

The Zoom Interface

The screenshot shows a Zoom Webinar window with the following elements and callouts:

- Header:** "Zoom Webinar", "You are viewing David Terry's screen", "View Options", "Click here to maximize your session view", "Enter Full Screen".
- Main Content:** "TTC Technology Transfer Centers", "Funded by Substance Abuse and Mental Health Services Administration", "Thank you for joining us today!", "You will not be on video during today's session".
- Q&A Window:** "Question and Answer", "All questions (1)", "My questions (1)", "You 07:35 AM", "This is a test question!", "You can switch between questions you've asked and those asked by others using these buttons.", "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.", "Type your question here...".
- Chat Window:** "Zoom Webinar Chat", "The chat feature will allow you to talk with other people in today's webinar.", "The To field will tell you who will receive your message. Be mindful of who you are chatting to.", "To: All panelists", "Your text can only be seen by panelists".
- Bottom Bar:** "Audio Settings", "Click Here to adjust your audio settings", "Chat", "Raise Hand", "Q&A", "Click here to leave the session", "Leave".
- Audio Settings Menu:** "Select a Speaker", "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", "Audio Settings...".

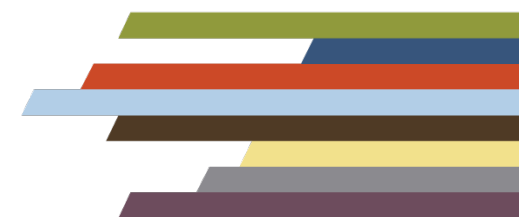
All attendees are muted. Today's session will be recorded. A link to the presentation slides and a recording of the webinar will be emailed. Certificates of Attendance will be emailed.



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Key Elements of Recovery and Recovery Oriented Services

Joni Dolce, MS, CRC, CPRP



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About Us ...

The Northeast and Caribbean MHTTC provides 5 years (2018 – 2023) of funding to:

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

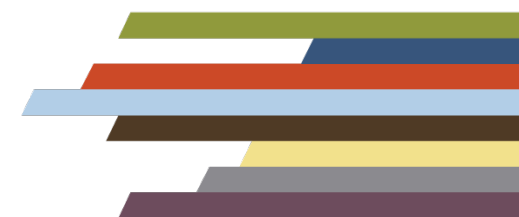
Supplemental funding to work with school teachers and staff to address student mental health.



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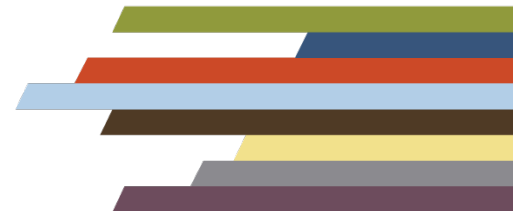
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We Want Your Feedback!

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

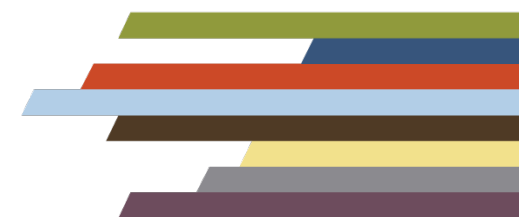
Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. Therefore, your feedback counts!



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Video Recording Information

Please Note:

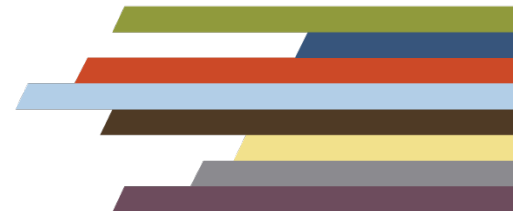
We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.



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Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Be aware: your question is visible to all participants.

Chat and Polls

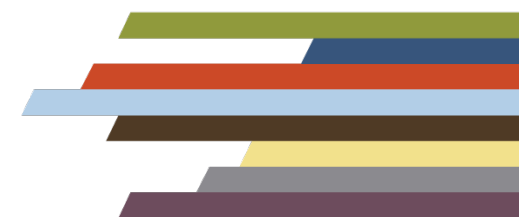
- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.



