

Mental Health Recovery: What Helps and What Hinders

Mental Health Recovery: Research and Practice Conference

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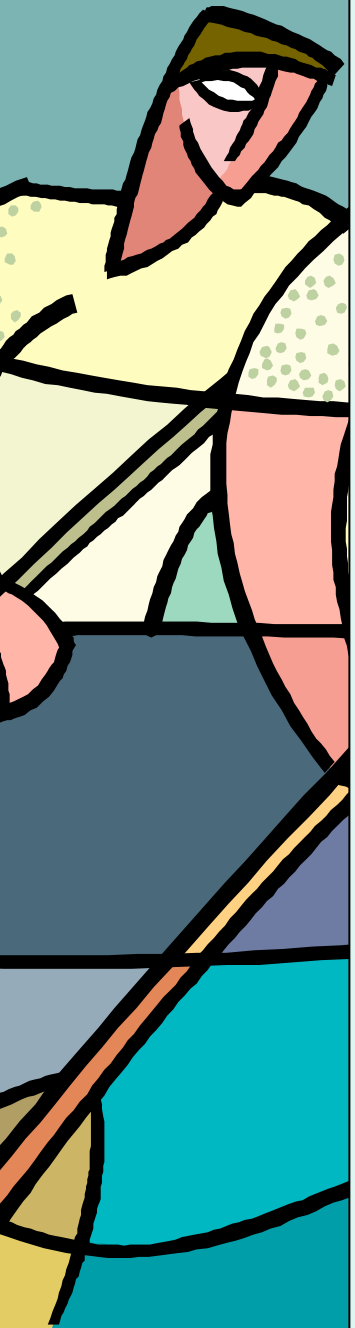
**Grand Rounds, University of Iowa
Carver College of Medicine, Department
of Psychiatry**

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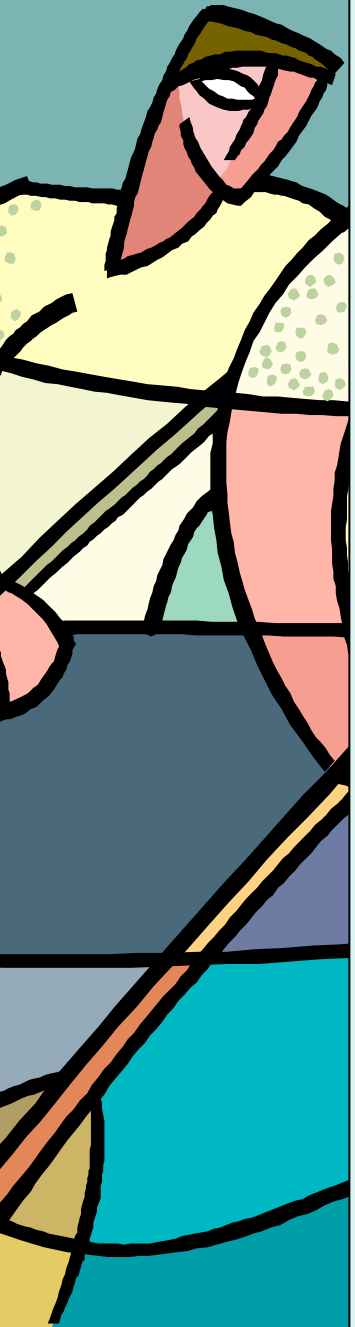
Primary Sources

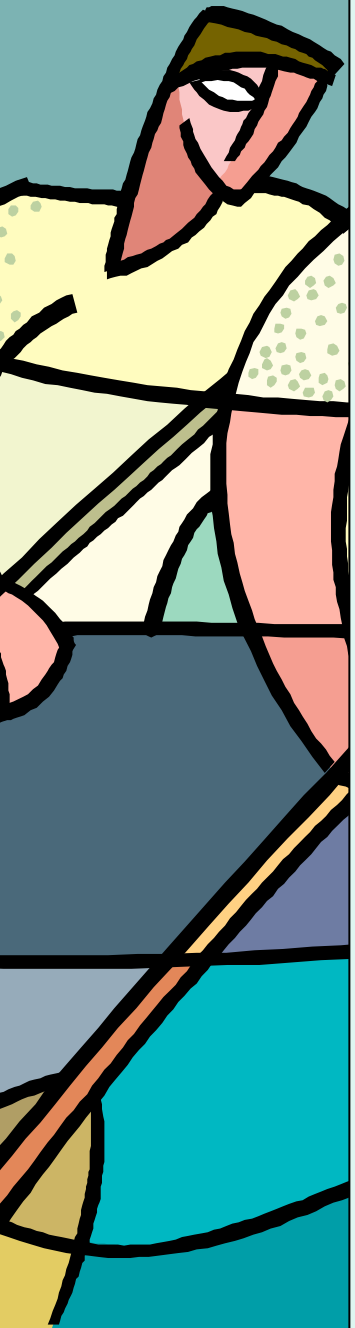


- **An Analysis of the Definitions and Elements of Recovery: A Review of the Literature**
 - Steven J. Onken, Catherine M. Craig, Priscilla Ridgway, Ruth O. Ralph, Judith A. Cook
- **Mental Health Recovery: What Helps and What Hinders? A National Research Project for the Development of Recovery Facilitating System Performance Indicators**
 - Steven J. Onken, Jeanne M. Dumont, Priscilla Ridgway, Douglas H. Dornan, Ruth O. Ralph

Presentation Overview

- Recovery Happens
- Recovery Definition
- Practice Framework
 - Elements of the Person
 - The Re-Authoring Process
 - Elements of the Environment
 - Relationships that Work
 - Peer to Peer Connection
 - Community Capacity
 - Elements of the Exchange
- Summary





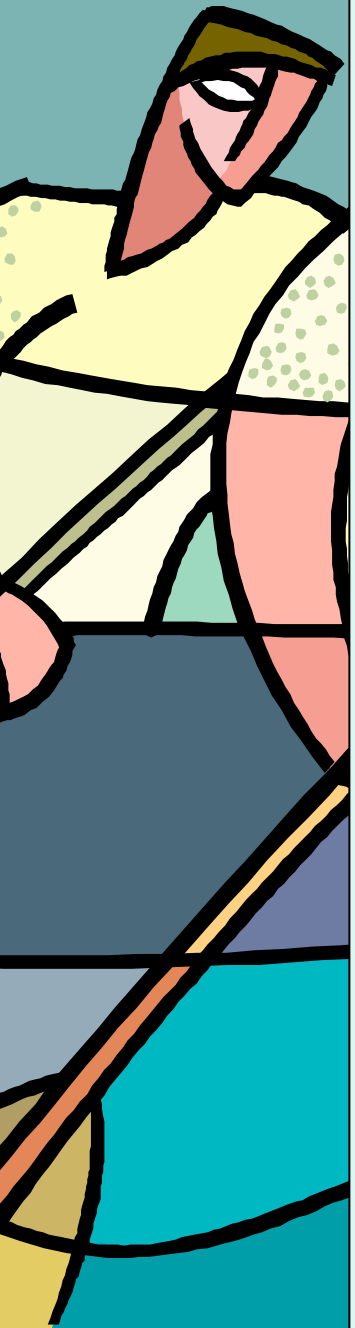
Recovery is being coined as a way of acknowledging that people can successfully contend with severe mental illness and still create positive lives.

Recovery is grounded in resiliency - existing key internal processes that enable an individual to surmount crises and persistent stresses (Walsh, 1996) – the innate strength, self-righting capacity and hardiness of that individual.

Recovery is grounded in hope - the feeling that what is desired is also possible, that things will turn out for the best. Fostering hope triggers motivation.

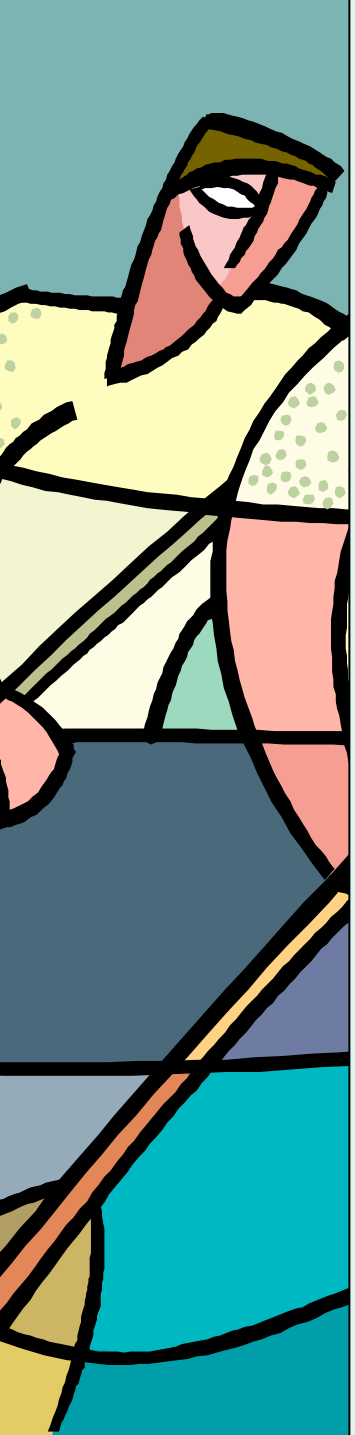
Mental Health Recovery Happens

Study	Average Length in Years	Sample Size	Recovered/ Improved Significantly
Bleuler 1972a&b Switzerland	23	208	53-68%
Huber et al 1975 Germany	22	502	57%
Ciampi & Muller 1976 Switzerland	37	289	53%
Tsung et al 1979 Iowa 500	35	186	46%
Harding et al 1987a&b Vermont	32	269	62-68%
Ogawa et al 1987 Japan	22.5	140	57%
DeSisto et al 1995a&b Maine	35	269	49%



