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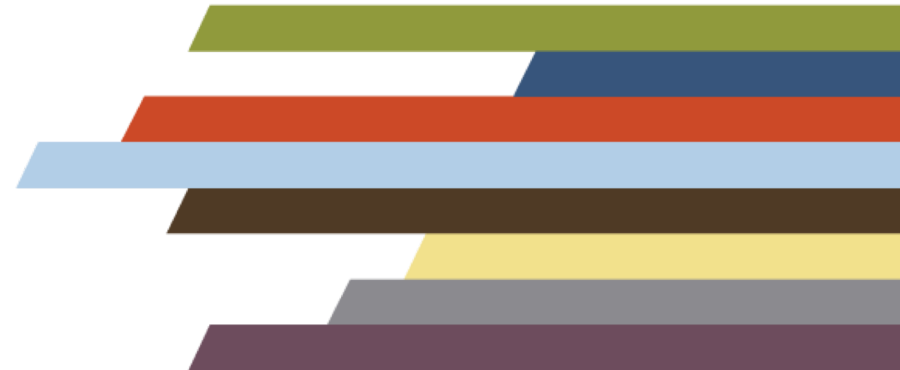
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Key Elements of Recovery and Recovery Oriented Services

Joni Dolce, MS, CRC, CPRP

Rutgers, School of Health Professions

Department of Psychiatric Rehabilitation and
Counseling Professions



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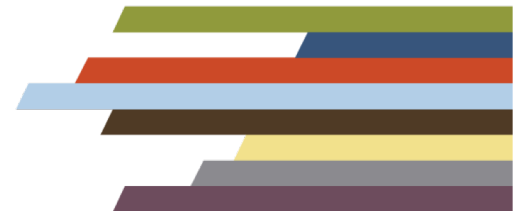
- Provides 5 years (2018 – 2023) of funding to:
 - Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses
 - Address full continuum of services spanning mental illness prevention, treatment, and recovery supports
 - Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses



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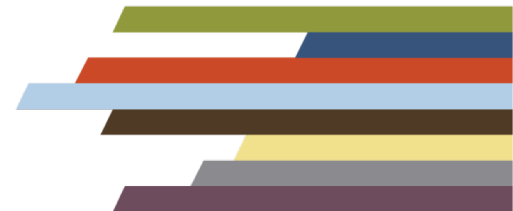


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Upcoming Webinars

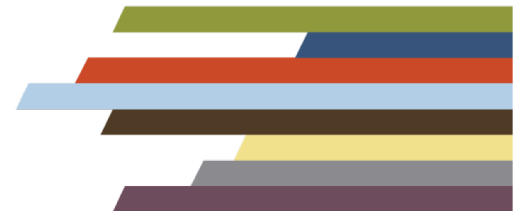
- Supported Employment
Thursday 1/16/20 1:00 – 2:30 ET
- Supported Education
Thursday 2/6/20 1:00 – 2:30 ET
- Permanent Supportive Housing
Wednesday 2/26/20 1:00 – 2:30 ET
- Illness Management and Recovery
Tuesday 3/10/20 1:00 – 2:30 ET
- Peer Provided Services
March 2020 TBA



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More Webinars

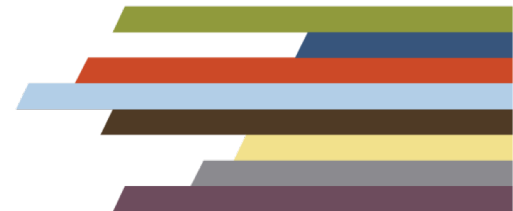
- Supervision of Peer Providers
April 2020 TBA
- Role of Health and Wellness in Recovery
Thursday 4/23/20 1:00 – 2:30 ET
- Role of Religion and Spirituality in Recovery
Thursday 5/7/20 1:00 – 2:30 ET
- Recovery in the Hispanic and Latinx Community
Thursday 5/21/20 1:00 – 2:30 ET



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Feedback

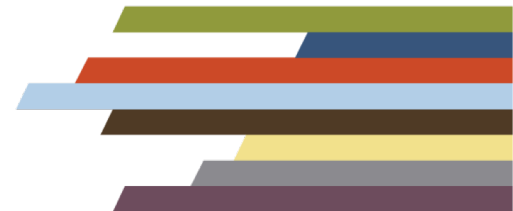
- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs. 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 that we will be recording this webinar and posting it to our website. Any information and input you provide during today's call will be recorded and posted on our website.

THANKS!

