

## Recovery Refresher

**St. Clair County  
Community Mental Health**  
*Promoting Discovery & Recovery Opportunities  
for Healthy Minds & Bodies*

2024

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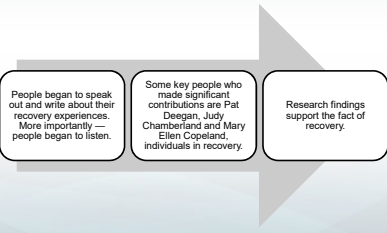
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## Recovery Beginnings



People began to speak out and write about their recovery experiences. More importantly — people began to listen.

Some key people who made significant contributions are Pat Deegan, Judy Chamberland and Mary Ellen Copeland, individuals in recovery.

Research findings support the fact of recovery.

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## Aspects of Recovery

Recovery is a common human experience. Everyone has recovered from something, i.e. loss of a loved one, illness, job loss, divorce, etc.

Recovery is about:

- Developing new meaning and purpose in life (W. Anthony, 1993).
- Developing and further rebuilding important connections to self and community (L. Spaniol).



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**Take a Reflecting Moment**

Think of something you have recovered from in your own life.

What personal strengths did you discover through that experience?

Some examples of personal strengths might be:

- Critical thinking
- Flexibility
- Sense of humor
- Imagination and creativity
- Motivation
- Empathy

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**Can Recovery be Defined?**

Recovery is different for each person.  
A person's discovery of who they are and what they choose to become leads to the path of recovery.

When working with children, the term "discovery" can be used in place of "recovery" because the child is discovering who he or she is instead of remembering who he or she was.

A person with developmental disabilities may be more comfortable with the term "wellness" than recovery. Wellness may define the quality of life the person lives. People go above and beyond their limitations.

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**Recovery Pathways**

There are five Recovery Pathways:

1. Hope
2. Choice
3. Empowerment
4. Recovery Environment
5. Spirituality - Meaning and Purpose



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### Recovery Pathway: Hope



- Hope is where recovery starts. With hope there is always the opportunity to start over.
- Hope is a belief that things can get better.
- One of the most important things we can do as a staff person is to be the person holding the hope.
- People often come to us having lost all support and hope, we can be holder of hope.

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### Recovery Pathway: Choice

- Making choices is how people discover and define who they are.
- We want to offer as many choices as we can throughout the continuum of services.
- Each person is the expert in what works for him or her.
- Recovery is a choice. Each person may choose when and if he or she wants to recover.
- Although making choices can be risky, it empowers people to get the services they desire.



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### Recovery Pathway: Empowerment

Historically, our services have been designed so we as the treatment providers have all the power. We decide the service plan, we design the program and expect the person will cooperate. This approach is not empowering.

Recovery moves forward with the person having the power. By allowing persons we serve to choose their own treatment services within the scope of medical necessity and insurance coverage, we are empowering them to take control of their treatment plan.



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### Recovery Environment

A Recovery Environment:

- Is the belief that recovery is a "fact" inviting us to transform our service environments and culture.
- Creates a welcoming environment.
- Incorporates choice.
- Restores life functioning.
- Establishes a trusted relationship between the person served and staff.



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### Recovery Environment

A Recovery Environment Means:

- The belief that recovery is possible for everyone leads to new actions that create new experiences that further reinforce the belief of recovery. Recovery challenges the way we think not only about mental illness but the way in which we provide treatment services.
- Recovery services empower the person, offer choice, use motivational interviewing and the person is the expert in their own care.
- These changes will create new results which transform the environment to one of recovery.
- A recovery environment should be welcoming and engaging.

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### Recovery Pathway: Spirituality

Spirituality does not necessarily refer to religion. It's connecting within and beyond the self.

Many people report finding meaning and purpose through their spirituality. Others find service to others provides meaning to them.



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**Trauma Informed Care**

- Trauma informed care follows five principles that guide how treatment systems and their providers work to lower the chance of re-traumatizing the individuals in treatment services.
- The five principles are: Safety, trustworthiness, choice, collaboration, and empowerment.
- A recovery environment is one that has staff trained in trauma informed care.

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**The Person-Centered Process**

- In recovery, it is essential that services are focused on the person receiving treatment and geared toward their individual recovery.
- The focus of treatment in a recovery environment is putting the person first.
- Person centered services enables individuals to make decisions about their care.

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**Evidence Based Practice (EBP)**

- An approach to treatment that is based on the best available scientific evidence.
- It involves using modalities and interventions that have been shown to be effective through research studies, clinical trials, etc.
- St. Clair County Community Mental Health provide Evidence Based Practices in several areas of treatment services.
- Examples of Evidence Based Practice are Dialectical Behavioral Therapy (DBT) and Assertive Community Treatment (ACT).

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### Take a Reflecting Moment

How could you incorporate each of the recovery pathways into:



- Your Personal life?
- Your work environment?
- Helping the people you serve?

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### Recovery Language

Recovery Language	Non-Recovery Language
Choosing not to or making an informed choice	Refusing or Defiant
Use the name of the person I work with	My consumer or the consumer
Having a rough day	In crisis
Overwhelmed	Symptoms
Feeling sad	Depressed
Feeling distant	Dissociated
Having a bad day	Decompensating
Taking risks	Unsafe

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### Recovery Language

Recovery Language	Non-Recovery Language
Different opinion	Non-compliant
May be taking street drugs for a variety of reasons (reduce bad feelings, etc.)	Substance Abuser
Has low energy	Lazy or Unmotivated
May need more support, training or education to _____	Can't do _____
May need more support or training to _____	Has no insight
May need more support or training to _____	Will never get better or learn from mistakes

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### Recovery Language

- There are times when it may be necessary to use clinical terms, i.e., clinical assessments, diagnostic formulations, etc.
- However, in day to day language and Person Centered Plans we want to use ordinary language.
- We never want to use language that is stigmatizing, disrespectful or devaluing.
- We want to empower people with the words we use.
- We want to use words that promote and encourage growth and recovery.
- Using words that label or judge can impact the effectiveness of treatment.
- Although a Person Centered Plan addresses needs/desires/risks, it can be accomplished in a strength-based manner.
- We want to focus on what is *Strong* vs. what's *Wrong*.

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### Take a Reflecting Moment

- Think about language you may have used in the past that does not promote recovery. What words could you use instead?
- What have you heard other people say that does not promote recovery?
- What are you going to do to be more mindful of the language you use?



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### Watch What You Say

**Watch your Thoughts, they become words.**  
**Watch your Words, they become actions.**  
**Watch your Actions, they become habits.**  
**Watch your Habits, they become character.**  
**Watch your Character, for it becomes your Destiny.**



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**Exit Course and Take Exam**

You have reached the end of this course. Please click the "EXIT" tab in right hand corner of this slide to exit course and take exam.

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