Mental Health Recovery

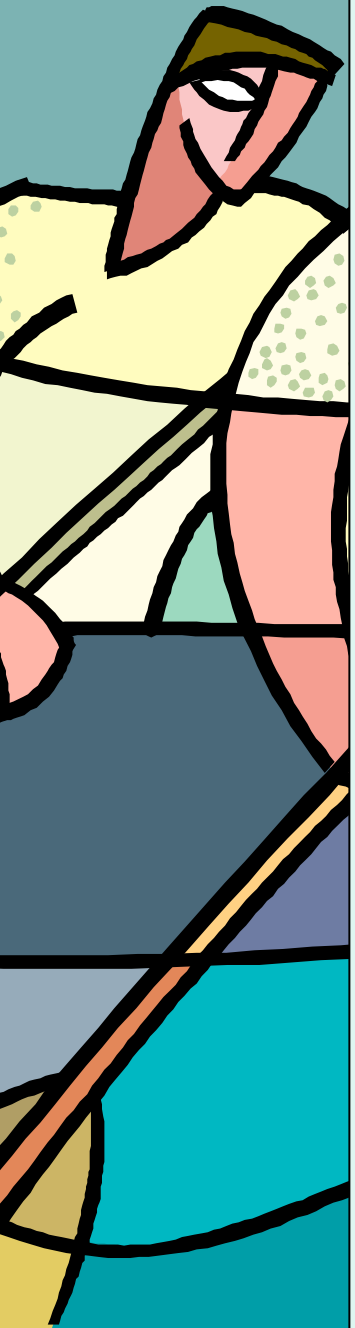
- **Variously defined as vision, process, outcome**
- **Undertaken differently by each unique individual**
- **Non-linear (spiral) - making progress, losing ground, pressing forward again**
- **Subjective and experiential - challenge to objectify and measure**
- **What are people recovering from?**
- **What constitutes a recovered person?**



Recovery does not mean an outcome of cure (Deegan, 1996; Walsh, 1999).

Recovery occurs even though symptoms reoccur (Anthony, 1993). People still struggle with the episodic nature of their symptoms, grieve the losses they have sustained and struggle with the reoccurring multiple traumas they have experienced.

The recovery process itself can trigger symptomatic responses as a person becomes more active on his or her own behalf and opens up to more vulnerabilities (Spaniol, Gagne & Koehler, 1999). Part of recovery is this process of risk taking.



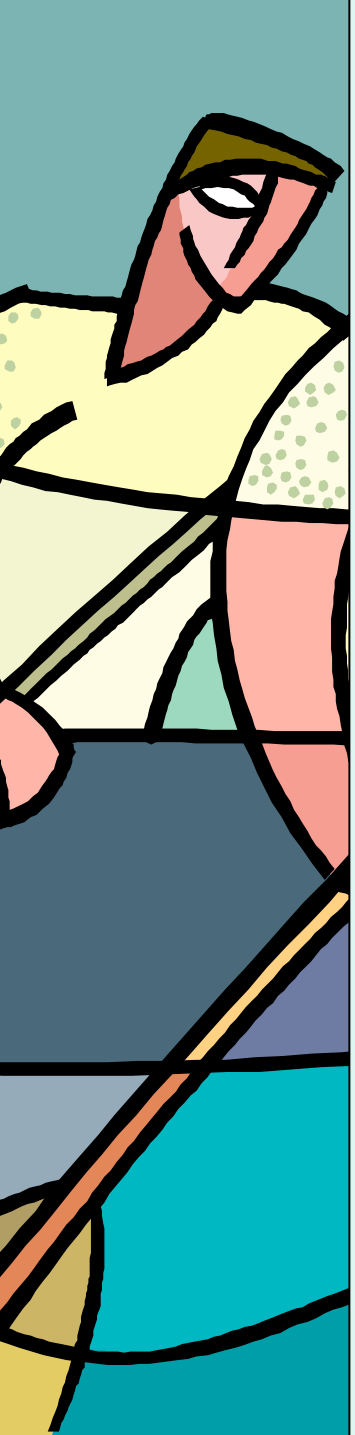
Our Research Findings:

- **Recovery as the ongoing, interactional process/ personal journey and outcome of restoring a positive sense of self and meaningful sense of belonging while actively self-managing psychiatric disorder and rebuilding a life within the community.**



Recovery is a product of dynamic interaction among

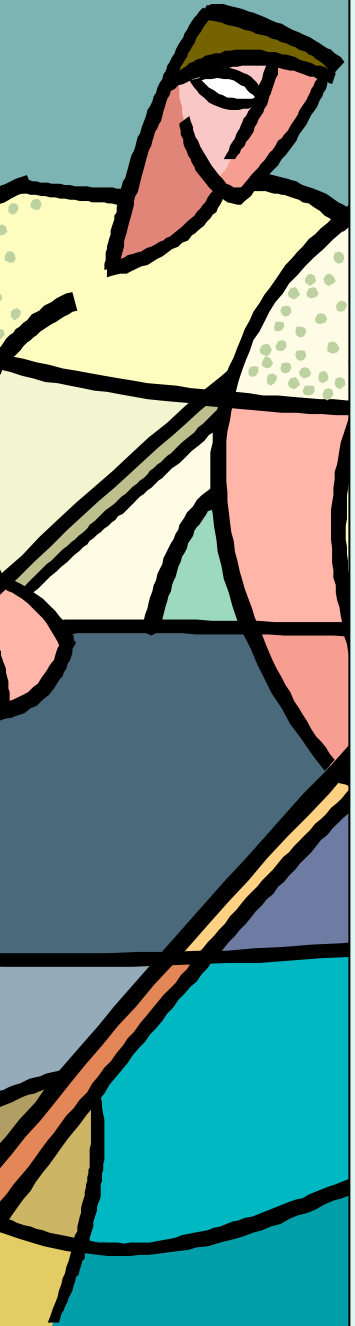
- **Characteristics of the individual (the self/holism, hope/sense of meaning & purpose),**
- **Characteristics of the environment (basic material resources, social relationships, meaningful activities, peer support, formal services, formal service staff), and**
- **Characteristics of the exchange (choice, independence/interdependence).**



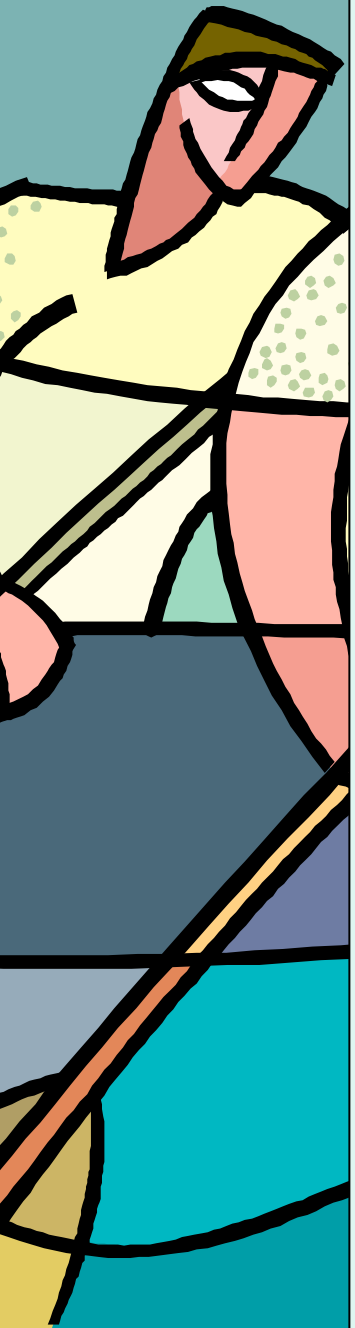
Recovery Practice Framework

- **Ecological Structure**
 - **Elements of the Person**
 - **Elements of the Environment**
 - **Elements of the Exchange**
 - **Emphasis on Interactions and Transactions**
- **Change Process**
 - **First Order**
 - **Second Order**
 - **Transtheoretical Change Model (Prochaska & DiClemente, 1983)**