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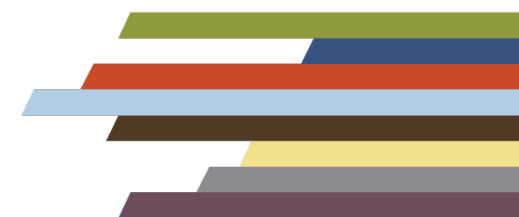
This presentation will be recorded and posted on our website. At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the presenters, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



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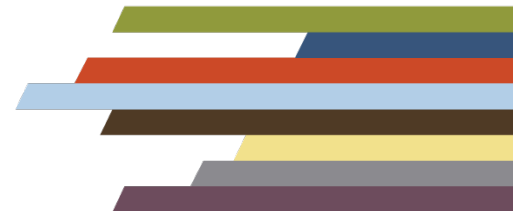
Joni Dolce, MS, CRC, CPRP



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Session Objectives

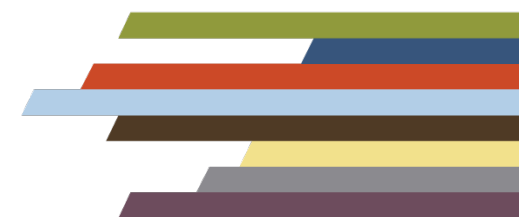
1. Describe the key elements of recovery from serious mental illness
2. Identify the services and practices that support recovery
3. Apply recovery principles during social distancing.



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What does recovery mean to you?

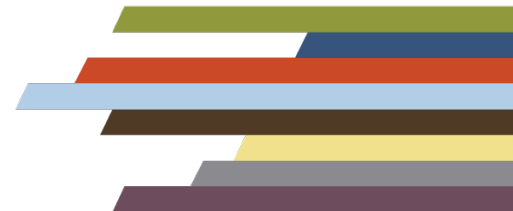
- Use the chat box



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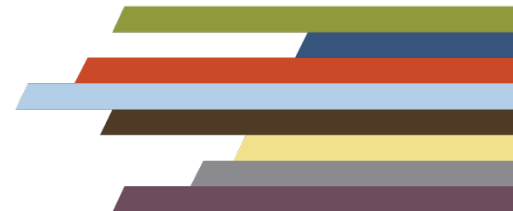




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Recovery Is ...

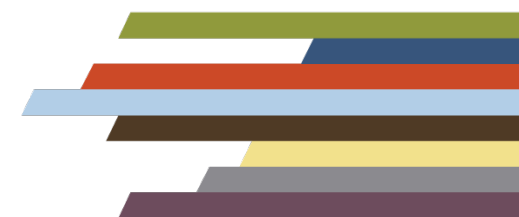
Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness." Anthony, 1993



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Clinical Recovery

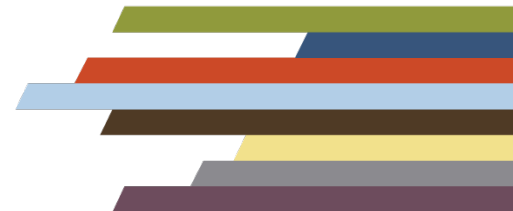
Personal Recovery



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Vermont Longitudinal Study

- 30 years after being discharged from a state hospital:
 - 83% of the subjects had not been in the hospital for the past year
 - 76% had close friends
 - 47% were employed
 - 76% led a full to moderate life

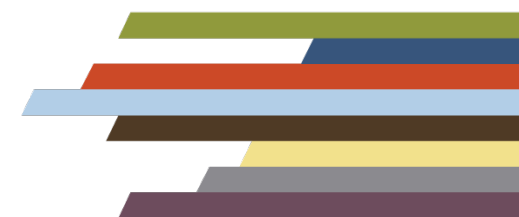
Harding, et al., 1987



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What percentage of study participants showed slight or no symptoms at follow up?

