Recovery to Practice Initiative

Implementing Recovery-Oriented Practices In Behavioral Health Professions

American Psychiatric Association
American Association of Community Psychiatricians
Recovery Defined

Recovery from Mental Disorders and Substance Use Disorders:

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

Working Definition
SAMHSA, 2011
Fundamental Components of Recovery

- Self-DIRECTION
- Individualized and Person-Centered
- Empowerment
- Holistic
- Non-Linear

- Strengths-Based
- Peer Support
- Respect
- Responsibility
- Hope
Recovery was acknowledged as a key concept in

- U.S. Surgeon General’s Report on Mental Health 1999
- President’s New Freedom Commission on Mental Health (Achieving the Promise: Transforming Mental Health Care in America) 2003

These two documents agreed that recovery should be the goal for all mental health services and that to achieve this vision of recovery, a fundamental transformation of mental health care is needed.
In 2009, SAMHSA launched a 5-year Recovery to Practice initiative (with contractor Development Services Group, Inc.)

The Recovery to Practice initiative includes:

1. An online recovery resource center for mental health professionals
2. Recovery-oriented training materials for mental health professionals
Recovery to Practice Initiative

Professional Disciplines

- American Psychiatric Association/AACP
- American Psychiatric Nurses Association
- American Psychological Association
- Association for Addiction Professionals
- Council on Social Work Education
- International Association of Peer Supporters
Each of the Six Disciplines

- Based work on the 10 Fundamental Concepts of Recovery
- Significantly involved people in recovery
- Involved a steering/advisory group
- Conducted a extensive assessment (Situational Analysis)
- Pilot tested/revised educational materials
Interdisciplinary Collaboration

- SAMHSA, DSG, and Project staff from 6 groups met several times a year (in-person and via phone) – opportunity to share and learn from each other
- Several joint presentations at conferences
- Joint development of interdisciplinary case study (video)
- Direct participation in curriculum development (e.g., APA in APNA case video; iNAPS contribution to APA peer support module)
American Psychiatric Nurses Association

Acute Care Psychiatric–Mental Health Nurses: Preparing for Recovery-Oriented Practice

Pat Black, Ph.D., RN
Situational Analysis

- Little literature or training on recovery in psychiatric nursing
- Often don’t realize recovery is possible
- Need for education on recovery language and skills
- Need to increase partnership with consumers and peer recovery champions
- Hospital based nurses are positioned to implement recovery practices
Target Audience

Acute Care Psychiatric–Mental Health Nurses

- Point of contact for many individuals who enter the mental health system
- Clinical environment for students
RTP Nursing Curriculum

- 8.5-hour introductory course
- Facilitated—live and recorded content
- Interactive
- Recovery knowledge/skills/attitudes

American Psychiatric Nurses Association

RECOVERY to PRACTICE
An AMN and ANNP Collaboration
RTP Curriculum Topics

- Recovery and person-centered care
- Trauma-informed practice
- Self-assessment, attitudes, culture
- Language as a primary tool of recovery
- Recovery within Scope and Standards of PMH Nursing Practice
Contact Information

American Psychiatric Nurses Association

recovery@apna.org
apna.org/recovery
American Psychological Association
Reframing Psychology for the Emerging Health Care Environment
Situational Analysis

- Some individual psychologists on forefront of recovery movement, but not discipline overall
- Strength in the increasing number of psychologists who are in recovery
- APA’s Task Force on Serious Mental Illness and Severe Emotional Disturbance will be key in promoting recovery practices
Target Audience

Training directors and trainees in APA-accredited

- Doctoral programs
- Internship programs
- Postdoctoral programs
Curriculum Modules

Reframing Psychology for the Emerging Health Care Environment (15 modules)

- Introduction to Recovery Based Practice
- The Recovery Movement: Role of Psychologists and Health Care Reform
- Community Inclusion
- Scientific Foundations
- Assessment
- Person-Centered Planning
- Partnership & Engagement
- Interventions I: Guiding Principles and Integrated Framework
- Interventions II: Evidence Based Practices
- Interventions III: Promising or Emerging Practices and Supporting Services
- Health Disparities
- Systems Transformation
- Peer Delivered Services
- Issues in Forensic Settings
- Interventions in Forensic Settings
Curriculum Delivery & Components

Reframing Psychology for the Emerging Health Care Environment

- Delivery
- Online registration of sites
- Training manual
- Electronic dissemination of modules

Module Components (90 Minutes)
- Overview
- Terminology
- Consumer Participation
- Learning Objectives
- Lecture Notes
- Learning Activity
- Assessment Quiz
- Citations & Resources
- PowerPoint Slides
Making Inroads in Psychology

- More journal and newsletter articles
- Convention presence every year
- Presentations: Convention, state psych associations, training directors
- RAC/CATR members in APA and division leadership
- Social media
- Two endorsements from APA Task Force on Serious Mental Illness
- Possible new specialty in serious mental illness based on RTP curriculum
Contact Information

