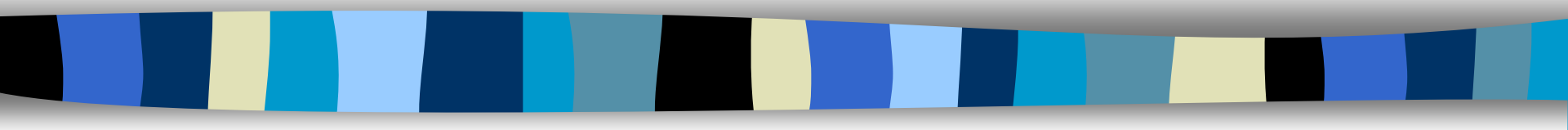


Recovery and the Patient Perspective in an In-Patient Setting

Office for Consumer
Empowerment

Contra Costa Mental Health





Office for Consumer Empowerment

The Contra Costa Mental Health Office for Consumer Empowerment represents and encourages the inclusion of the consumer perspective in planning, service delivery, policy development, and evaluation.

We educate, empower and motivate consumers to engage in their own individual recovery and become active in the community.



Office for Consumer Empowerment

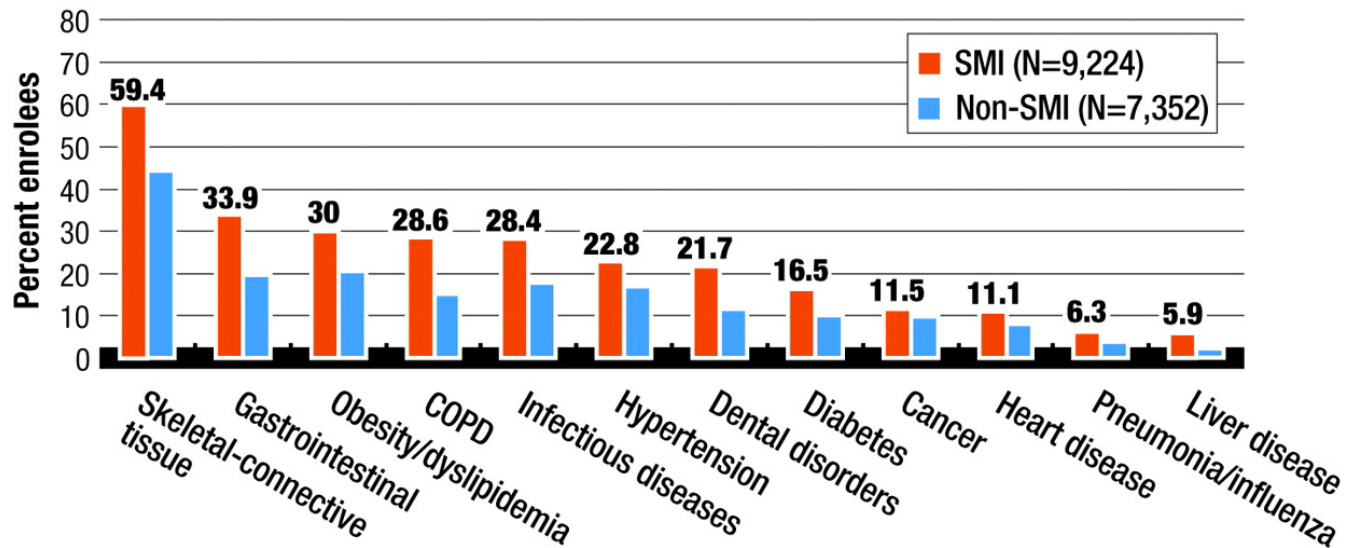
Our Mission Statement:

Through education and engagement, we empower consumers to play an active role in transforming the system to recovery-based, consumer-driven, culturally competent services and supports.

Comorbidity in Persons Recovering from Mental Illness

Comorbidity High in Seriously Mentally Ill

A study in Maine comparing an age-matched sample of Medicaid enrollees with and without serious mental illness (SMI) found that the disease rates for the SMI group exceeded those of the non-SMI group in every disease category and that the SMI group had a higher rate of multiple medical conditions.



Source: "Morbidity and Mortality in People With Serious Mental Illness," NASMHPD, October 2006



The Recovery Model

What Is Recovery?

“Recovery is remembering who you are and using your strengths to become all that you were meant to be.” – Recovery Innovations, Inc.



The Recovery Model

What Is Recovery?

“The task is not to become normal. The task is to take up your journey of recovery and to become who you are called to be.” –

Patricia E. Deegan



The Recovery Model

What Is Recovery?

“Recovery is a deeply personal, unique process changing one’s attitude, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life.

Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of psychiatric disability.” – Dr. William Anthony



How Does Using a Recovery Approach Impact Patient Identified Issues

- **Communicate Hope**
- **Respect Confidentiality yet Maintain Communication**
- **Look for Interactions Between Medications**
- **Communicate with the Patient and Their Psychiatrist Before Switching Meds**



How Does Using a Recovery Approach Impact Patient Identified Issues?

- **Respect Recovery from Co-Occurring Disorders**
- **Self-Reliance vs. Dependence**
- **Control vs. Choice**
- **Working with Perceptions of Safety**
- **Consumer's Need for Time and Attention From Staff**
- **Communication and Empathy**



How Does Using a Recovery Approach Impact Patient Identified Issues?

■ Educational Needs:

- Medication
- Control of Symptoms
- Effects of Stress
- Social Skills

■ Participation in Treatment Decisions (Shared Decision-Making Model)



Recovery Pathways

The Five Pathways of Recovery:

- ✧ Hope
- ✧ Choice
- ✧ Empowerment
- ✧ Recovery Environment
- ✧ Spirituality



HOPE: Encouraging Others and Focusing on Strengths

- What are some of your strengths?
- What have you done that makes you proud?
- What gives you hope?
- What do you do that makes you happy or you like to share with others?



CHOICE: Helping Others to Reconnect With Who They Are

- **What do you like to do?**
- **Where would you like to live?**
- **What do you want most out of life?**
- **What are your goals?**
- **What is one of the best choices you have made?**



EMPOWERMENT: Assisting Others With Taking Action and Finding Their Power

- **If you picture the best thing you'd like to see happen with this, what would it be?**
- **How do you feel about this situation?**
- **What options have you considered to solve this problem?**
- **What are your choices?**



RECOVERY ENVIRONMENT:

- What do you value about your community?
- How do you connect with people who share your values?
- Where do you go to feel uplifted?
- How do you encourage others?



SPIRITUALITY: FINDING MEANING AND PURPOSE

- **What do you value about spirituality?**
- **How do you connect with your spiritual power?**
- **What can you do to enhance your spirituality?**
- **How do you share this with others?**



The Recovery Model: Basic Attributes

- **Holistic (i.e., biological, psychological, social, and spiritual) view of mental illness that focuses on the person, not just the symptoms**
- **Recovery is not dependent on one's ideas about the causes of mental illness**

(The Contra Costa Mental Health Recovery Task Force 2001)



The Recovery Model: Basic Attributes

- **Recovery from severe psychiatric disabilities is achievable**
- **Recovery can occur even though symptoms may reoccur**

(The Contra Costa Mental Health Recovery Task Force 2001)



The Recovery Model: Basic Attributes

- **Individuals are responsible for the solution**
- **Recovery requires a well-organized support system that is responsive to the person's needs and doesn't tie the person's needs only to existing services**

(The Contra Costa Mental Health Recovery Task Force 2001)



The Recovery Model: Basic Attributes

- **Each individual is viewed as a person first, making the equitable rights and opportunities in community membership a key concern**
- **Maintains a consumer-based focus, noting that diversity factors do not operate in the same way for all consumers of the same background**

**(The Contra Costa Mental Health Recovery Task Force
2001)**



Warning Signs

- Pay attention to early warning signs
- Help the patient to notice their warning signs and triggers
- Introduce the patient to WRAP:
Wellness Recovery Action Plan
- Utilize WRAP in discharge planning



Key Elements of WRAP:

Wellness Toolbox

Daily Maintenance Plan

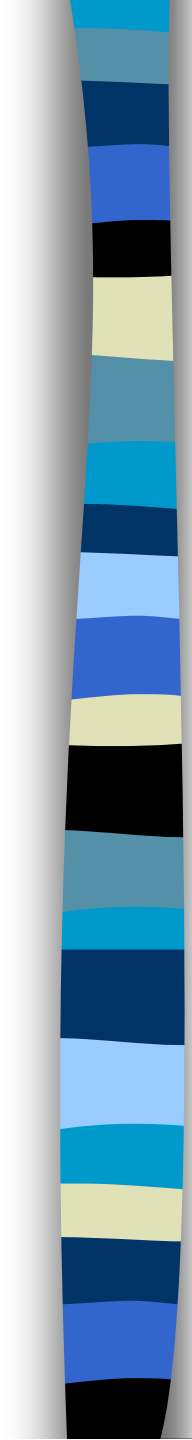
Identifying Triggers and an Action Plan

**Identifying Early Warning Signs and an
Action Plan**

**Identifying When Things Are Breaking
Down and an Action Plan**

Crisis Planning

Post Crisis Planning.



**“In all my years experience
with psychiatric professionals,
the one thing that’s been most heartening
is when the professional acknowledges
the common humanity,
theirs and mine, ours together.”
(Unnamed Consumer Study Participant)**