

*Preparing the Adult Mental Health Workforce  
to Succeed in a Transformed System of Care*



**An Introduction to  
Recovery, Hope  
and Resiliency**



**Module III  
NASMHPD/OTA  
Workforce Curriculum  
Module developed by Huckshorn,  
LeBel, Putnam and Jorgenson  
2009**

# Learning Objectives (handout)

Upon completion of this module the participant will be able to:

1. Describe the concept of Recovery
2. Define the concept of Resiliency
3. Identify some of the key components of Recovery
4. Understand the importance of supporting *Hope* in Recovery



# *Hope, Recovery, and Resiliency*

*In order to work together to reach our destination-  
a recovery focused mental health system...we  
need a common ground...a language that makes it  
possible for everyone involved to communicate  
effectively, and to interpret, embrace, and apply  
these concepts with a shared understanding*

Kathryn Power, 2004

*...Finally I went into the office (reluctantly and at the insistence of my husband and daughter) and said that I was there under duress and did not believe there was any help for me....*

*...He listened and talked to me as if I were a real person and his equal. He told me he had treated several hundred people like me, but I was the only expert on my situation. My healing began then, at that moment...*



Mary Ann Beall

# *Recovery and Resiliency*

In 2003, *The President's New Freedom Commission on Mental Health* recommended the identification of **recovery** as its legitimate goal. (*The President's New Freedom Commission on Mental Health*, 2003)



# New Freedom Commission Vision Statement

We envision a future where everyone with a mental illness will recover, a future when mental illnesses can be prevented or cured, a future when mental illnesses are detected early, and a future when everyone with a mental illness at any stage of life has access to effective treatment and supports - essentials for living, working, learning, and participating fully in the community

*(New Freedom Commission, 2003)*

# Definitions of *Recovery*

*...the process in which people are able to live, work, learn, and participate fully in their communities. For some, recovery is the ability to live a fulfilling and productive life despite a disability. For others, it implies the reduction or complete remission of symptoms*

*(New Freedom Commission, 2003)*



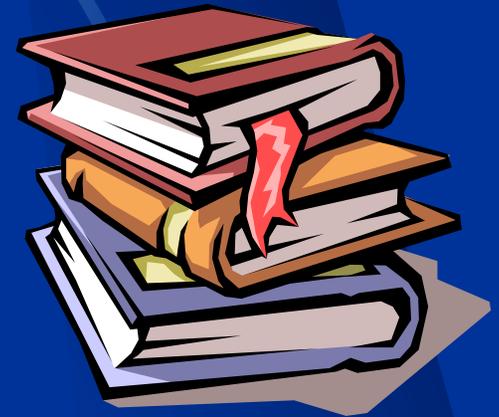
# Definitions of *Recovery*

Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential (USDHHS, 2005)



# Definitions of *Recovery*

“Recovery is a deeply personal, unique process of changing ones values, feelings, goals, skills, and roles. It is a way of living a satisfying, hopeful, and contributing life, with or without limitations caused by the illness” (Anthony *et al*, 2002, p. 31)



# The Arts in Recovery

*From nine years old until recently I have been hospitalized many times. The thing that I have found to be most helpful is the use of the arts and being able to go out and share face to face my experiences with other peers, particularly at drop-in centers. There I can share that recovery is possible*



**Sharon Wise**

# Resiliency

Resilience is the personal and community quality that enables us to rebound from adversity, trauma, tragedy, threats, or other stresses--to go on with life with a sense of mastery, competence, and hope. (*New Freedom Commission, 2003*)



# Promoting Resiliency

- Take a strength-based approach to promoting well-being
- Identify known risk and protective factors, and focus on those that are malleable
- Keep in mind that the most effective approaches to enhancing resilience are those that take an ecological approach to reduce risks and enhance protection at the individual, family, and community levels

(SAMHSA, 2007)



*What I recovered is what I lost and what I lost was myself. Being believed about my trauma issues is what has been helpful in my recovery; also support from my peers when I needed it*

Pat Risser



# *Transformation, Recovery and Resiliency*

**Recovery:** Journey of healing and transformation enabling a person with a mental illness to live a meaningful life in the community of his or her choice while striving to achieve his or her potential

*(National Consensus Statement on Recovery, 2005)*

# The National Consensus Statement on Recovery: Fundamental Components

Self Direction  
Empowerment  
Individualized  
Holistic  
Non-Linear



# The National Consensus Statement on Recovery: Fundamental Components

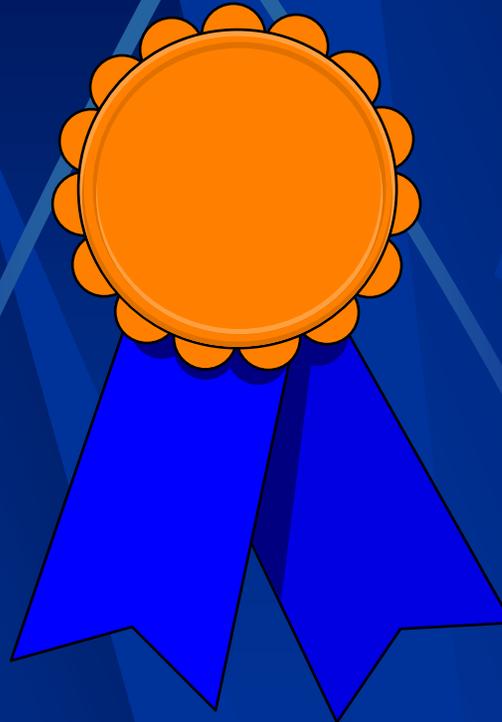
Strengths-Based

Respect

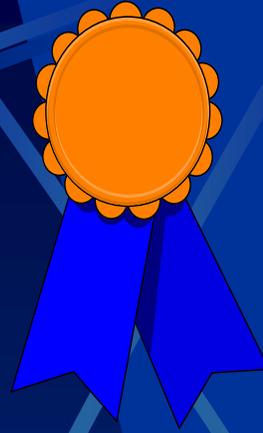
Peer Support

Responsibility

Hope



# Recovery and Hope



The role of the staff is central. It means that we constantly act in ways that communicate the *potential* every person has for a better life, even when that person cannot believe in themselves

*(Davidson et al, 2005)*

*After numerous hospitalizations and medication regimes for a period of more than 30 years, I have recovered. Following a lengthy period in the hospital, I was drawn to the PEER Center in Fort Lauderdale, Florida.....I was able to offer them assistance as a volunteer. I found that it was exactly what I needed in my life...becoming a productive person. I needed to be needed and to feel that I was capable of accomplishing something useful. It was the beginning of my recovery*



Ed Pazicky,  
Altered States of the Arts

# *Exercise*



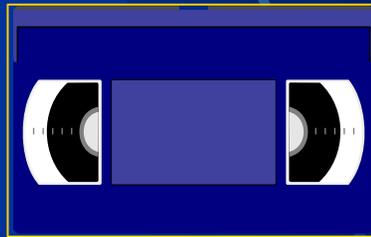
# Recovery and Hope

*Hope can and will come from the least suspected quarters, whether in the secret corner of our own hearts or of others*



L. Stuhl Mueller C.P.

# Optional Video: Recovery as a Journey of the Heart



Pat Deegan, PhD  
Boston University Center for  
Psychiatric Rehabilitation