

Recovery 101

An Introduction to Strength Based Recovery



San Mateo County
Behavioral Health and
Recovery Services



Office of Consumer and Family Affairs

June 26, 2018

Recovery 101 –An Introduction to Strength Based Recovery



Articulate the SAMHSA Working Definition of Recovery



Identify the Four Cornerstones of Recovery



Review SMC BHRS in relationship to SAMHSA's Guiding Principles of Recovery



How a Recovery Model of Treatment Relates to Systems of Care

A “good” and “modern” system of care provides treatment and recovery, and resiliency supports to promote social integration and optimal health and productivity’. - SAMHSA

The recovery goals, as identified by the clients should dictate the services we provide. (SAMHSA 2011)





SAMHSA's Working Definition of Recovery

‘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 may be a journey, but if you never get anywhere it can quickly turn into a treadmill. - Joe Marrone

SAMHSA'S Four Cornerstones of Recovery



Health



Home



Purpose



Community

SAMHSA'S Four Cornerstones of Recovery



Health

Overcoming or managing one's disease(s) or symptoms (primary health, mental health or addictions) ... and for everyone in personal recovery, making informed, healthy choices that support physical and emotional wellbeing. - SAMHSA



SAMHSA'S Four Cornerstones of Recovery



Home

A stable and safe place to live



Example: Using WRAP for Housing Goals

- Improved quality of life and promoted 'Living Well' regardless of housing situation
- No one that we know of lost their housing after taking the course
- Helped clients create a Wellness Plan for life during and after homelessness

SAMHSA'S Four Cornerstones of Recovery

PURPOSE

If work makes people with mental illness sick, what do unemployment, poverty and social isolation cause? - Joe Marrone



Purpose

Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society

SAMHSA'S Four Cornerstones of Recovery



Loneliness is a key factor in addiction, mental health and wellness ... social connections matter. Clinical and peer staff are well-positioned to support connection inside of clinics and in the community



Community

Relationships - family, friends and social networks that provide support, friendship, love, and hope

Treatment Model

- Goal: Treat Illness
- Recovery is objective
- A return to a former state of health or abstinence (a destination)
- Diagnosis is 'sticky'
- Care is illness-focused
- Outcomes include reduced symptomology, reduced institutionalization, and appropriate medication use (reduced or consistent), and increase in level of functioning

Recovery Model

- Goal: Improve Lives
- Recovery is subjective
- Driven by personal lived experience of behavioral health challenges and wellness (a journey)
- Diagnosis is not permanent (can be cured or be in remission)
- Care is person-focused
- Outcomes include empowerment, hope, self-advocacy, choice, self-identified goals, healing, well-being, and control of symptoms

SAMHSA's Guiding Principles of Recovery

For every individual, recovery ...

Inspires Hope

Is Person Driven

Has Many Pathways

Is Holistic

Includes Peer Support

Is Relational

Is Influenced by Culture

Addresses Trauma

Addresses Stigma

Accesses Strengths/Responsibility

Support Is Based On Respect



Recovery 101 –An Introduction to Strength Based Recovery

**Recovery is a reality.
It can, will, and does happen.**

Bringing it home ...
Your Thoughts ...

- 1. Does your institutional culture support strength-based recovery?**
- 2. What barriers to recovery do our clients face?**
- 3. Is Peer Support effectively utilized in our system for clients and families?**