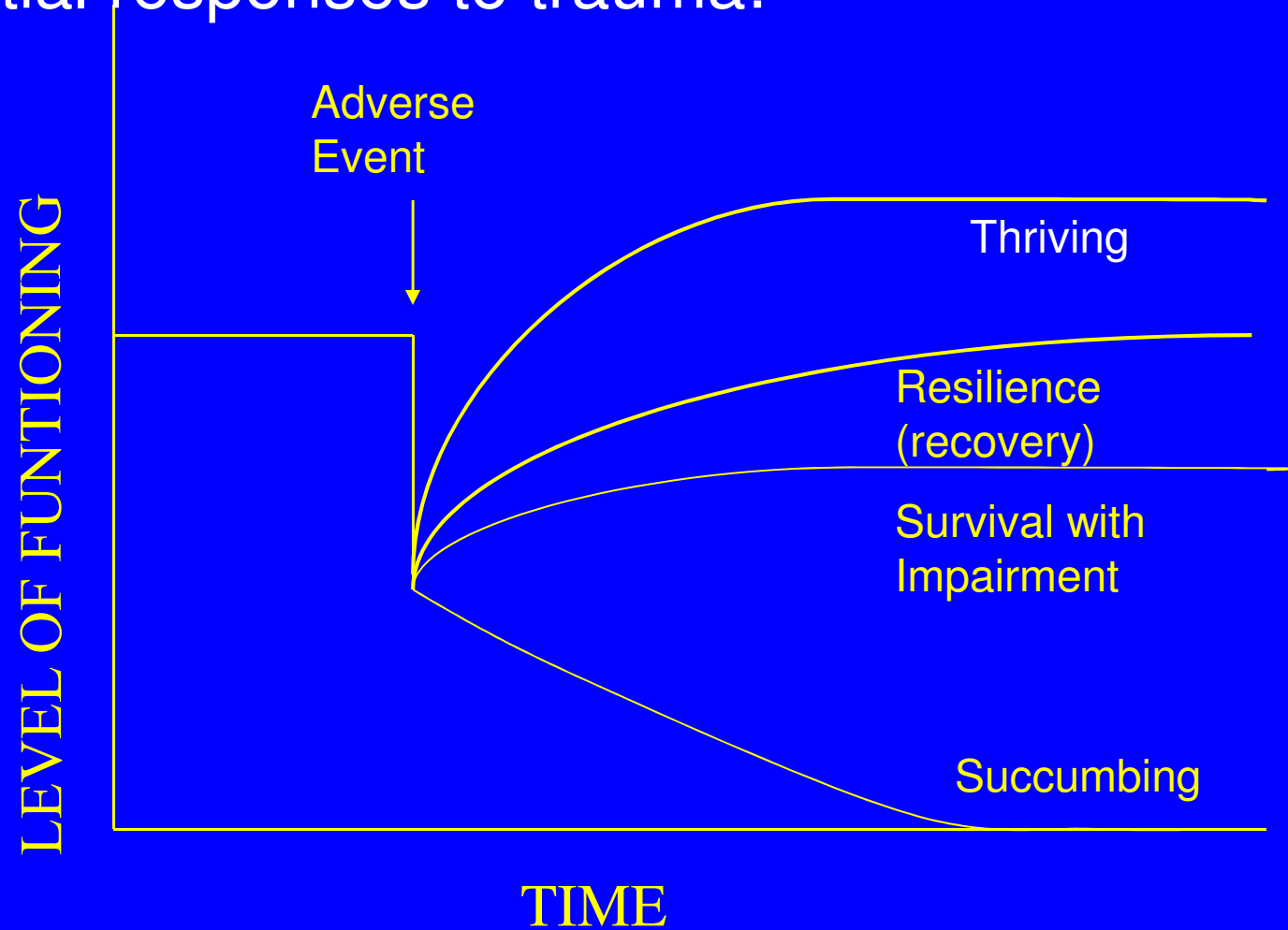
- Some people do recover without mental health services...but good services:
 - Are usually a key to recovery
 - Can expedite and enhance recovery
- Recovery is aided by supportive staff, family and friends...but the individual does the real work.
 - *How does this occur?*
 - *What is the role of hope in recovery?*