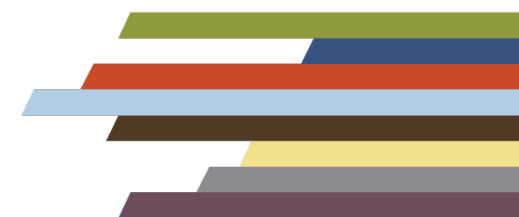
- Poll



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Autobiographical Perspectives

Drake & Whitley, 2014

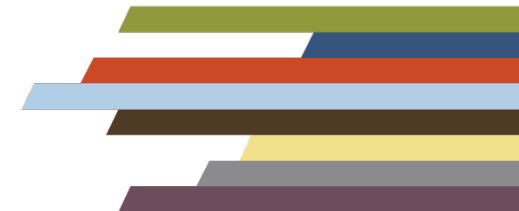
Common Themes	First Person Account
Recovery is a process not an outcome	<p>“Recovery is a way of life, an attitude, a series of small beginnings with small steps.” -Pat Deegan</p> <p>“Each person’s journey is unique and taking small concrete steps.” -Priscilla Ridgway</p> <p>“Small steps.” -Mary Ellen Copeland and Sherry Mead</p>
Providers & system that promotes choice and independence	<p>“Choices, options, information, role models opportunities for bettering one’s life.” -Pat Deegan</p>



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Recovery is a Journey

FROM	TO
Despair	To the reawakening of HOPE
Denial	Understanding & Acceptance
Withdrawal	Engagement & Participation in Life
Passive Adjustment	Active Participation
Alienation	Purpose
Mental Patient Role	Human Being
Prescribed Treatment	Support & Partnership

Ridgway, 2001

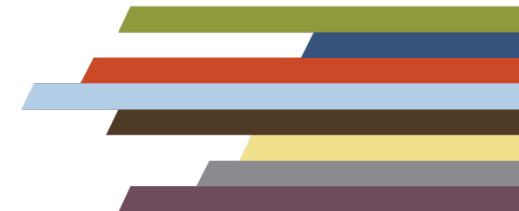


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Common Themes of Recovery

Autonomy

Housing

Employment

Social
Connectedness

Part of Tx
Decisions

Resuming
Control

Overcoming
Stigma

Exercising
Citizenship

Renewing Hope

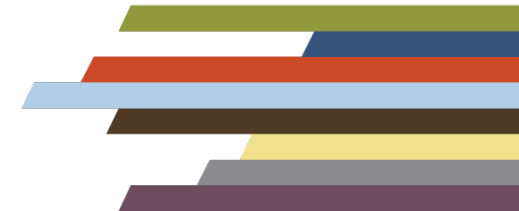
Davidson, Sells, Sangster, & O'Connell, 2005; Drake & Whitley, 2014