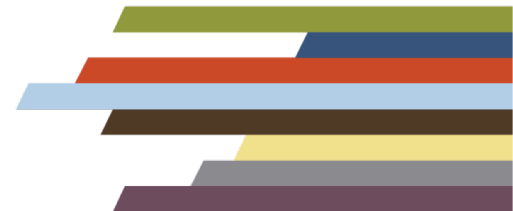


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Your Interactions with Us

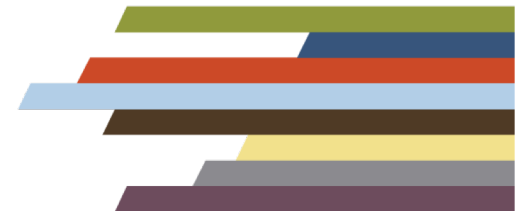
- Question and Answers
 - Q & A will occur at the end of the call.
 - Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Chat and Polls
 - Throughout the webinar, we will be asking for your input.
 - Please use the Chat or Poll features in Zoom located on the task bar.



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Session Objectives

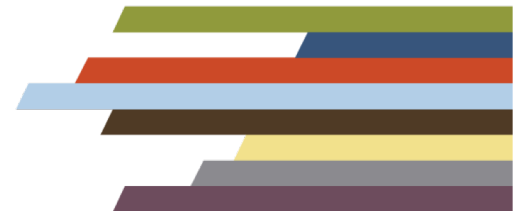
1. Describe the key elements of recovery from serious mental illness
2. Distinguish clinical and personal recovery
3. Identify the services and practices that support recovery



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What does recovery mean to you?

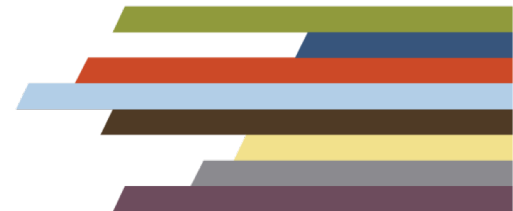
- First Poll



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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

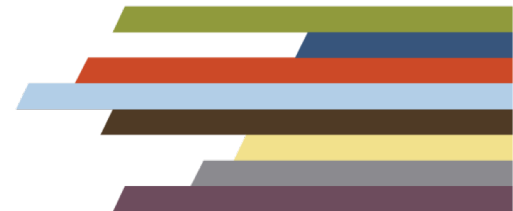


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Clinical and Personal Recovery

- Clinical Recovery
 - Improved symptoms, reduced hospital stay, reduction in usage of clinical services, reduction in medication
- Personal Recovery
 - Reclaiming one's life after a diagnosis, having new expectations for one's life, learning to “live with” an illness, achieving/working toward a valued social role

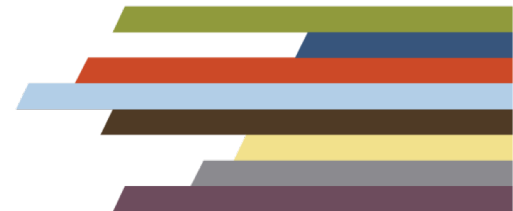
Slade & Oades, 2008



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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

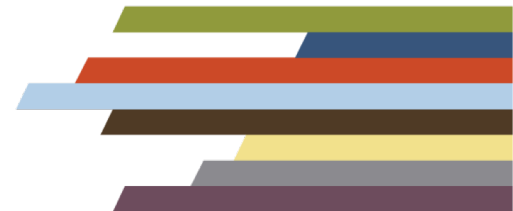
Harding, et al., 1987



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

- Second Poll

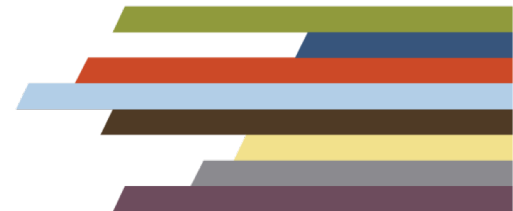


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Autobiographical Perspectives

Drake & Whitley, 2014

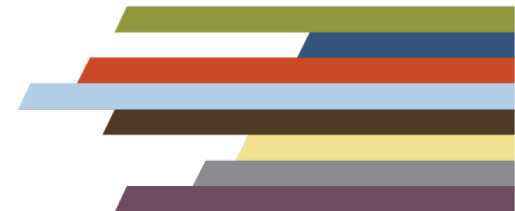
Common Themes	First Person Account
Recovery is a process not an outcome	<p>“Recovery is a way of life, an attitude, a series of small beginnings with small steps.” -Pat Deegan</p> <p>“Each person’s journey is unique and taking small concrete steps.” -Priscilla Ridgway</p> <p>“Small steps.” -Mary Ellen 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