Recovery Questions for Today

- The process of recovery does reduce the frequency and duration of symptoms
 - *How?*
- *Are there phases or patterns of recovery?*
 - Stage 1: Dependent/Unaware
 - *Stage 2: Dependent/Aware*
 - Stage 3: Independent/Aware
 - Stage 4: Interdependent

ODMH, 1999

Potential responses to trauma:

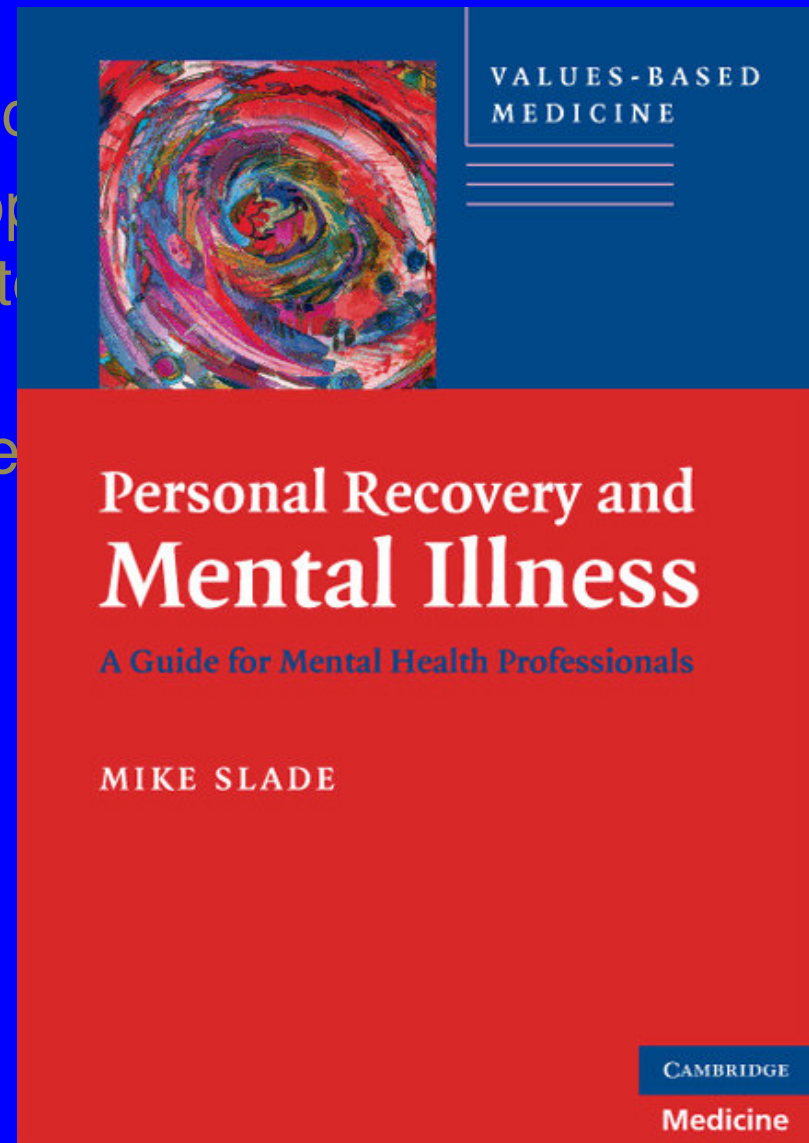


(From: Carver, Charles A. (1998). Resilience and thriving: Issues, models and linkages. *Journal of Social Issues*, Vol. 54, No. 2, 245-266.)

Our Understanding of “Mental Illness” and Recovery is Evolving:

What is the Best Emerging Thinking About Recovery?