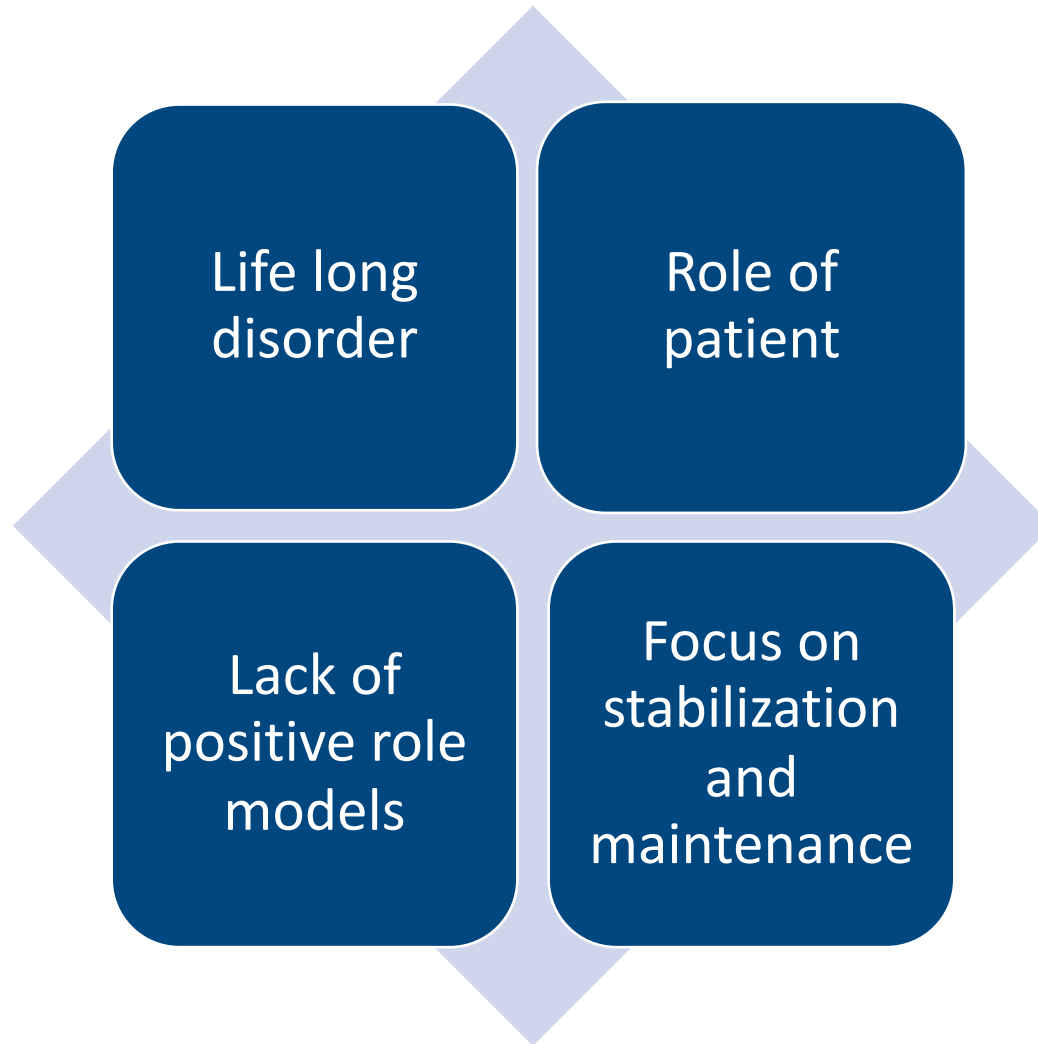
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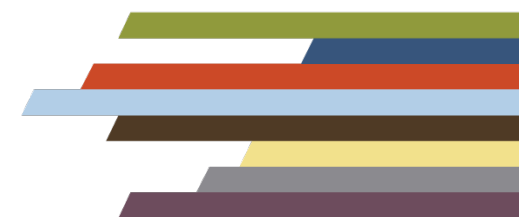
Old and Existing System



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Recovery and Recovery Support

Support self-directed and person centered services that build on the strengths and resiliencies of individuals, families and communities to achieve improved health, wellness and quality of life.

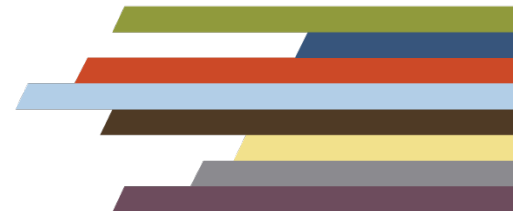
<https://www.samhsa.gov/find-helpovery>



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Yet, recovery services are inconsistently provided.

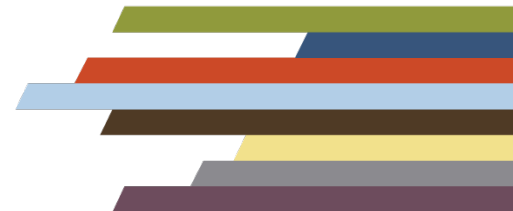
Jackson-Blott, Hare, Davies, & Morgan, 2019



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Four Dimensions that Support Recovery



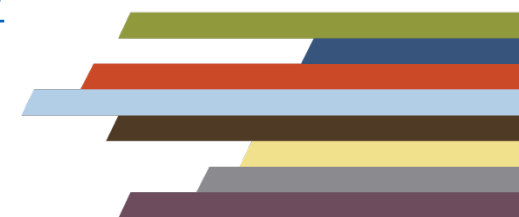
<https://www.samhsa.gov/find-help/recovery>



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Your Experience?

- What are barriers to recovery?

Use the chat box to identify a barrier you have seen in your work.

