Recovery Model

Adapted from:

- **SAMHSA's Working Definition of Recovery: 10 Guiding Principles of Recovery**

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- **New Freedom Commission on Mental Health, Achieving the Promise: Transforming Mental Health Care in America. (Final Report)**

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Outline

1. Learning Objectives
2. Recovery Model
3. Ten Fundamental Components of Recovery
4. Four Major Dimensions that Support a Life in Recovery
5. The Way Forward

Learning Objectives

(Substance Abuse Mental Health Service Administration, 2016)

1. Be able to DEFINE Recovery and Resilience.

2. Know the TEN Fundamental Components of the Recovery Model.

3. Know the FOUR major dimensions that support a life in recovery.

4. Be able to EXPLAIN the importance of the Recovery Model.

Recovery Model

- A non-linear process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Recovery-Oriented Systems of Care

- Recovery-Oriented Systems of Care (ROSCs) are designed to help individuals recover from behavioral health problems across their lifespan by allowing choice, enhancing agency, and improving collaboration.

Recovery

In the final report of the New Freedom Commission on Mental Health:

Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. 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.

(New Freedom Commission Report, 2003)

Resilience

In the final report of the New Freedom Commission on Mental Health:

Resilience means the personal and community qualities that enable us to rebound from adversity, trauma, tragedy, threats, or other stresses — and to go on with life with a sense of mastery, competence, and hope. We now understand from research that resilience is fostered by a positive childhood and includes positive individual traits, such as optimism, good problem-solving skills, and treatments. Closely knit communities and neighborhoods are also resilient, providing supports for their members.

(New Freedom Commission Report, 2003)

Ten Fundamental Components of Recovery

1. Recovery emerges from hope
2. Recovery is person-driven
3. Recovery occurs via many pathways
4. Recovery is holistic
5. Recovery is supported by peers and allies
6. Recovery involves individual, family, and community strengths and responsibility
7. Recovery is supported through relationship and social networks
8. Recovery is culturally-based and influenced
9. Recovery is supported by addressing trauma
10. Recovery is based on respect

(Substance Abuse Mental Health Service Administration, 2013)

Recovery emerges from hope

- The belief that recovery is real provides the essential and motivating message of a better future—that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery emerges from hope
(continued)

- Hope is internalized and can be fostered by peers, families, providers, allies, and others. **Hope is the catalyst of the recovery process.**

(Substance Abuse Mental Health Service Administration, 2013)

Recovery is person-driven

- **Self-determination and self-direction are the foundations for recovery** as individuals define their own life goals and design their unique path(s) towards those goals.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery is person-driven
(continued)

- Individuals optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery occurs via many pathways

- Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds—including trauma experience—that affect and determine their pathway(s) to recovery.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery occurs via many pathways (continued)

- Recovery is nonlinear, characterized by continual growth and improved functioning that may involve setbacks.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery occurs via many pathways (continued)

- Recovery pathways are **highly personalized**. They may include professional clinical treatment; use of medications; support from families and in schools; faith-based approaches; peer support; and other approaches.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery is holistic

- **Recovery encompasses an individual's whole life, including mind, body, spirit, and community.** The array of services and supports available should be integrated and coordinated.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery is supported by peers and allies

- Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery is supported by peers and allies (continued)

- By fostering collaboration professionals can also play an important role in the recovery process by providing clinical treatment and other services that support individuals in their chosen recovery paths.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery involves individual, family, & community strengths and responsibility

- Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. In addition, individuals have a personal responsibility for their own self-care and journeys of recovery. Individuals should be supported in speaking for themselves.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery is supported through relationship & social networks

- An important factor in the recovery process is the **presence and involvement of people who believe in the person's ability to recover**; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery is culturally-based and influenced

- Culture and cultural background in all of its diverse representations—including values, traditions, and beliefs—are **keys in determining a person's journey and unique pathway to recovery.**

(Substance Abuse Mental Health Service Administration, 2013)

Recovery is supported by addressing trauma

- The experience of **trauma** (such as physical or sexual abuse, domestic violence, war, disaster, and others) is often a precursor to or associated with alcohol and drug use, mental health problems, and related issues.

(Substance Abuse Mental Health Service Administration, 2013)

Recovery is based on respect

- Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems—including protecting their rights and eliminating discrimination—are crucial in achieving recovery.

(Substance Abuse Mental Health Service Administration, 2013)

Four major dimensions that support a life in recovery

Dimensions of Recovery

(Hamrah, 2016)

1. Health
2. Home
3. Purpose
4. Community

(Substance Abuse Mental Health Service Administration, 2013)

The Way Forward

Medical Model

- Professional in charge
- Focus on illness and dysfunction
- Focus on disability and lack of competence
- Directive
- Tends to be reductionistic
- Linear

Recovery Model

- Client centered
- Focus on wellness and function
- Focus on ability and competence
- Collaborative
- Tends to be holistic
- Non-linear

The Way Forward

It is critical that treatment professionals and communities develop coalitions to reduce stigma and promote the role of resilience, resistance, and recovery in prevention, health promotion, and treatment.

The Way Forward

Recovery-oriented systems support person-centered and self-directed approaches to care that build on the strengths and resilience of individuals, families, and communities to take responsibility for their sustained health, wellness and recovery.

The Way Forward

- What does an unsuccessful program look like?

- What does a successful program look like?

Questions

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