Recovery Actualization

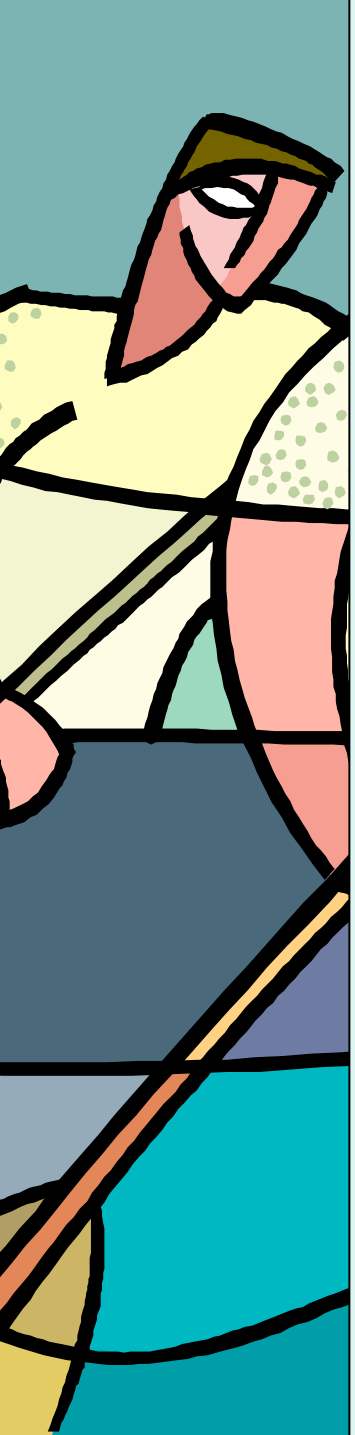


- Occurs within and builds upon the characteristics of the individual, the environment and the exchange
- A threefold strategy:
 - Building Recovery Knowledge, Skills and Competencies in the Individual
 - Facilitating Recovery Enhancing Environments
 - Social/Emotional Supports
 - Instrumental/Material Supports
 - Promoting Empowering Exchanges



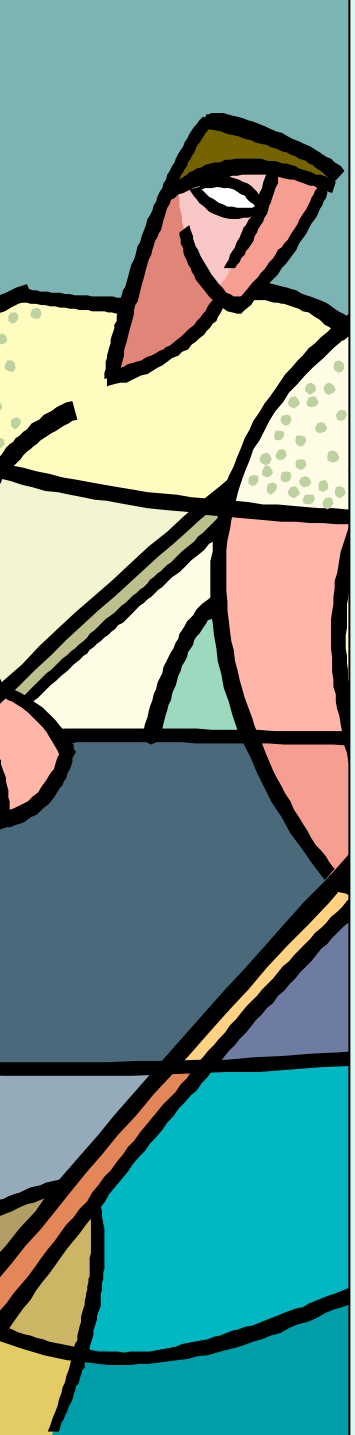
Person-Centered Elements of Recovery

- **Hope**
- **Sense of Agency**
- **Self-Determination**
- **Meaning and Purpose**
- **Awareness and Potentiality**



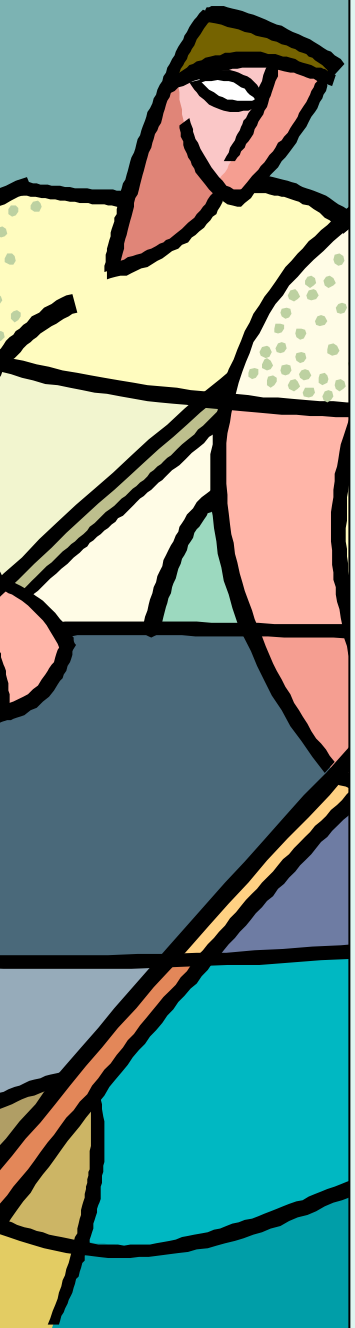
Hope

**“At least one
person who
believes in me”**



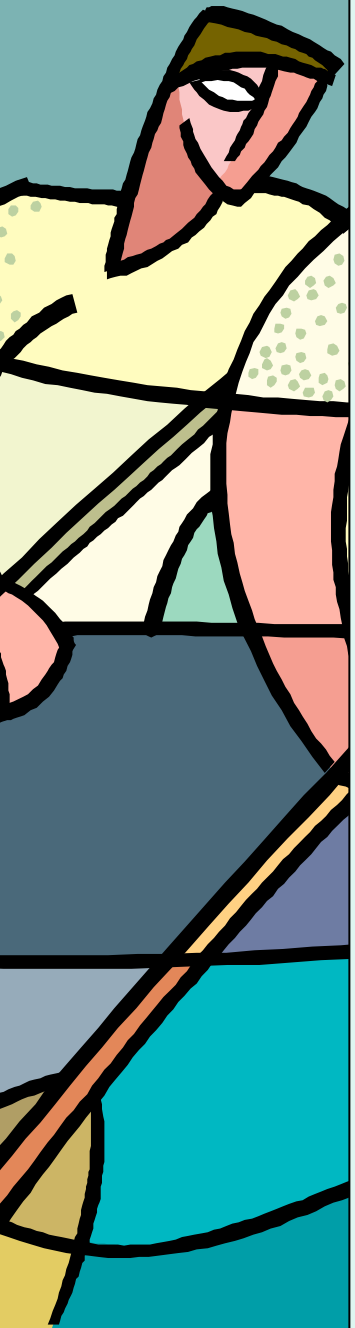
Hope tends to involve:

- **A Temporal Dimension - future focused**
- **A Potentiality Dimension - what you seek/desire is achievable**
- **An Agency Dimension - goal-directed determination**
- **A Pathway Dimension - available and accessible ways to reach what you seek/desire**
- **An Interconnectedness Dimension - links you to someone or something beyond yourself.**



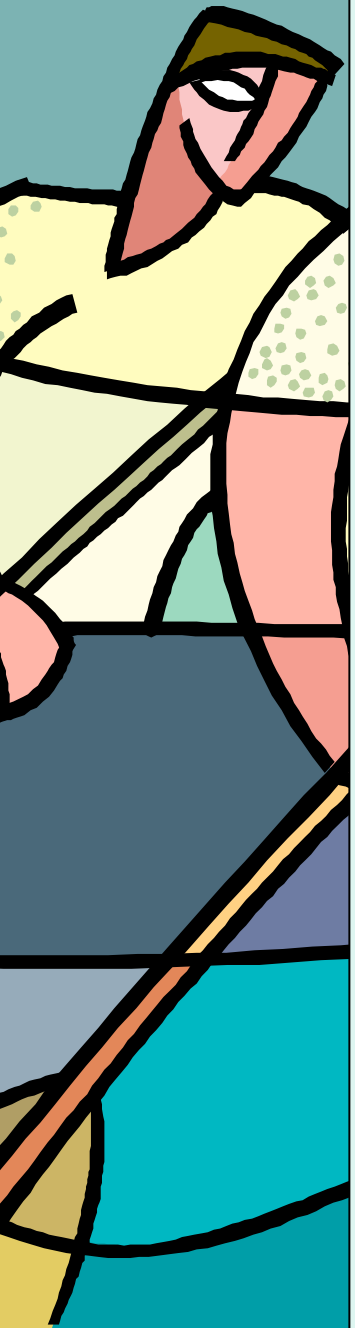
Sense of Agency

- **Goal-directed Determination**
- **Aware of own ability to face the challenges posed by:**
 - **Psychiatric disability**
 - **Treatment**
 - **Stigma imposed by the wider society**



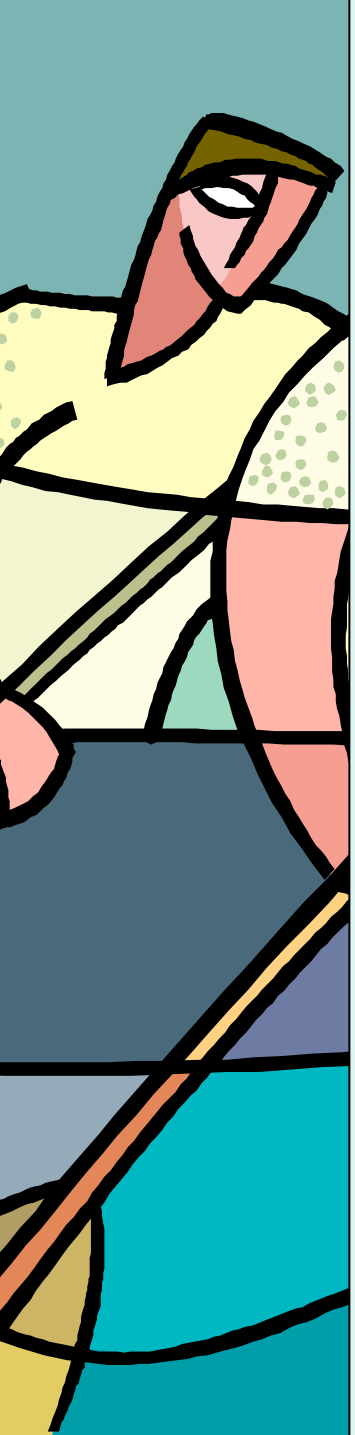
Self-Determination

- Exercising meaningful choice free from undue external influence or interference
- Is not possible in coercive service systems
 - Coercive systems limit/remove choices; use treatment, services, medication as means of social control
- External threats/ surveillance/ evaluation shift one's locus of causality from internal to external, making one feel less like the origin of one's behavior, less autonomous, less responsible for it, diminishing intrinsic motivation