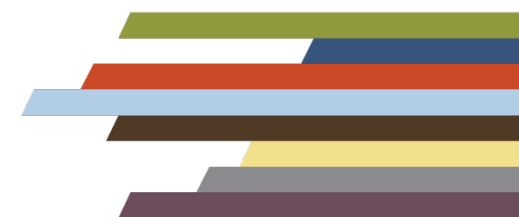


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10 Guiding Principles of Recovery

Hope

Many
Pathways

Person
Driven

Peer
Support

Holistic

Culture

Addresses
Trauma

Strengths

Respect

Relational

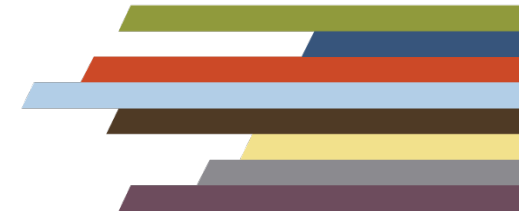
<https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf>



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Recovery Supports: Impact of COVID-19

Let's take a look at the principles and the strategies that support recovery during this time.

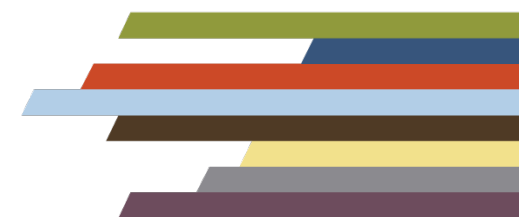
Resnick, et al., 2020



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10 Guiding Principles of Recovery

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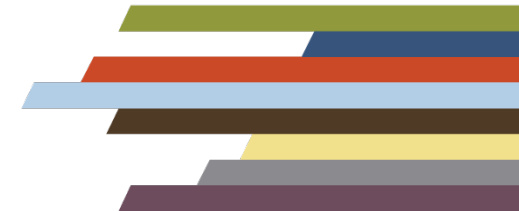
<https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf>



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Next Steps

- What is ***one*** thing you can do in the next month to facilitate recovery at your organization or in your practice?

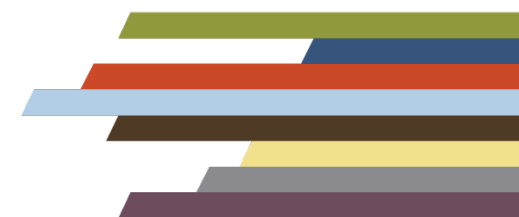
Use the chat box to share something you can do to support recovery.



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Resources

National Empowerment Center

<https://power2u.org/people-can-recover-from-mental-illness/>

SAMHSA: Principles of Recovery

<https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf>

Motivational Interviewing

<http://www.motivationalinterviewing.org/>

Wellness Recovery Action Plan

<https://mentalhealthrecovery.com/info-center/wellness-during-the-covid-19-pandemic/>

WRAP APP

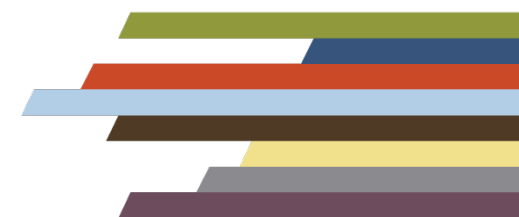
<https://mentalhealthrecovery.com/wrapapp/>



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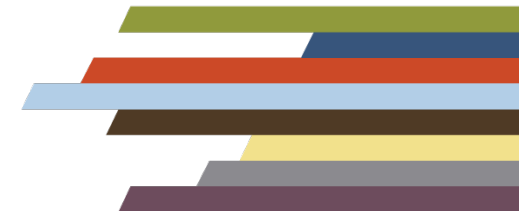
Q and A



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Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

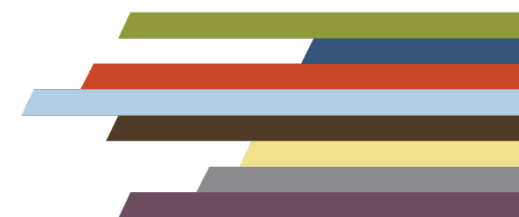
At the end of today's training please take a moment to complete a brief survey about today's training.



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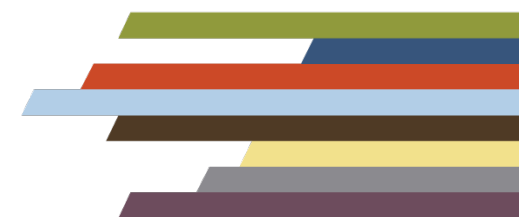
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References

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