American Psychological Association

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NADAAC, the Association for Addiction Professionals

Recovery to Practice for Addiction Professionals Training Curriculum
Multi-Level Educational Approach

Target Audience:

Direct care addiction counselors who provide addiction treatment and recovery services.
Multi-Level Educational Approach

Electronic and Print Resources

For each goal and learning objective of the curriculum, NAADAC provided electronic resources for professionals to use and share

- Articles
- Research studies
- Training materials
Multi-Level Educational Approach

Webinar Series

- NAADAC produced 15.5 hours of original education
- Delivered live through nine Webinars
- All offered free to all professionals
- Free CEUs for NAADAC members
- All recorded and archived on NAADAC's website for later free viewing
Contact Information

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misti@naadac.org
NAADAC.org/recovery
Council on Social Work Education

Mental Health Recovery in Social Work

Adrienne Stokes, MSW
Situational Analysis

- Social work profession well-positioned to embrace recovery with history of addressing empowerment and social justice in way other professions may not
- Lacking particularly in involvement of peer support and consumers
- Some disconnect between intent and practice (e.g., believe in strengths-based approach, but in practice more of deficit model)
Target Audiences

Field Instructors
- 3 webinars (with CEs)
- Competencies for Recovery-oriented Social Work Practice
- Student Field Assessment
- Student exercises

Social Work Education Programs
- Posted webinars
- Competencies document
- Model Syllabi
- Student exercises
Products

- Resources and videos on website
- Webinars – live and on-demand
- CEU credits available
- Learning Networks (Aug-Sept)
Webinars

- Introduction to Mental Health Recovery in Social Work
- Mental Health Recovery Competencies in Social Work
- Infusing Recovery in Practice and Field Instruction
Future of Recovery at CSWE

Upcoming Learning Network Events

- In-person event at CSWE's Annual Program Meeting, Tampa, Fla. (late October 2014)
- Email recovery@cswe.org to join Recovery Learning Network!

Council on Social Work Education
Email: recovery@cswe.org
Website: www.cswe.org/Recovery
International Association of Peer Supporters (iNAPS)

Recovery to Practice Overview
Peer Specialists: persons with a lived history of mental illness and recovery journey who help others on their recovery journeys

"Nothing about us without us"

Situational analysis, input from peer specialists

- training varies from state to state; no national standards
- growing use of peer specialists, but still much misunderstanding need for continuing education
- desire for information on cultural competency, role of trauma, ethics issues
Topic Areas

- Recovery Basics
- Trauma-Informed Practices
- Wellness
- Peer Roles (ethics/boundaries)
- Co-Occurring Challenges
- Strengthening Workplace Relationships
- Multicultural Awareness
- Recovery Relationships
Training

Delivery
Collaborative learning—a process by which a facilitator or facilitators are co-learners and use a highly interactive approach to learning
- Role plays
- Activities
- Group discussions

Length
- 24 hours of in-person training
- 8 hours of pre-session "homework"
Contact Information

International Association of Peer Supporters
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Recovery-Oriented Care in Psychiatry

American Psychiatric Association/
American Association of Community Psychiatrists

Recovery-Oriented Care in Psychiatry
Recovery-Oriented Care in Psychiatry

Developed jointly by the American Psychiatric Association and the American Association of Community Psychiatrists

Target Audience

- Psychiatrists at all levels, especially public/community, inpatient, and emergency psychiatrists
- Residents and medical students
- Training providers
Recovery-Oriented Care in Psychiatry—Modules

1. Introduction to Recovery-Oriented Care
2. Engagement and Welcoming Environment
3. Person-Centered Planning and Shared Decision-Making
4. Peer Supports in Recovery
5. Role of Medication
6. Health and Wellness Focused Care
7. Developing Living Skills and Natural Supports
8. Culturally Appropriate Care
9. Trauma-Informed Care
Dissemination

- Online at www.psychiatry.org/recovery
  CME available

- In person
  Facilitated by psychiatrists and persons in recovery
Toolkit for Facilitators

- Project background information
- Copy of PowerPoint slides with speaker notes
- Suggested discussion questions for audience
- Case studies with discussion
- Questions and key points
- References and resources lists
- Instructions and tips on presenting the training
Contact Information

American Psychiatric Association

www.psychiatry.org/recovery

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Online Recovery Resources

Recovery to Practice Website

www.samhsa.gov/recoverytopractice
Online Recovery Resources

Frequently Asked Questions (FAQs)
Thirty of the Most Frequently Asked Questions about Recovery and Recovery-Oriented Practice (along with some beginning answers)

Webinar Series

E-Newsletter

Weekly Highlights
More Information

The RTP Resources Center:
www.samhsa.gov/recoverytopractice/Webinars.aspx

To join the RTP listserv:
www.samhsa.gov/recoverytopractice/JoinListserv.aspx

Contact DSG:
RecoverytoPractice@dsgonline.com