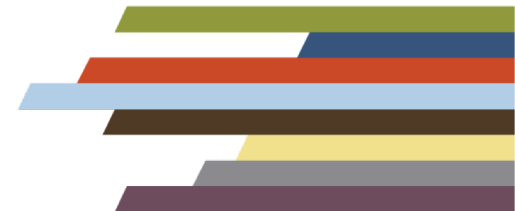
Ridgway, 2001



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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

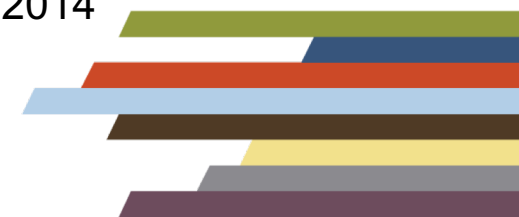
Davidson, Sells, Sangster, & O'Connell, 2005; Drake & Whitley, 2014



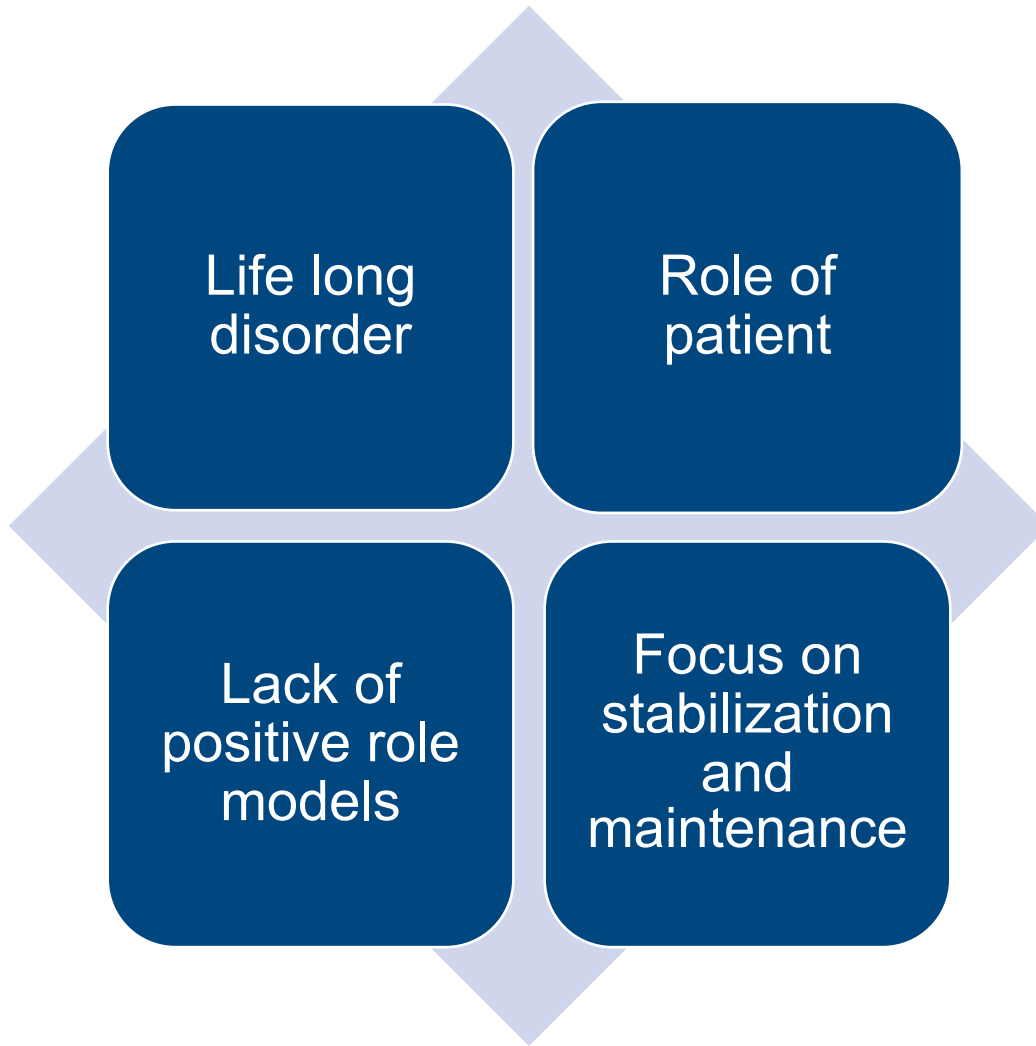
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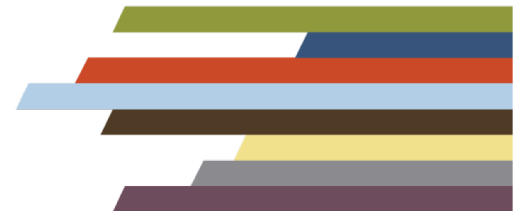
Old and Existing System



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Recovery and Recovery Support

- Recovery-oriented care and recovery support systems help people with mental and substance use disorders manage their conditions successfully.