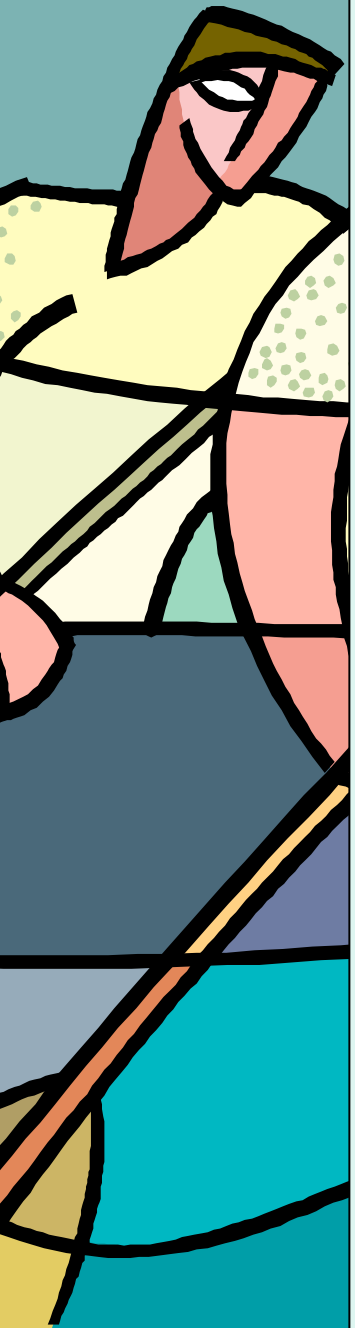
Meaning and Purpose

- **Constructed through various meaning-making processes**
 - **Development of hope, purpose, understanding of one's role in life**
- **Helps shape a positive sense of self over time, i.e., self-identity**
- **Fosters control of important outcomes, one's life destiny**
 - **Active engagement with one's resulting goals, triggering sense of agency**



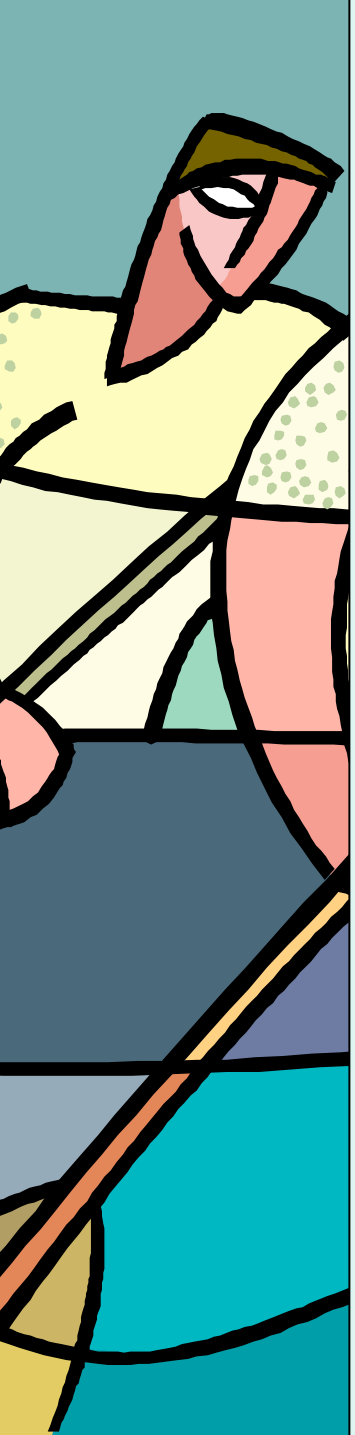
Awareness & Potentiality

- Awareness that positive change is possible
- Notion that one is capable of change
 - Precontemplation
 - Contemplation
 - Preparation
 - Action
 - Maintenance
 - Set Back



Re-Authoring Elements of Recovery

- **Coping**
- **Healing**
- **Wellness**
- **Thriving**

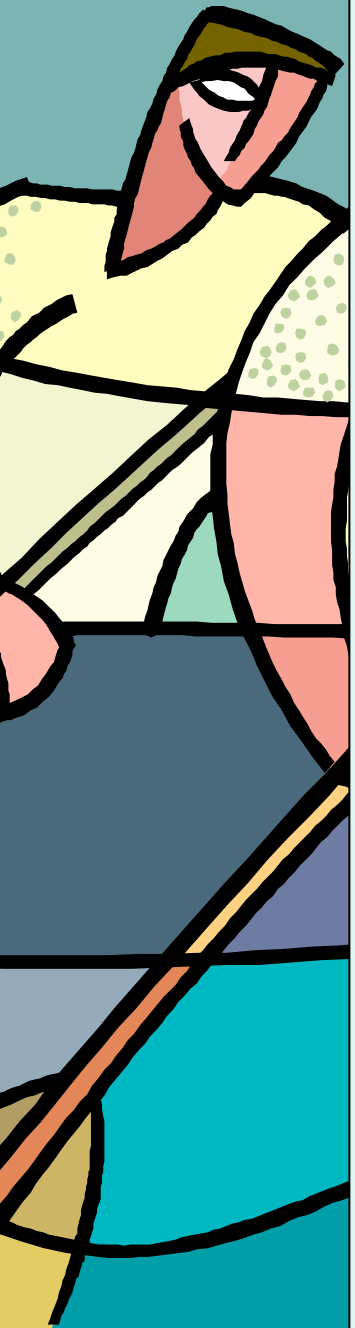


Coping

- Identifying and applying unique techniques that enable one to weather the illness

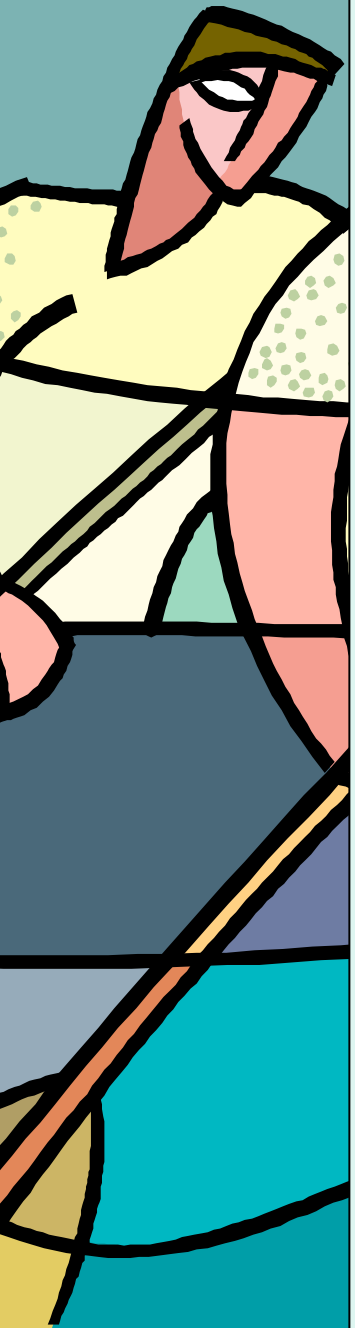
Healing

- Overcoming the harm incurred through one's experience with the illness as well as with the associated stigma and discrimination



The formal service system largely overlooks the central experience of **trauma** in psychiatric disorder

- **A trauma sensitive and healing culture is one of:**
 - **Belonging**
 - **Safety**
 - **Openness**
 - **Participation**
 - **Citizenship**
 - **Empowerment**



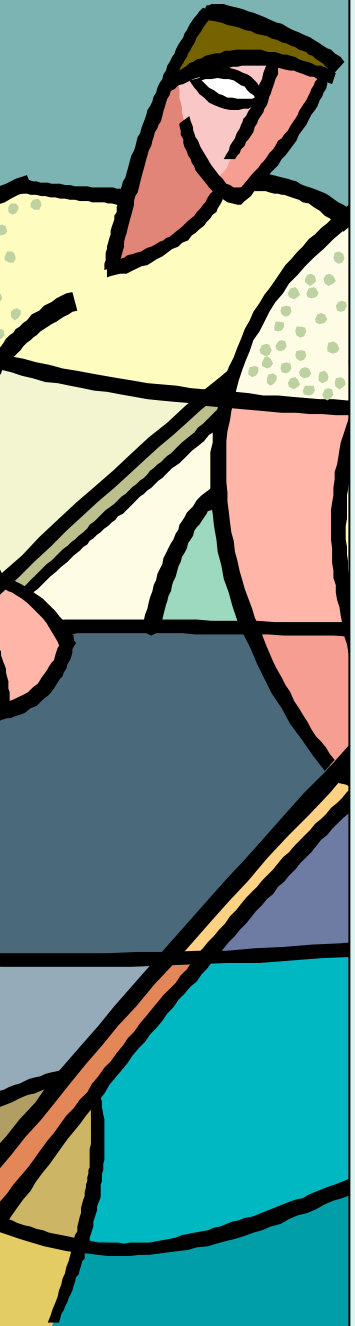
Wellness

- **Development and use of skills to promote health and care for self in a holistic way**