- Pessimistic and deterministic
- A recognition that many people do not
term follow-up studies of outpatients with
schizophrenia
- Professional and popular views
- **Personal recovery (Slade)**

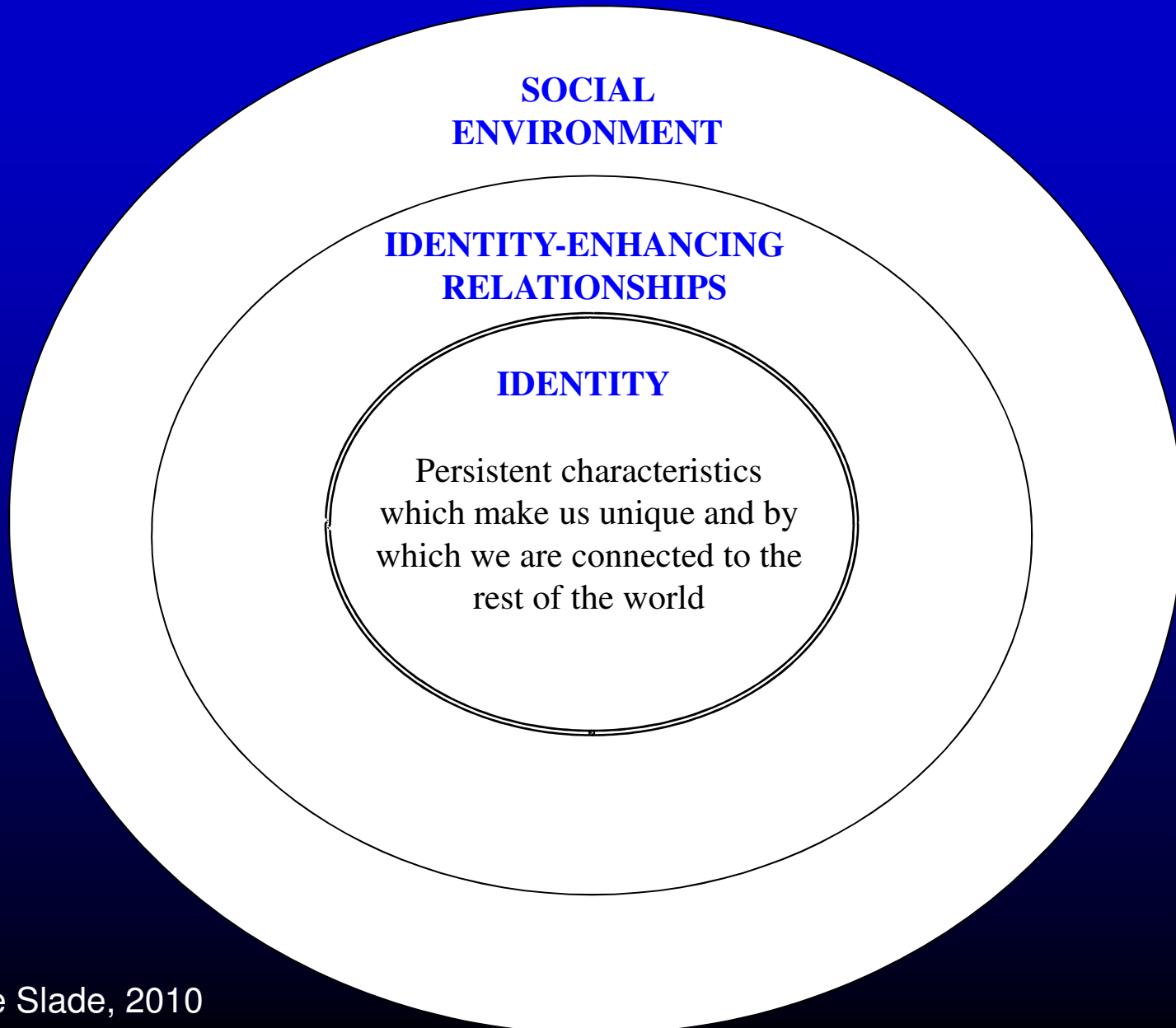


Is Recovery a Fundamental Shift? Characteristics of a Paradigm Shift

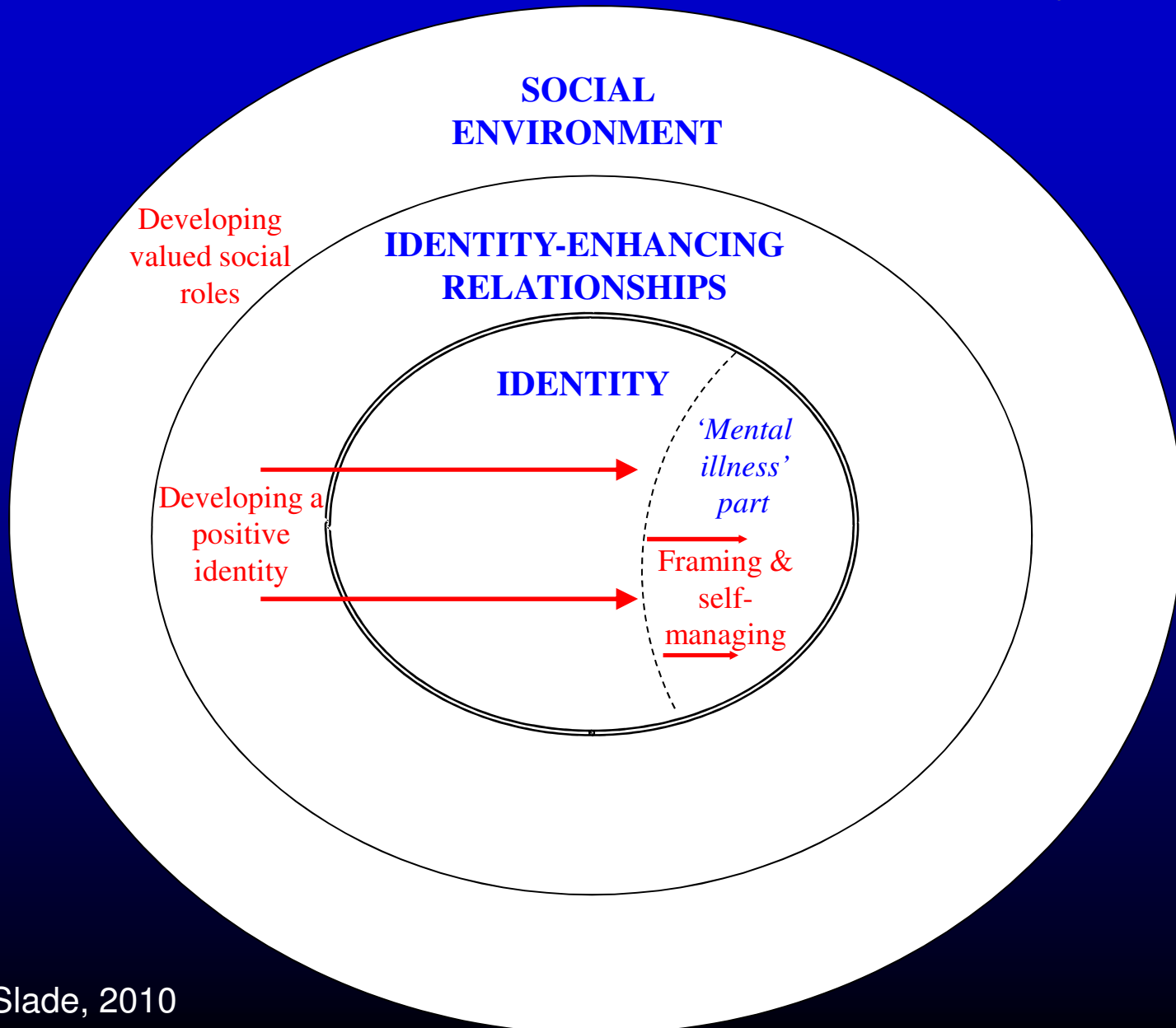
1. The central intellectual challenge comes from outside the system of belief
2. The previous body of knowledge becomes a special case
3. What was previously peripheral becomes central

From Mike Slade, 2010

The Personal Recovery Framework



The Personal Recovery Framework And The Role of Services in Recovery



Recovery Issues and Challenges for New York State

- What is mental health recovery and how has our understanding evolved?
- What are our current questions about recovery?
- The best new thinking about recovery
- What must be done, that can be done, to make New York State more recovery-focused?

Thank You