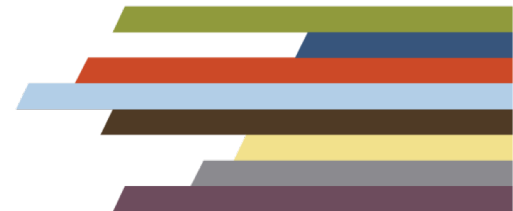
<https://www.samhsa.gov/find-help/recovery>



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Yet, recovery services are inconsistently provided.

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

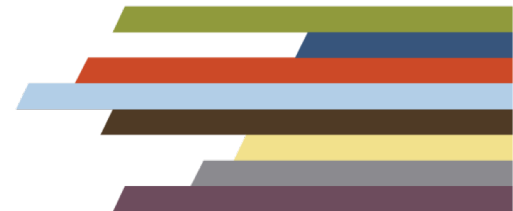


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Four Dimensions that Support Recovery



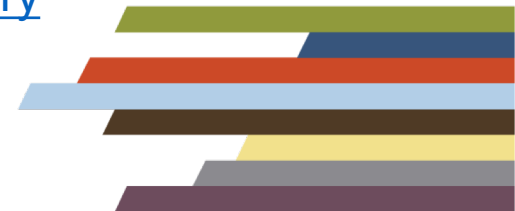
<https://www.samhsa.gov/find-help/recovery>



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10 Guiding Principles of Recovery

Hope

Many
Pathways

Person
Driven

Peer
Support

Holistic

Culture

Addresses
Trauma

Strengths

Respect

Relational

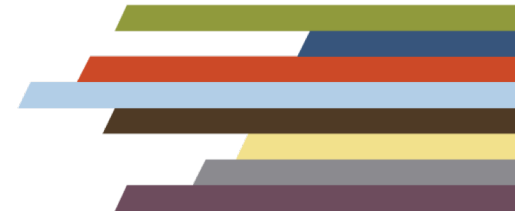
<https://www.cppcmaine.org/sites/default/files/3.%20SAMHSA%20Recovery%20Handout.pdf>



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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.

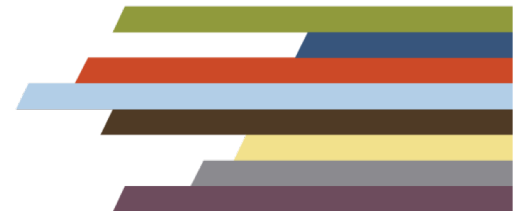


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Next Steps

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

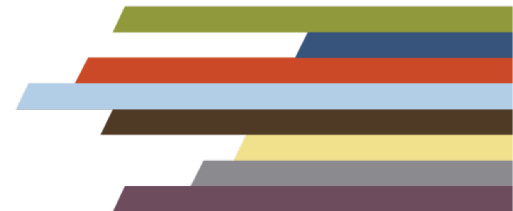
Use the chat box to share something you can do to support recovery.



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THANK YOU!

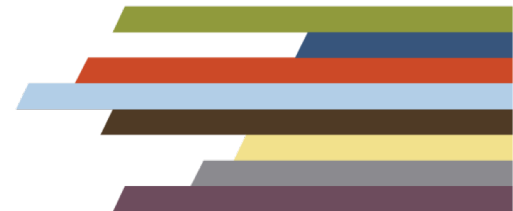
dolcejn@shp.rutgers.edu



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Resources

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

<https://www.cppcmaine.org/sites/default/files/3.%20SAMHSA%20Recovery%20Handout.pdf>

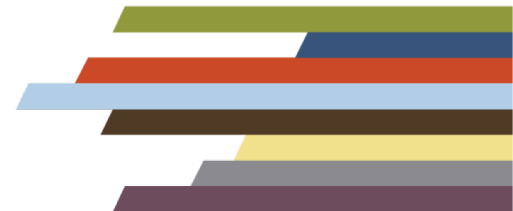


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Contact us!

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<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>



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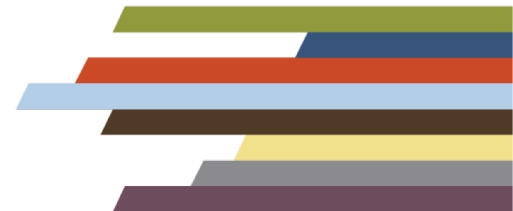
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