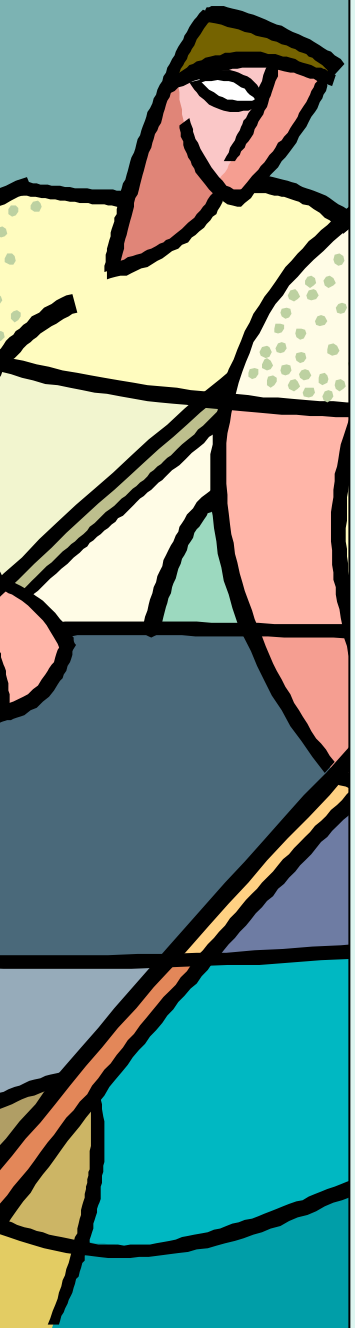
Thriving

- **Process in which one's experiences with traumatic life events lead the person to become better off than that person was beforehand**

Re-Authoring Practice



- People can be agents of power – can reclaim self-definition
- First Order Externalizing
 - Separating the person from the problem in such a way as to make the problem the problem
 - Challenging the assumptions that locate the problem within the person
 - No longer submitting and monitoring themselves accordingly “the way to be.”

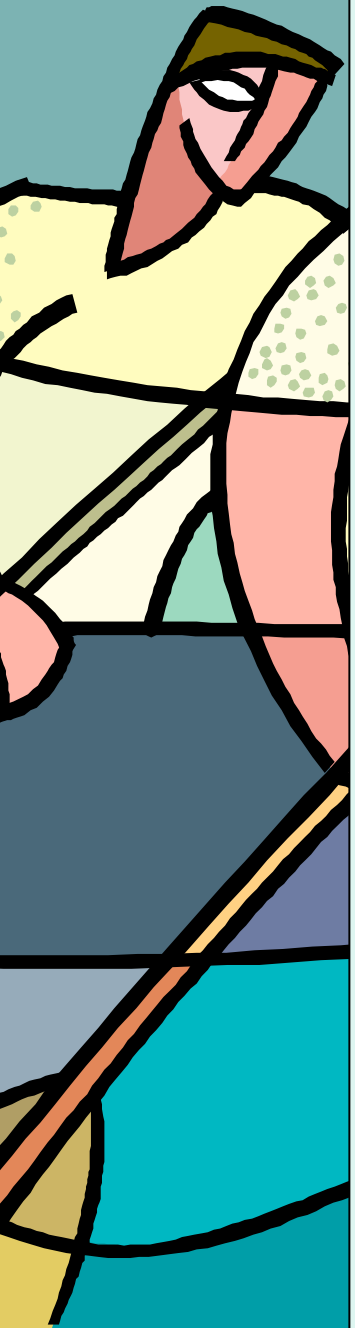


Intentional Interviewing

- **Understand how people experience and make sense of the world. What are their basic story lines and narratives?**
 - **Story** – the stories about their lives, their problems, challenges and issues, telling these in their own way
 - **Positive Asset** – listening for, identifying and uncovering positive strengths and assets - a positive asset search
 - **Restory** – generate new ways to talk about themselves
 - **Action** – bringing new ways of thinking and being into action

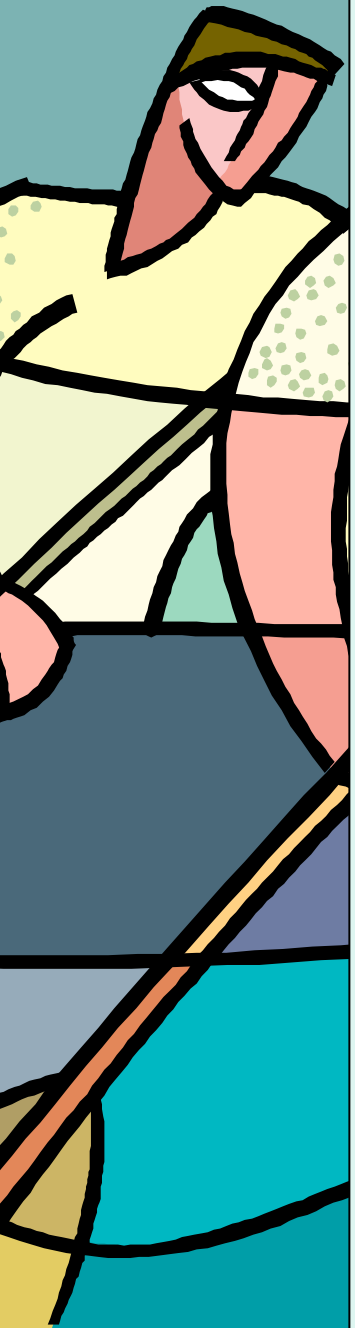
(Ivey & Ivey, 2003)





Community-Centered Elements of Recovery

- **Social Connectedness/Social Relationships**
 - Relationships that Work
 - Peer-to-Peer Connections
- **Social Circumstances/Social Opportunities**
 - Stigma and Discrimination
 - Substantial Freedoms (Sen) and Capacities Approach (Nussbaum)
- **Integration**



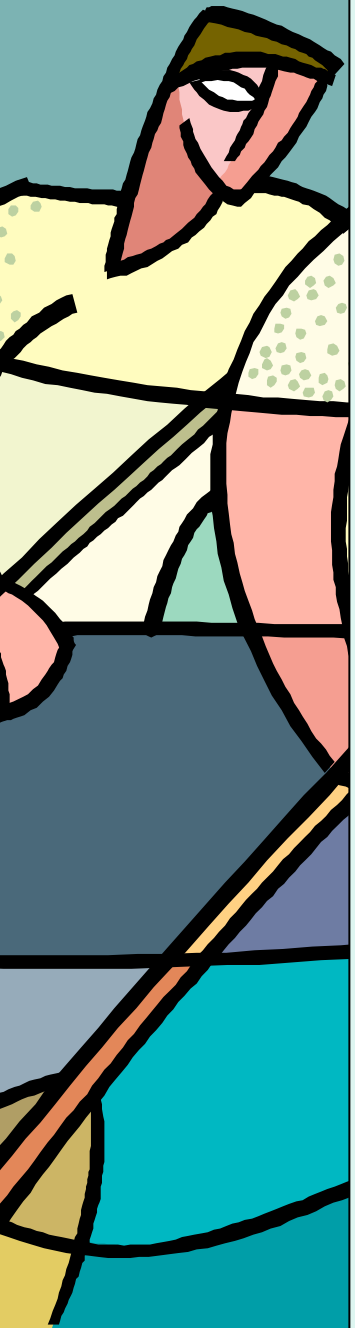
Social and Emotional Support

- **Secure Relatedness** - a core of active, connected, mutually supportive relationships
 - Fueled by belief that recovery is possible and this being supported by others
 - Fosters intrinsic motivation/active engagement/sense of agency
- **Enduring Partnerships** - respected as an equal, complete & accurate information & education, collaboration
- **Peer-to-Peer Connection** - social support



Main Thrust of Three Decades of Empirical Research: **Its the Relationship**

- A review of 1000 control studies, including 300 meta-analyses, involving psychotherapies found that the largest chunk of outcome variance that is not attributable to preexisting client characteristics (25%) involves the therapy relationship (10%) and then the individual therapist (9%), regardless of technique or school of therapy.

