

RECOVERY AND RESILIENCY

DSAMH PROMISE TRAINING PROGRAM

DECEMBER 23, 2014

OVERVIEW

Understand the Definition of Recovery in the Recovery Model

Understand Recovery From an Individual or Family Members Perspective

Peer Support Services and Growing Resiliency

Effectiveness of Peer Support

RECOVERY

Recovery Working Definition by 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.”

RECOVERY

Recovery for an individual:

- HOPE is the cornerstone of recovery
- Is different for each person and is self directed
- Involves different wants, needs, desires, diagnoses, experiences, and other factors
- Is about supporting him/her in finding meaning and purpose in their life

Recovery isn't about being cured of an illness, although some consumers report that, it involves improving the quality of one's life.

PARADIGM SHIFT

FROM

- Focused on symptoms, illness, deficiency.
- Provider directed- client roles in pursuit of treatment goals.
- Motivation for change is punitive.
- Medication compliance is paramount.
- Responsibility for treatment and progress rests on provider.
- Services are embedded in Mental Health System.

TO

- Focused on strengths, goals, where we are going,
- Partnership based on valued roles, empowerment,
- Motivation for change based on individuals' goals,
- Medication is based on informed choice and individual values,
- Individual supported to assume responsibility for self monitored behavior,
- Emphasis on the use of natural community resources

FIVE STAGES IN THE RECOVERY PROCESS

Impact of Illness

The person is overwhelmed and confused by disabling power of the illness.
The task is to decrease the emotional distress by reducing the symptoms.

Life is Limited

The person has given into the disabling power of the illness and is not ready/able to make a change.
The task is to instill hope, a sense of possibility, and to rebuild a positive self-image.

Change is Possible

The person is beginning to question the disabling power of the illness and believes that his/her life can be different.
The task is to empower the person to participate in his/her recovery by taking small steps.

Commitment to Change

The person is challenging the disabling power of the illness and is willing to explore what it will take to make changes.
The task is to help the person identify his/her strengths and needs in terms of skill, resources and supports.

Actions for Change

The person is moving beyond the disabling power of the illness and is willing to take the responsibility for his/her actions.
The task is to help the person use his/her strengths and to get the necessary skills, resources and supports.

THE PATHWAY TO RECOVERY INCLUDES:

Hope

Individualized & Person- Centered

Self-Direction

Empowerment

Non-Linear

Strengths-Based

Peer Support

Respect

Responsibility

Holistic

THE IMPORTANCE OF PEER SPECIALISTS

Peer Specialists Can Assist Consumers By:

Identifying the stage of recovery they are in

Offering HOPE and optimism, sharing their recovery story, being grounded in their own recovery

Improve social networking

Improve quality of life

Promote Wellness

Improve Coping Skills

Support acceptance of illness/situation

Reduce Concerns

Increase satisfaction with health status

No one relates to an individual with a disorder better than someone who has gone through it themselves

Build RESILIENCE

Thank-you!

Upon completion of this curriculum, please send your name and that of your supervisor to the e-mail box: dsamhpromise@state.de.us as proof of your task completion.

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