MENTAL HEALTH RECOVERY: WHAT HELPS & WHAT HINDERS

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TAKE HOME POINTS

- “First, do no harm.” – Hippocratic Oath
- “Don’t let the pressure exceed the pleasure.” – Joe Maddon
- “Culture eats strategy for breakfast.” – Peter Drucker
- “Sticks and stones may break my bones, but words can crush my spirit.” – Shellie Arnold
LANGUAGE MATTERS

Having vs. Being
- I have bipolar vs. I am bipolar
- He has schizophrenia vs. he is schizophrenic
- She has a mental illness vs. she is mentally ill

Singular vs. Plural
- Person with a mental illness vs. the mentally ill
- People with mental illnesses vs. people with a mental illness
IT’S CLINICALLY CORRECT!

- Labels have the potential to:
  - Promote bias
  - Devalue others
  - Express negative attitudes

- Attentional / attitudinal biases can be acquired through the frequent use of certain words


- American Psychological Association adopted person-first language “to maintain integrity (worth) of all individuals as human beings... do not focus on the individual’s disabling or chronic condition” (2010)

TEN GUIDING PRINCIPLES OF RECOVERY

- Hope
- Person-Driven
- Holistic
- Peer Support
- Many Pathways
- Relational
- Culture
- Addresses Trauma
- Strengths/Responsibility
- Respect

- SAMHSA (2012)
WHAT IS RECOVERY?
DEFINING RECOVERY: SAMHSA

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
DEFINING RECOVERY: THE NEW FREEDOM COMMISSION

- The process in which persons are able to:
  - Live
  - Work
  - Learn
  - Participate fully
    - ...in their communities
RECOVERY DEFINED (NFC - PART 2)

- For some individuals recovery is the ability to live a fulfilling and productive life despite a disability.

- For others, recovery implies the reduction or complete remission of symptoms.

- Science has shown that having hope plays an integral role in an individual’s recovery.

Recovery emerges from hope.

Hope is not “true” or “false.”

Hope is motivational. It is the catalyst of the recovery process.

Hope can be fostered by... you!
HOPE

WHAT HELPS

- Hopeful staff
- Role models
- Positive expectations
- Meaningful service choices

WHAT HINDERS

- Stigma, prejudice, discrimination
- Dreams, goals, desires demeaned
- Coercion
- Fostering dependency
PERSON-DRIVEN

- Self-determination and self-direction are the foundations for recovery
- Goals defined by the individual
  - Paths toward those goals also defined by the individual
- Informed decision making
- Dignity of risk
<table>
<thead>
<tr>
<th>WHAT HELPS</th>
<th>WHAT HINDERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Making own choices (re: housing, finances, meds, etc.)</td>
<td>Paternalistic orientation of the system</td>
</tr>
<tr>
<td>Self-directed planning</td>
<td>Stereotyping, prejudice, discrimination, labeling</td>
</tr>
<tr>
<td>Role models</td>
<td>Coercion</td>
</tr>
<tr>
<td>Coordinated services across settings</td>
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</tr>
<tr>
<td>Wellness Recovery Action Plan (WRAP)</td>
<td></td>
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</tbody>
</table>
HOLISTIC

- Recovery is holistic.
- Encompasses an individual’s whole life
  - Mind/emotions, body, spirit, community
- Services and supports should be integrated and coordinated
  - Housing, employment, education
  - Mental health and addictions treatment
  - Primary healthcare
  - Complementary & alternative services
  - Faith-based & spiritual supports
  - Community participation
HOLISTIC

WHAT HELPS

- Recovery-oriented system with vision of recovery
- Extending support beyond traditional boundaries
- Increased tolerance for diversity
- Whole Health Action Management (WHAM)

WHAT HINDERS

- Pathology-focused system
- Lack of information
- Lack of consumer voice on personal and system level
PEER SUPPORT

- Recovery is supported by peers and allies.
- Sharing of experiential knowledge and skills
- Sense of belonging
- Supportive relationships
- Valued roles
- Giving back
What’s Unique About Peer Support?

- The installation of hope through **positive self-disclosure**

- The **role-modeling** function to include
  - Self-care of one’s illness
  - Negotiating daily life, not only with the illness, but also with
    - Little or no income
    - Unstable housing
    - Overcoming stigma, discrimination and other trauma
    - Negotiating the complex maze of the human service system

- The nature of the relationship, characterized by
  - Trust, understanding, and the **unique use of empathy** based on having been in the same shoes he or she is in now

*Peer Support Among Persons with Severe Mental Illnesses: A Review of Evidence & Experience (2012)*
PEER SUPPORT

WHAT HELPS

- Diverse models of peer support
- Role models
- Sharing common experiences

WHAT HINDERS

- Professional mistrust of peer support
- Limited leadership development opportunities
- Limited participation
RELATIONAL

- Recovery is supported through relationships and social networks.
- Hope, support & encouragement

**Healthy** relationships lead to a greater sense of:

- Belonging
- Individuality
- Empowerment
- Autonomy
- Social inclusion
- Community participation
**RELATIONAL**

**WHAT HELPS**
- Volunteerism
- Faith communities
- Social choices
- Mutual support groups

**WHAT HINDERS**
- Stigma, prejudice, labeling, negative media portrayals
- Lack of social skills training
TAKE HOME POINTS

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 “Sticks and stones may break my bones, but words can crush my spirit.” – Shellie Arnold
Ten Guiding Principles of Recovery
http://content.samhsa.gov/ext/item?uri=/samhsa/content/item/10007447/10007447.pdf

Mental Health Recovery: What Helps & What Hinders?

Peer Support Among Persons with Severe Mental Illnesses: A Review of Evidence & Experience
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3363389/
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