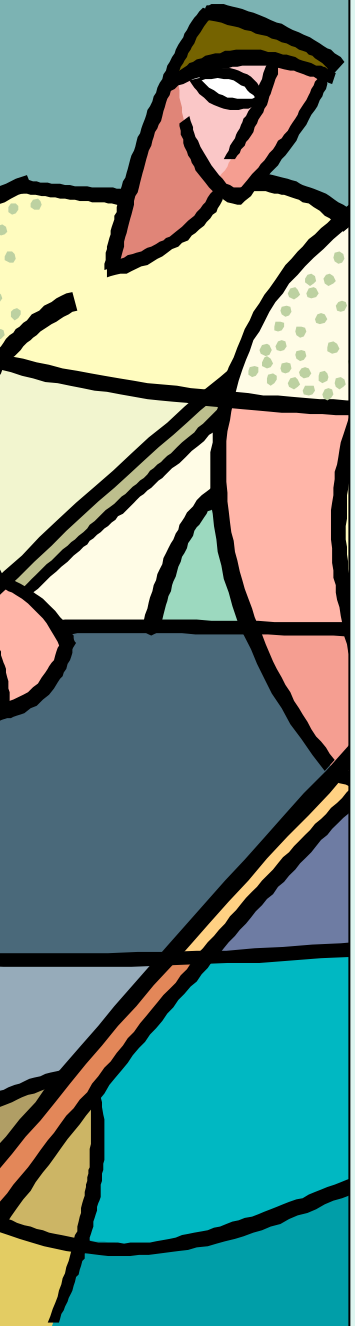


Relationships that Work

- **Customizing the Relationship to Match, Adapt and Respond to:**
 - **Coping Style**
 - **Stages of Change**
 - **Different treatments work better at different stages of change**
 - **Expectations**
 - **Resistance**
 - **High resistance people benefit more from self-control methods, minimal practitioner directiveness, by contrast**
 - **Low resistance people benefit more from practitioner directiveness and explicit guidance**

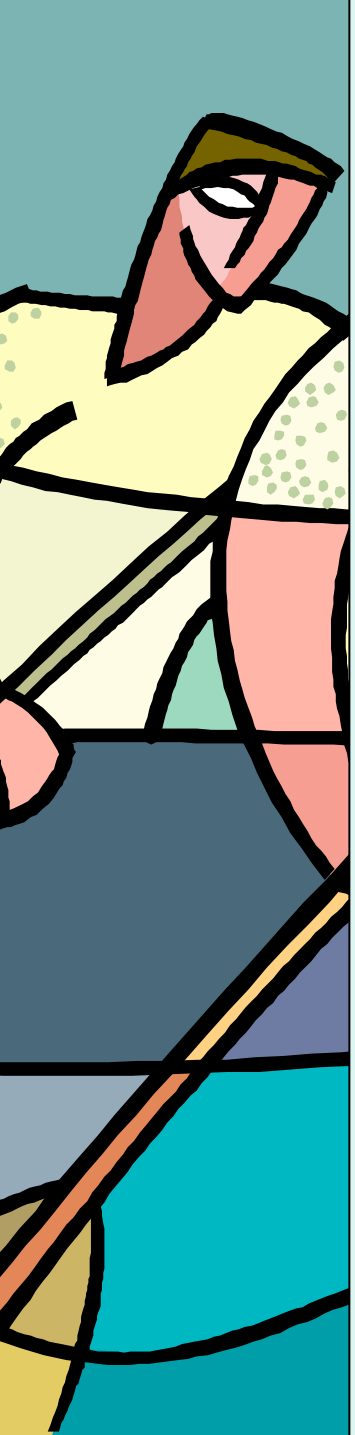
(Norcross, 2005)

Relationships that Work



- **Alliance/Relational Bond**
 - Quality and strength of the collaboration
 - Repair of alliance ruptures
- **Empathy**
 - Sensitive ability and willingness to understand the person's thoughts, feeling and struggles
 - Positive regard
 - Congruence/Genuineness
 - Feedback
 - Self-disclosure
 - Countertransference management
 - Quality of relational interpretations
 - Promotes person's exploration and active self-healing efforts
- **Goal Agreement & Consensus on tasks**

(Norcross, 2005)



Person-Centered Planning

- **There is agreement on**
 - **Goals**
 - **Tasks**
 - **Participation and roles**
- **Relationship with the provider is experienced as**
 - **Collaborative**
 - **Respectful**
 - **Understanding**
 - **Encouraging**
 - **Empathic**
 - **Trusting**
 - **Hopeful**
 - **Empowering**

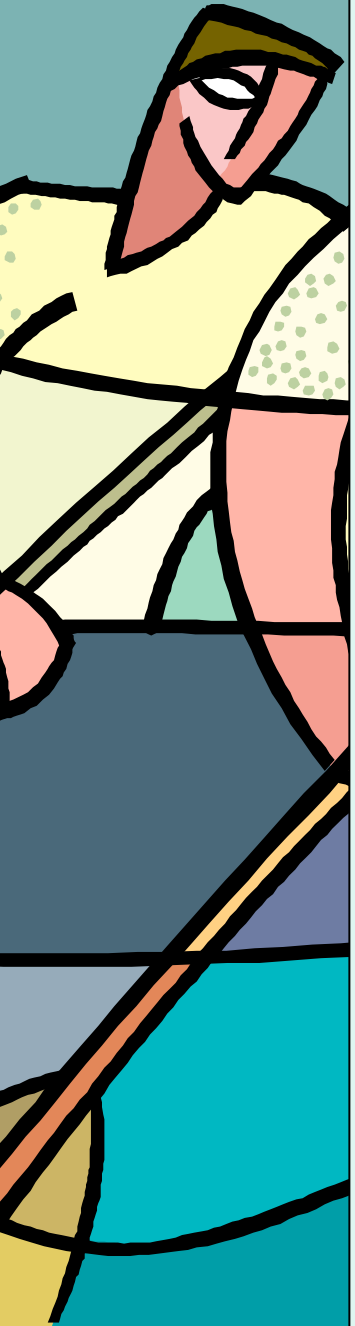
(Adams & Grieder, 2005)

Cultural Competence and Responsiveness



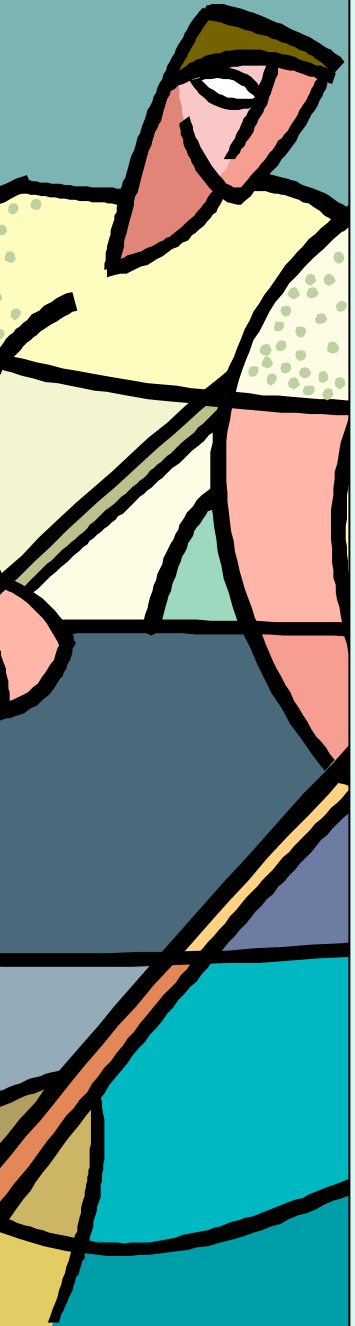
- **At the heart of person-centeredness**
 - **Account for heterogeneity within and across cultures**
 - **Account for homogeneity within and across cultures**
- **Preference for participation may vary based on culture**
 - **Sense of agency may be family (birth or choice), tribe or other network form**
 - **There are instances in which person-centered could mean more provider facilitation**

Peer-to-Peer Connection



- **Helping one self through helping others, experiential knowledge/self-help, role models, sense of normalcy & understanding**
- **Counteracting internalized life scripts regarding chronicity/pathology/helplessness with those emphasizing self-responsibility and self-management**
- **Consumers empowering consumers through building of community**
- **Taking of collective action by consumers against the effects of oppressive forces in their lives**

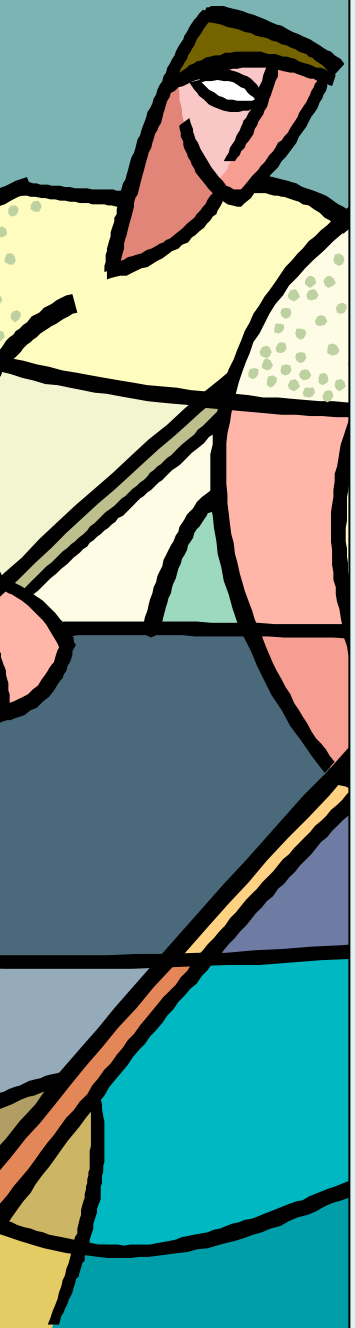
Peer-to-Peer Looks Like...

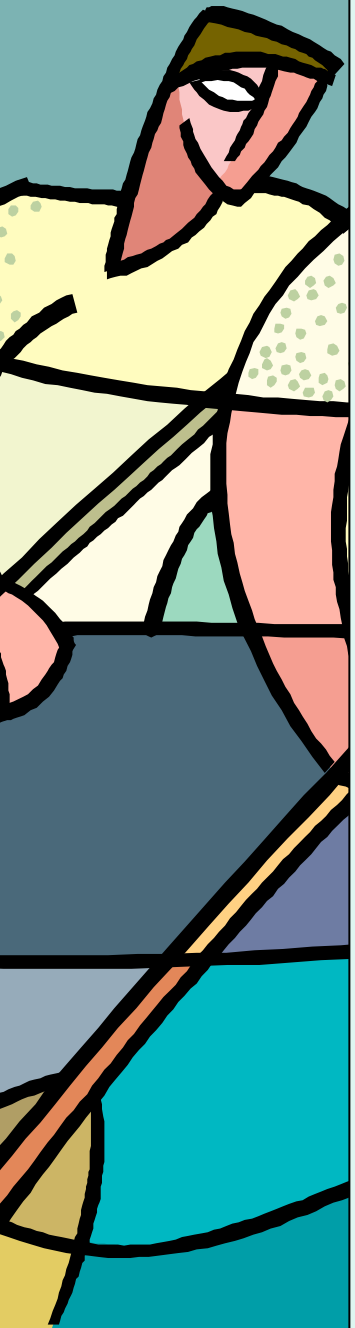


- **Self-help/mutual support groups (GROW, Depression & Bipolar Support Alliance)**
- **Peer-to-peer services (Georgia Certified Peer Specialists)**
- **Peer-to-peer education (Bridges, Vision for Tomorrow)**
- **Mental health self-management (WRAP, Taking Charge)**
- **Self-directed care/money follows the person models**
- **Peer addiction recovery services (AA, Double Trouble)**
- **Advance directives for mental health care**
- **Employment of people in recovery in traditional programs**

Evidence Base

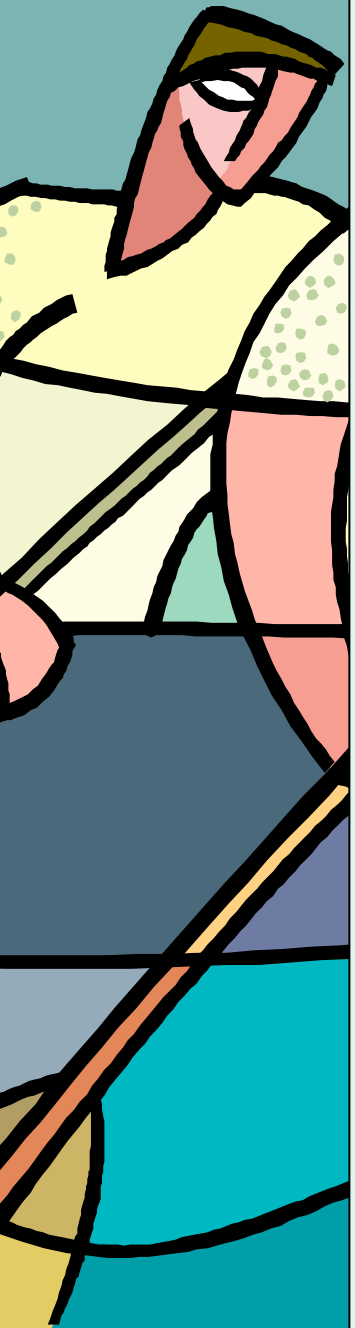
- **Randomized Controlled Consumer-Operated Service Program (COSP) Studies (Paulson et al., 1999; Solomon & Draine, 1999; Kaufmann, 1995; Edmunson et al., 1982; Campbell et al., 2005-8 sites)**
 - **All found COSP services equivalent or superior to control services**
- **Wellness Recovery Action Planning (WRAP) (Vermont Recovery Education Project, nd; Buffington, 2003)**
 - **Significant changes in knowledge of symptoms, symptom management, use of natural supports, hopefulness, development of crisis plan**
- **Psychiatric Advance Directives (Backlar, 2000; Southerby et al., 1999; Srebnik et al., 2004, 2005)**
 - **Significant increases in perceived control over mental health problems, involvement in care, and ability to express treatment preferences**
- **Self-Directed Care for Mental Health Recovery (Teague & Boaz, 2003; Cook & Russell, 2005)**
 - **Significantly greater satisfaction than comparison group with ability to obtain needed services & with progress toward goal attainment; significant increases in level of functioning & days in the community compared to pre-program levels**





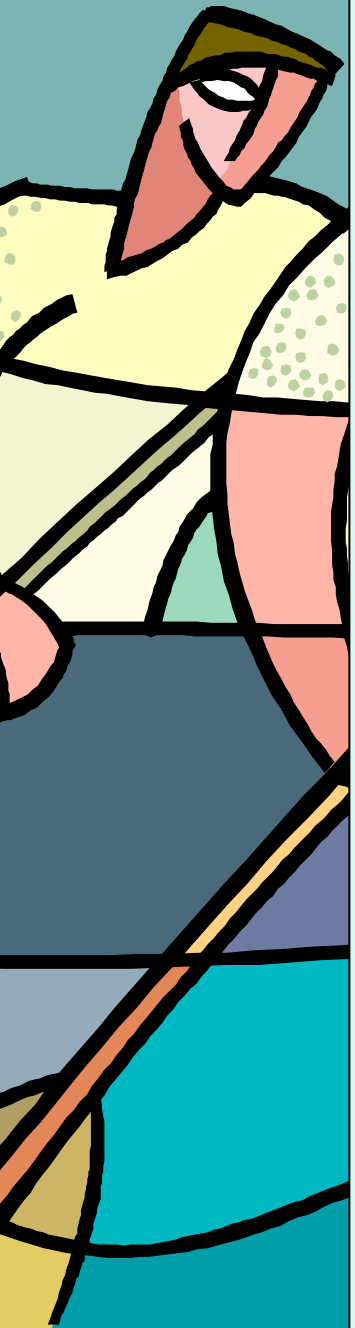
Instrumental/Material Supports

- **Housing** – a place that is safe, private, affordable, feels like home
- **Substantial Livelihood** – income one can live on, transportation, phone
- **Physical Health** – full health, dental & prescription coverage and access
- **Meaningful Activity** - work, education, volunteer, advocacy
- **Mental Health** – accessible, flexible, individualized, noncoercive, effective, consistent, consumer driven services
- **Holistic Approach** – mind-body, spiritual/emotional/mental/physical integration



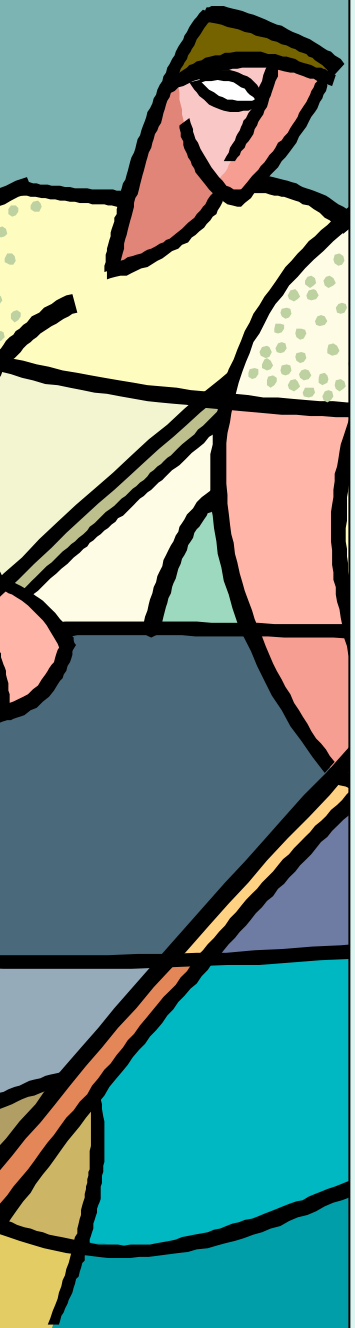
Basic Material Supports

- **Human Rights**
 - **International Declaration of Human Rights**
- **Substantial Freedoms (Sen)**
 - **Basic Needs – Life, Bodily Health, Bodily Integrity**
 - **Reason, Emotion, Imagination**
 - **Social Connectedness: Affiliation, Social Respect**
 - **Nature and Play**
 - **Citizenship: Political and Material Control**



Capacities Approach (Nussbaum)

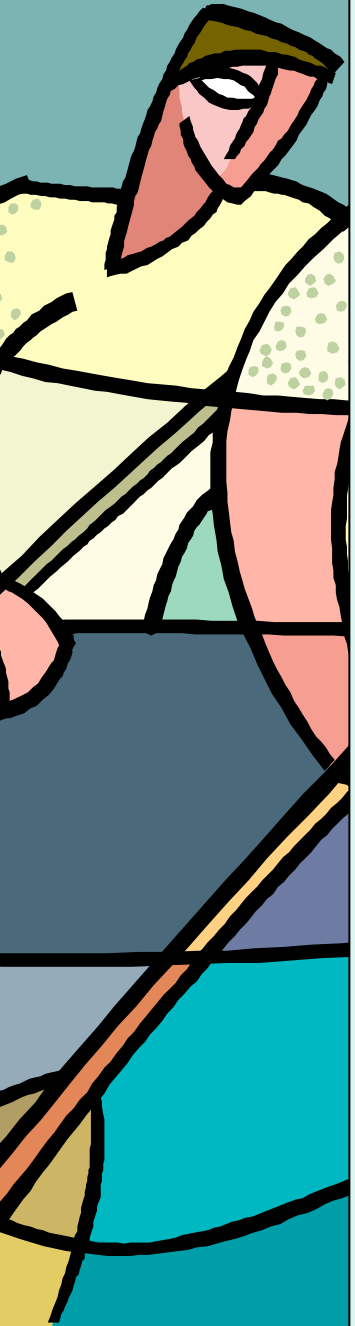
- **Everyone possesses capacity**
- **Capacity fosters action**
- **Enabling social circumstances and opportunities must be in place in order to develop and exercise the person-based capacity to act**



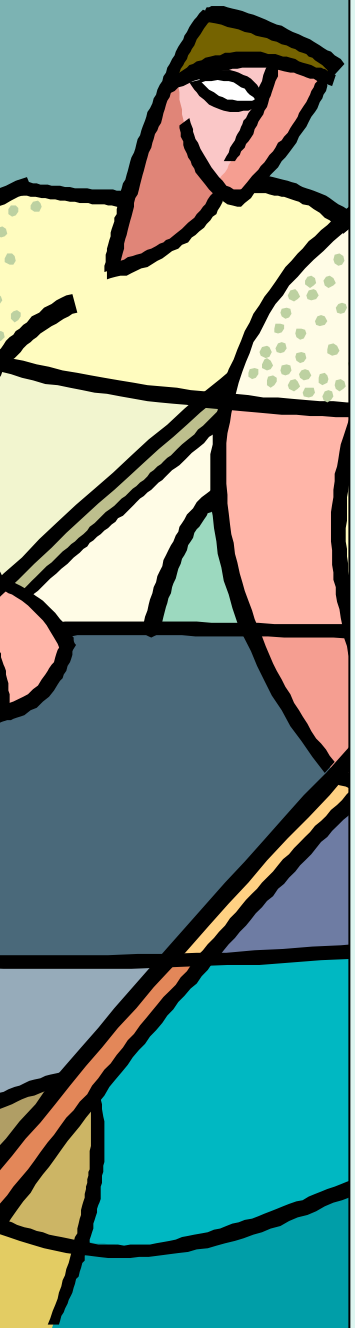
Exchange-Centered Elements of Recovery

- **Choice among Meaningful Options**
 - **Risk Taking**
- **Social Functioning and Social Roles**
 - **Interdependence**
- **Power**
 - **Vital Engagement**

Choice

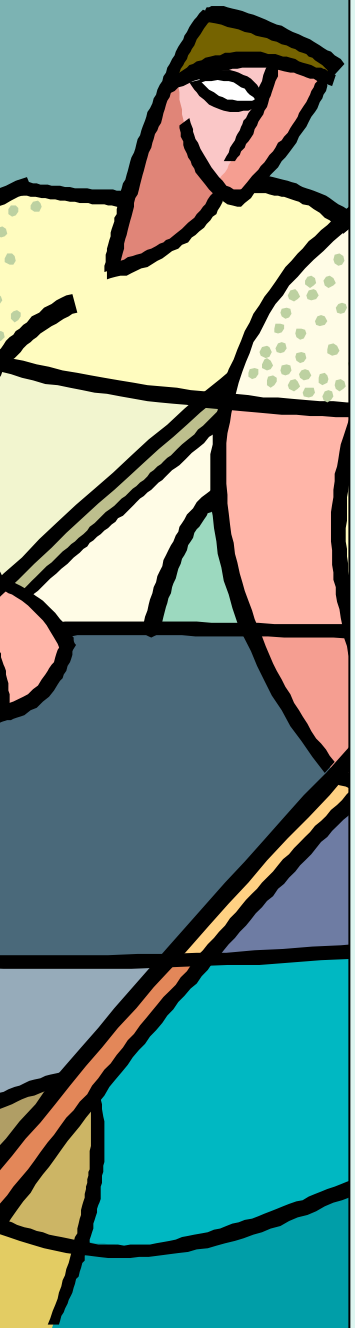


- **Exchange characterized by having choices among meaningful options, competencies in making choices, & ultimate decision making power**
 - **Access to relevant, accurate information is critical**
 - **Having options - alternative paths that are accepted as legitimate or not blocked**
 - **Opportunities for choice-making and to build choice making competencies**
 - **Taking responsibility for choices - the right to take risks, make a mistake, to fail**
- **Fosters self-governance, self-responsibility, resiliency, flourishing**



Interdependence (Condeluci 1991)

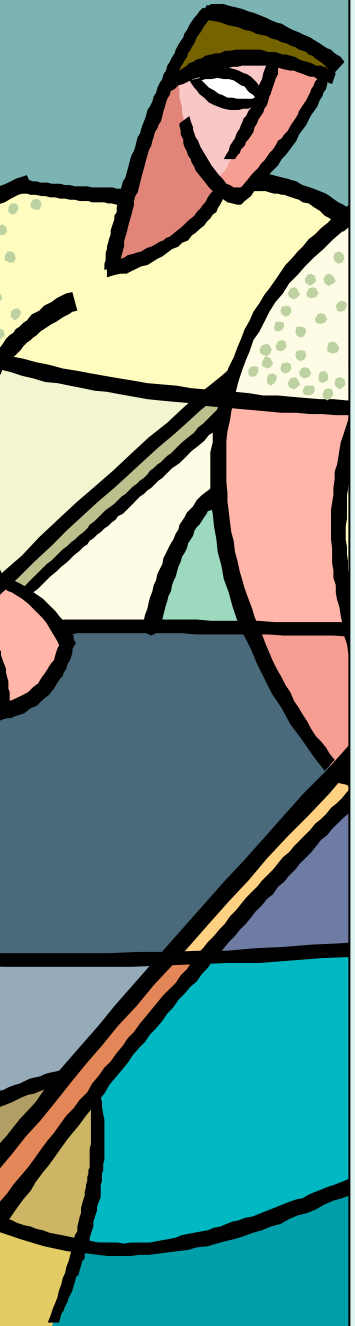
- **Interdependence - relationships that lead to a mutual acceptance & respect - diverse people come together in a synergistic way to create an upward effect for all.**
- **Defines the problem not from what is wrong with the person, but from the context of limited supports to allow the person the opportunity to participate and advance - it repositions the problem to be deficit in service system and/or cultural-social structure by not having appropriate supports for full participation.**
- **Achieving independence moves from being measured by the quantity of tasks one can perform by him or herself, to that of the quality of life one can have with supports.**



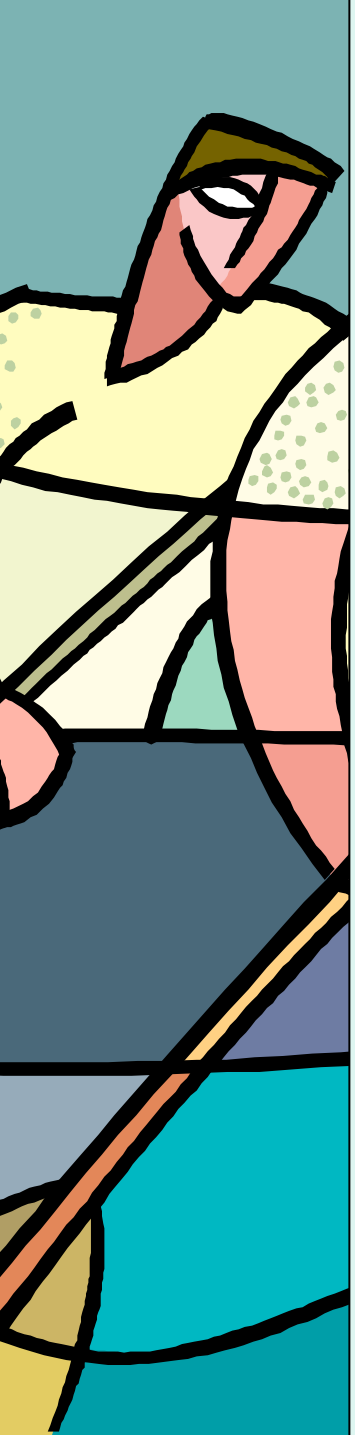
Vital Engagement

- Opportunities for meaningful activities and engagement in life - characterized both by flow, or enjoyed absorption, and by meaning, or subjective significance
- Dynamics of flow facilitates the stretching of capacities, to find flow in what one is doing is to grow - competency building
- One derives a sense of meaning and significance from vital engagement, can deepen over time
- Perpetuated in part through one's membership in a community of practice and interactions with other members of the community
- Set of enjoyed pursuits expands over time, exposing one to to new activities, encounters, people, communities, or institutions

Vital Engagement



- **Meaningful, flexible employment often described as the best therapy there is**
 - **Access to, and choice among work opportunities and career development**
- **Other avenues of meaningful activity include knowledge development and educational opportunities**
 - **The intrinsic value in learning, volunteer work, artistic expression**
- **Engagement in advocacy as a means to gaining voice, of moving towards self-determination and recovery**
 - **Self-advocacy is integral to self-determination**
 - **Group advocacy activities can trigger referent power opportunities, and provide people with a sense of being members of an extended community**



**“When you
change the way
you look at
things, the things
you look at
change.”**



Excellence is the result of:

Caring more than others
think is wise,

Asking more than others
think is safe,

Dreaming more than others
think is practical,

And **expecting more** than
others think is possible.

Unknown

